



# dreamy dream catchers

The Lakota Indians invented dream catchers many moons ago. Here's how they work: Your bad dreams are like flies-big, hairy, nasty flies-and the web of your dream catcher is there to trap them. But the little hole in the very center lets all your good dreams come through, and hopefully come true!

## WHATYA NEED

- ★ 3 skeins (packets) of embroidery floss
- ★ A 3-inch ring (a bangle bracelet or janitor's key ring works well)
- ★ Clothespin
- ★ Fabric scissors
- ★ White craft glue
- ★ Beads (optional)
- ★ Needle (optional)
- ★ Colored craft feathers

## WHATYA DO

1. Anchor one end of one skein of floss to the ring with the clothespin.



2. Begin tightly wrapping the floss around the ring, and continue all the way around until the ring is completely covered. If you run out of floss, or you want to change the color, tie a knot to a new skein and keep on wrapping.

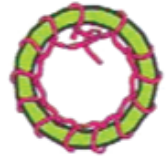
3. Once you reach the beginning again, remove the clothespin, being careful not to let the floss unwrap, and cut the floss, leaving a 1-inch tail. Coat the end of the floss with craft glue and wrap the floss around the ring a few times. Cut off the extra floss and give the end another light coating of glue.

Secure the end with the clothespin and leave there until the glue is dry (you can continue working-just don't disturb the clothespin).

4. Cut a 2-yard piece of floss for your web. Tie the end of the floss to the ring, then every half inch, loop the floss over the ring and back through (see illustration) without pulling it tight. Continue around the circle until you get back to the beginning. If you want to add beads, just string one on the thread wherever you want a bead before you loop the floss over.



5. On your second time around, loop the floss through the loops you just made (at this point, it's easier if you thread the floss through a needle).



6. As you keep circling inward, your loops will become smaller. When only a little hole remains in the middle, knot the floss when you make your last loop, leaving a 3- to 4-inch tail. (If you are running out of floss, you can just tie a new 3- to 4-inch piece to the middle.)



7. Tie or glue feathers onto your dream catcher-dangling off the sides from pieces of floss.



8. Tie a loop of floss to the top so you can hang your dream catcher above your bed or to a bedpost.



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