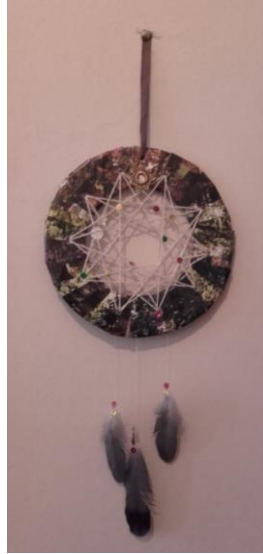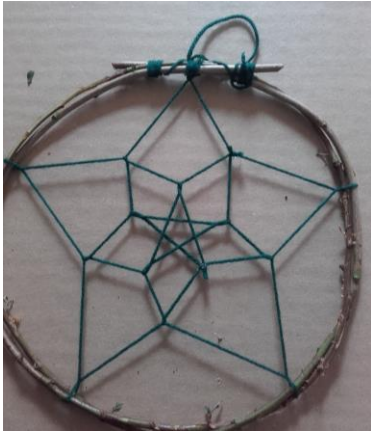# Dream Catcher

Dream catchers originated in North American Communities where they were made to catch bad spirits 'dreams' and allow children to sleep peacefully. Traditionally made from natural objects, they were adorned with easily found items such as feathers, shells, beads and other natural items that had different meanings.

More modern variations are made of lots of different materials in a range of colours, styles and shapes.

We've written two methods here, one using natural materials which you can collect when you are out or find in your garden, *check with an adult that they are safe to use and make sure you wash your hands after handling any items that you have collected*; and a second method using some recycled household stuff (plus other bits you can probably find around the house).

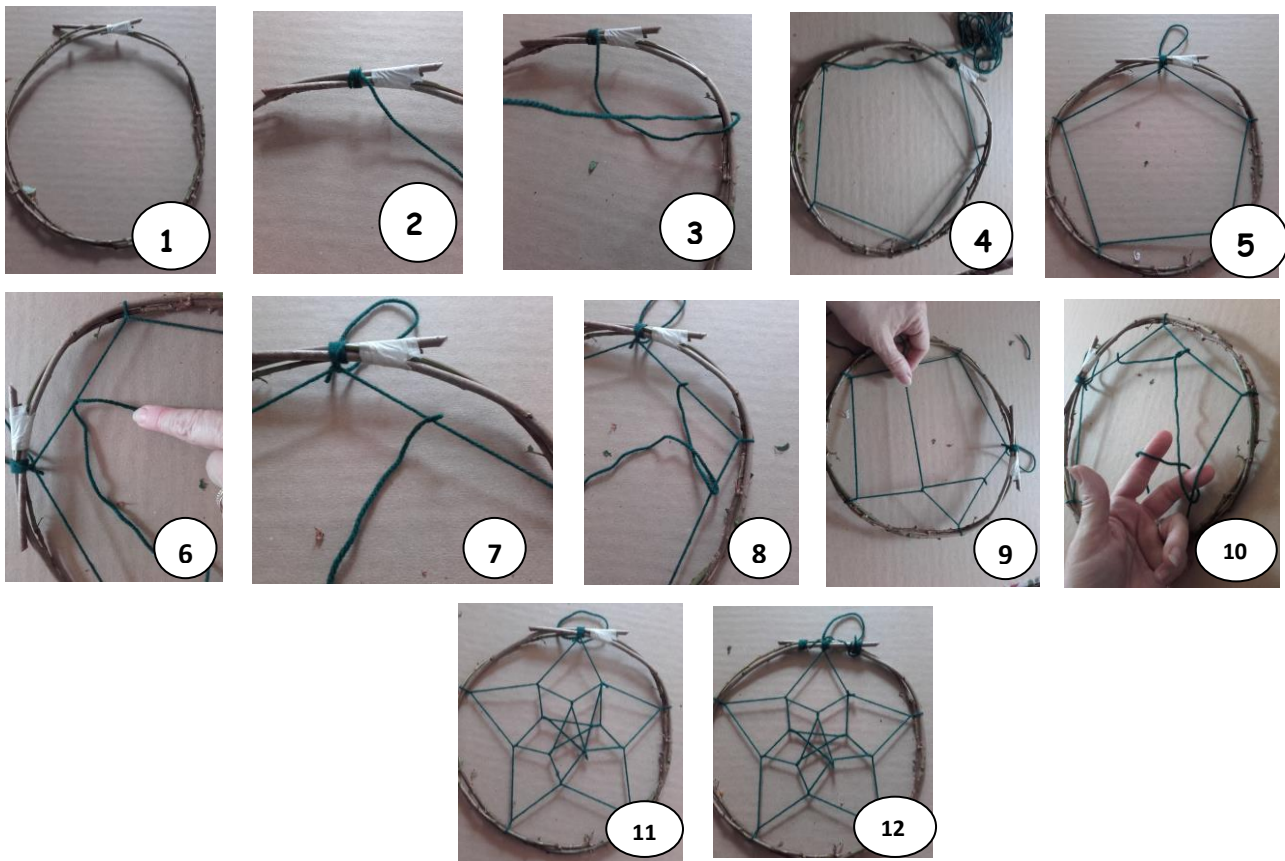## Natural Method.

You will need

- ❖ Very bendy whip (thin young shoot of a tree, willow is often used) but any very bendy twig will do. (*Ivy vines are very useful but can make it tricky winding your string around the leaves. You can take the leaves off to leave just the vine part and discard the leaves into the compost!*)
- ❖ String, twine, wool or thread
- ❖ Beads, buttons, faux jewels, sequins, sparkly things, shells, small fir cones, ribbons, feathers
- ❖ Sticky tape (to help at the beginning) but you might be able to just wrap string around twig & knot it

<u>Using a thin bendy whip or twig or ivy vine (we'll use the word twig in the instructions)</u>

In this example we are using a circle shape but you can do any shape you want there are no rules!

- ❖ Bend the twig into the shape you want (*if you use geometric shapes you can simply tie the corners of twigs to each other with some string*)
- ❖ Use tape to hold the twig in place if you find it hard to tie it into shape, then knot your string tightly to the shape and wrap it around few times to make sure it's secure.
- ❖ Cut a length of string (about 2m or 6' in length) Tie this to the top of the shape.
- ❖ There are no rules as to how may 'tie-ons' you have, so decide how many you want then roughly divide the perimeter of your shape (*Think of the circle as a clock with 12 spaces (numbers) if I want 5 tie-ons I divide the 12 by 5 and the result is approx 2 and a half. So starting at 12, the first 'tie-on' is roughly 2½ numbers away, which means my first 'tie-on' is between 2 and 3 on a clock, then my second tie-on will be at 5, then 7½, the 10 and then back to 12*)
- ❖ You don't have to have 5 or even a web shape, you can do ANY style of webbing you want, start by 'tying-on' with a knot, move to your next point and loop your string around and over the string this will tighten the string as you go along. If you wish you can 'tie off' on each level then 'tie-on' again to start over in the next level. When you start the next level always start in the middle of the last line (see picture 6) Move clockwise and 'tie-on' at the middle point of each of the existing lines. Keep repeating the pattern until you are happy then simply tie off with a knot.
- ❖ If you want to add beads or extras just add them to your string as you go along.

There are lots of different styles on the internet or in books but it's more fun having a go yourself!
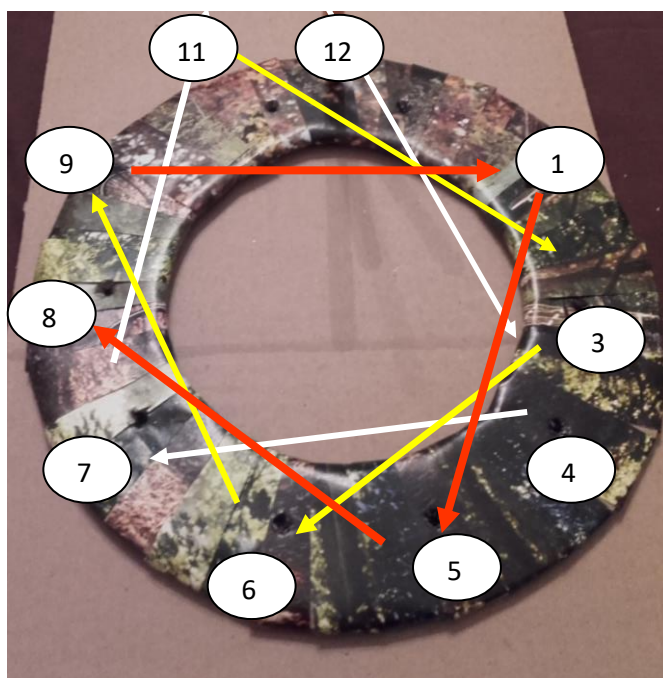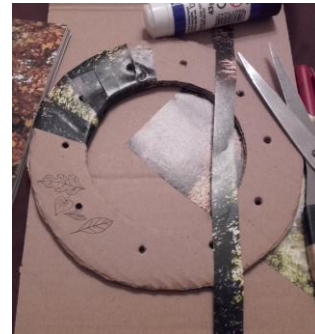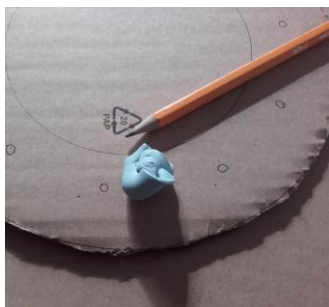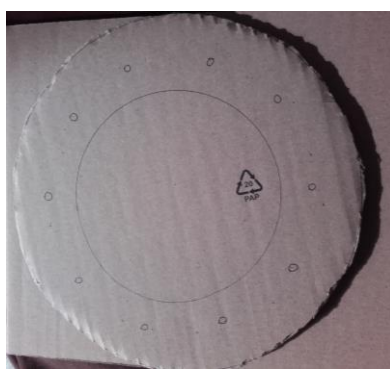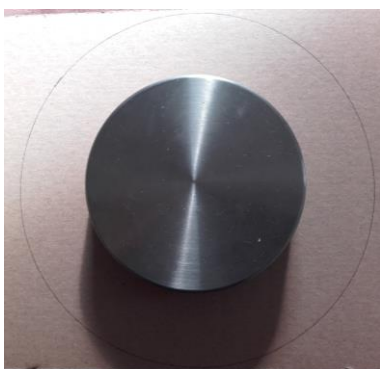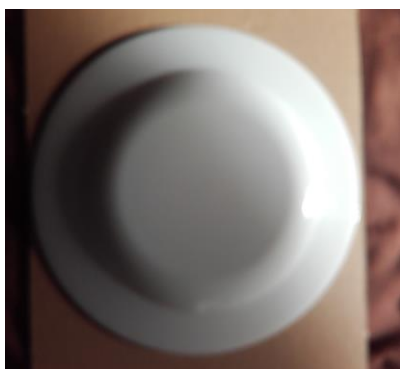
The Homemade method

In this example we are using a circle shape but you can do any shape you want there are no rules other than you need a wide perimeter

You will need
  ❖ A strong/ thick piece of cardboard (if you don't have strong cardboard just double up)
  ❖ If you are at home you can use thick cardboard doughnut shapes, or a cut out any shape you like as long as you give it a thick perimeter.
  ❖ String, twine wool or thread
  ❖ Paint or thin strips of magazines/ coloured paper/ tissue
  ❖ Sharp pencil, blob or wall tac (old potato or an eraser)
  ❖ Scissors & some glue
  ❖ Beads, faux jewels, sequins, sparkly things, shells, small fir cones, ribbons, feathers
  ❖ Sticky tape (to help at the beginning)
  ❖ 2 circular objects one smaller than the other to draw around

How to make your homemade dream catcher

o Place your cardboard somewhere flat and put a larger circular object on the top to draw around
o Place the second circular object within the first circle and draw around it (leave a border)
o Draw small circles where you want to weave your web (you can have as many or as few as you like (we used 10) You should have something like pic 3)
o Place a blob of wall tac (or a small eraser or an old potato that you are not going to eat!) underneath the cardboard and push the sharp pencil through the cardboard frame into the tac **Watch your fingers**! (*The tac/ eraser or potato will stop the pencil going through and damaging any surface and hopefully stop you poking a hole in yourself!*)
o Carefully cut the centre of the frame out – you should look something like pic 6 for a ring shape
o If you want to you can paint the cardboard frame in your favourite colour or wrap ribbon around it. Alternatively cut thin strips from a colourful magazine (make sure it's not wanted before you cut it up!) Wrap these around your frame using a little bit of glue to secure each strip in place
o Check if you need to re-poke the holes (if you've used ribbon this will be tough so be extra careful)
o When the frame is dry you can start weaving. There are no rights or wrongs but if you want to follow a pattern we've written a sequence at the bottom of the instruction pages)
o Add beads, buttons, shells or other embellishments as you go along. Alternatively, simply glue sequins and faux jewels to the web, if you use glue you won't be able to hang it outside though!
o Add a ribbon to the top to hang your creation, if you like add feathers and beads to the bottom or even a mini-dream catcher.

Starting at No 12
1st tie a knot in the string so it doesn't pop out the hole, thread it from 12 to 4 (jumping 2 holes) Then go from 4 to 7
Now follow
7 to 11; 11 to 3; 3 to 6; 6 to 9; 9 to 1;
1 to 5; 5 to 8; 8 to 12;
You can add more
12 to 3; 3 to 5; 5 to 7; 7 to 9; 9 to 12;
Then
12 to 5; 5 to 9; 9 to 3; 3 to 7; 7to 12
add12 to 6;6 to 1; 1 to 8; 8 to 4; 4 to 11;

Just keep going until you are happy with your pattern. Tie a knot onto the last piece of string that is there.

You can start with as many holes as you
For a 5 pointed star
Make 12 holes (like a clock)
Start at 12, go to 5; 5 to 10; 10 -3;
3 to 7; 7 to 12 and tie off.

Some example

dreamcatchers

taken from Pinterest