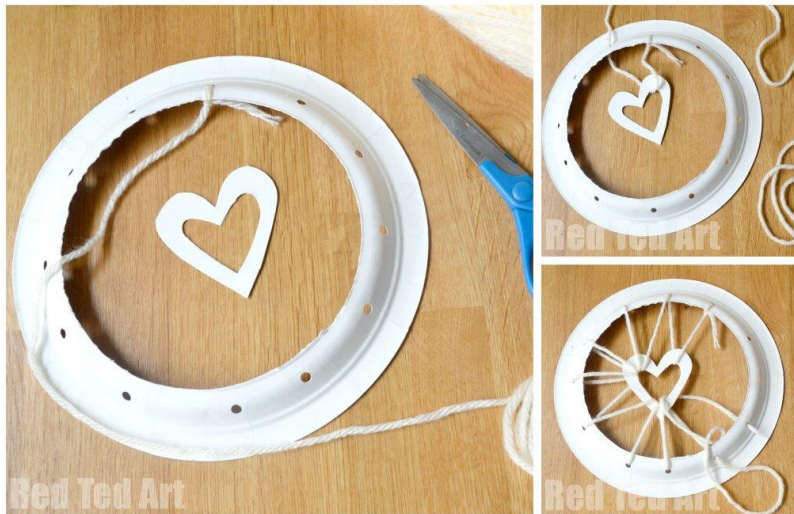


Paper Plate Dream Catchers

You will need the following supplies to make your own magical dream catcher:



- 1 paper plate per child
- Scissors
- String or yarn in various colors
- Beads
- Feathers or felt

1. Begin by cutting out a circle from the center of your paper plate. Try and keep the shape you cut out so you can reuse the paper plate to cut out a heart or star shape. Note – the hearts were MUCH easier to thread, in retrospect the stars were a bit more of a challenge for some of the younger children.
2. Take a hole punch and cut even holes around the rim of your paper plate dream catcher. Start by making a hole on opposite sides, then rotating by 90 degrees and punching two more holes. Then fill the spaces in between evenly. This will yield 12 – 16 holes like this – along the perimeter of the paper plate dream catcher.
3. Cut some yarn! Yarn should be cut 2 ft long, at least. Shorter strings tend to work better for younger fingers since long strings tend to tangle and frustrate tiny artists. Tie one end of the yard to a hole and lace it through the heart and then the hole opposite. Always lace in the same direction – over the heart and under the hole. Don't pull the thread too tight; once you get to the end, the knot will naturally tighten.
4. If you're feeling extra creative, repeat this process with a second – or even third – color!!
5. Now it is time to make your dangling charms! Thread more yard through the 3-4 hold on the bottom of your dream catcher, tied in the back. Tie at the back.



PRO Tips: Wrap a piece of tape round the bottom of your yarn to create a “shoelace effect,” making it much easier to thread. Another Idea: Thread some beads along your thread as you go along. It looks very pretty to have beads inside your dream catcher too!

6. Thread on the beads! As the yarn becomes thicker, just add the beads and the thickness of the yarn held them in place. You can also add little knots under the beads to secure them if needed.
7. For the feathers at the bottom of your dream catcher, you can use just about anything! Real feathers, felt feathers, or some other shape your child imagines! The felt feathers are SUPER EASY to make – simply cut a leaf shape in the desired colors – snip into the side of the leaf and add a line with a pen...and voilà: beautiful rainbow-colored feathers!
8. Punch a small hole at the top of your feather. Thread a bead before threading the feather and tie a knot in the back. For the real feathers, you might try to tie the yard around the end of the feather and add a drop of glue. Then you can hide the knot with a bead.



Finish the final knots and make sure the glue is dry. Hang your special dream catcher to gather all your beautiful dreams!