



Dream Catchers

Materials needed:

Reeds: 1 roll
Variety of feathers
Big and medium beads
Scissors
Popsicle sticks
Yarn- various balls of different color and style
Hemp string- various balls of different color and style

Set-up during the clinic:

- Set up for this activity includes laying out the supplies so everything is easily accessible. You can also give quick explanations of each item as you lay it out or distribute items. Start with the reed and artificial sinew. Then move onto the embellishment supplies to personalize their catcher.
- Pre wrapping yarn or hemp around a popsicle sticks to use as “needles” is helpful before you begin. Get campers started on this right away. They can work on this while you are explaining the materials.

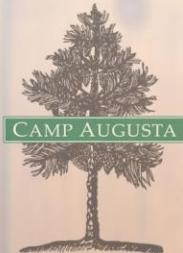
The Activity

The history of Dream Catchers:

The general belief is that the Dream catcher originated from the Ojibwa Nation. They were created to protect children from nightmares. Dream catchers’ resemble spider webs as a representation. Dream catchers catch any harm or evil in the air, as a spider web catches all that comes into contact with it. All dreams get caught in the dream catcher, but only good dreams can find there way down through the web. The bad dreams are stuck there, tangled in the web.

What Dream Catchers were traditionally made out of:

Dream catchers are traditionally made out willow hoops with sinew or cordage, traditionally made out of plants. Diverse embellishments were added to it, most often feathers. Different feathers hold different meanings. Each part of a dream catcher represents something. See below for a more detailed breakdown of the symbolism of the different parts of a dream catcher.





What we are going to use today:

We have reed and artificial sinew, as well as beads, feathers, sea shells, hemp and yarn. Campers can decide if they want to assign more meaning to the items in their dreamcatcher, or add other things into it that have meaning for them

Step-by step instruction:

Step 1:

Form your reed into a circle. The reeds have a natural tendency is to roll up in a circular fashion, so go with its natural motion. They can be more compact or more spread out, but you want the reed to double over itself at least **twice** to have enough stability to be able to support the weight of the inside and embellishments.

Step 2:

Once you have your reed at about the size you want. Tie/wrap a piece of sinew at the connecting parts of the hoop. Twist the end of the sinew over and under the reed a few times to help it stay together.

Step 3:

Next take the yarn or hemp and wrap it tightly around the reed until it is fully covered. Before tying off the yarn, make a small loop at the top.



Figure 1

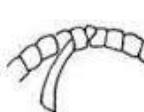


Figure 2

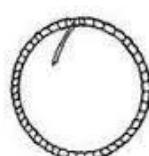
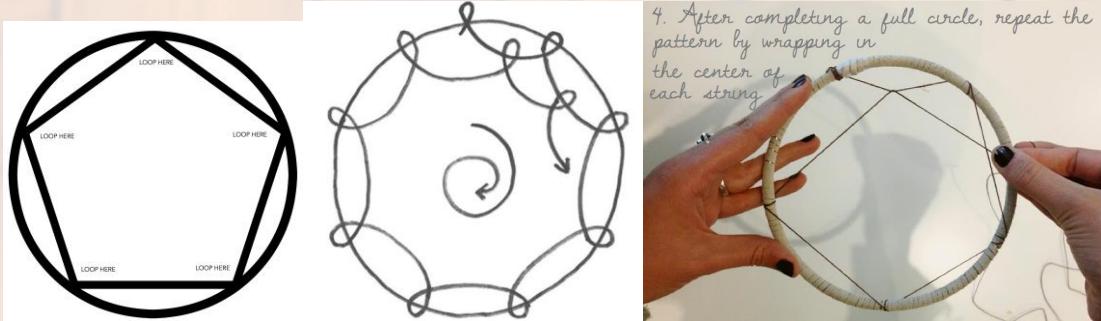


Figure 3

Step 4:The weave:

- Lay your reed hoop on the table with the knot of sinew/yarn at the top.
- Lay the tail over the reed about an inch away from the knot.
- Reach in between the wrapped reed and pull the tail of the yarn or hemp through the so that it is now looped around the reed and over itself.
- Pull taught
- Repeat





Step 5:

Once you have made it all the way back to your original knot, repeat the process, except you will now be taking the material over the center of the lines you just created, instead of off the reed. Continue this until you reach the center or until you have reached a web thickness you desire.

-Remember to keep the strings tight to give you the strongest web.

Step 6:

Embellishment: to add items to a dream catcher's web, you must add them on while you weave- otherwise you will tie them on separately after finishing the web.

-Use tacky glue or tie on beads to feathers

Overview of time breakdown:

- 5 minutes explanation and set up
- 5 minutes instruction on step-by-step completion
- 45 minutes of creation
- 5 minutes breakdown

