

# How to make a Dream Catcher



Make a dream catcher to celebrate 'World Indigenous Day'. A dream catcher is a handmade object made by American Indians believed to give its owner good dreams. It is usually made with a willow hoop, on which a net is woven and then decorated with sacred items. This version is made with simple and recyclable material and is very easy for people with poor dexterity to participate in.

## Materials:

- Rings: soft plastic lids with the middle cut out or wire from coat hangers made into a ring or thin plastic tube (as thin as drinking straws) joined by masking tape.
- Black, brown or red old T-Shirt
- Wool yarn - 12 ply - any bright colour
- Beads, feathers, pearls, ceramic beads
- Scissors

## Instructions:

- With a sharp pair of scissors cut the T-shirt into one long thin strip.

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Or

- Cut approximately 2 yards / 2m of wool.
- Wind T-shirt strip or wool yarn around ring until it is completely covered.

## Make the web:

- Wind 2 yards or 2 metres of wool into a skein (ball)
- Start the web: Working from left to right, thread the skein from the front, back over the ring and through the loop as in the photo. Make 6 or 8 stitches evenly dispersed around the ring.
- Make a second layer by placing stitches between the ones of the previous layer.
- Continue in this manner until a small hole remains in the center. As the circle becomes smaller you may thread the wool into a craft needle to make it easier.
- Maintain tension as you progress, finishing with a small hole in the centre and making a knot.
- Decorate as you please.
- Tie a piece of wool into a loop for hanging.