

NATURE PLAY RECIPE CARD

Dream Catcher

INGREDIENTS:

- A flexible twig or withy (flexible thin branch like willow)
- Some long grasses or rope
- Materials you want to hang in your dream catcher: feathers, leaves, stones

METHOD:

- Before climbing the tree, check that the tree is safe. Depending on what your frame is made out of either weave into a circle shape, or tie three sticks together for a triangle
- Use the frame to weave in an inner pattern using some rope or grass. You can add shells, feathers or beads
- You can also hang some strands of grass to let them hang down with different materials attached then for decoration
- Attach string or strong grass to the top so you can hang it up.



SAFETY AND CARE:

- Always check the fire danger. Collect materials from the ground not from living plants
- If you are going for a nature walk to collect materials always let an adult know where you are going or take them with you.

Did you know?

The Objibwe people were the original makers of the dream catcher.

