

# Dream Catcher Activity for Seniors

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## Materials Needed:

- 1.Hoop or circular frame (can use an embroidery hoop or a sturdy cardboard cutout)
- 2.Yarn or string (soft and colorful material works best)
- 3.Beads (plastic or wooden, various colors and sizes)
- 4.Feathers (a mix of different feathers adds charm)
- 5.Scissors
- 6.Glue (optional, for securing the end of the yarn)
- 7.Decorative elements (ribbons, small trinkets, or charms)

## Instructions:

### 1. Prepare the Hoop

Hold the hoop with both hands and begin wrapping the yarn around it. Make a secure knot to start, leaving a tail of yarn hanging. Wrap the yarn around the hoop tightly, covering it entirely, until you reach the starting point again. Tie another secure knot to finish, leaving another tail of yarn.



## 2. Form the Webbing

With the yarn-covered hoop in front of you, tie a knot at the starting point. Leave a small space (about 1 inch) and make another knot. Repeat this process until you have several knots around the hoop, creating equal spaces between them. This will form the webbing of the dream catcher.



## 3. Add Beads and Feathers

Thread beads onto some strands of yarn, and tie them securely to the bottom of the dream catcher, spacing them as desired. You can also add feathers by tying them to the bottom, creating a decorative fringe. Allow some beads and feathers to dangle freely for a whimsical touch.



## 4. Personalize and Decorate Time to get Creative

Get creative! Use ribbons, small trinkets, or charms to personalize the dream catcher further. Attach them securely to the bottom of the dream catcher or incorporate them into the webbing for a unique touch.

## **5. Hang and Enjoy**

Your dream catcher is now complete! Find a special spot to hang it – by the bedside or near a window. As you gaze at your dream catcher, remember that it's believed to catch bad dreams and allow only good dreams to pass through, ensuring peaceful sleep. Remember, the joy of making a dream catcher lies in the process itself. Take your time, enjoy the craft, and embrace the creativity it brings. Happy crafting!

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