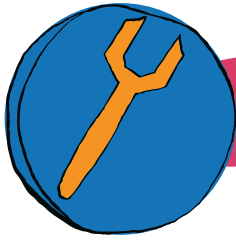


I'M ONE OF A KIND



TOOL 2G: 'CATCHING DREAMS'

LINKED TO:

- Sections 2.10, 2.11, 5.3, 5.4, 5.5, 5.6, 5.7, 5.8 & 5.9



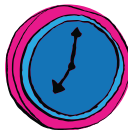
WHY?

- Giving kids an opportunity to talk about their hopes and dreams
- Helping build rapport



WHO WITH?

- Individual kids – all ages
- Groups and families



TIME?

- Anywhere from 20 minutes to an hour (this activity can be completed in stages – so take your time!)

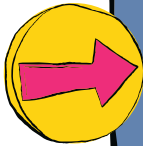


YOU'LL NEED?

- Paper plates
- Coloured wool (approx 1.5 metres for each child)
- Hole punch
- Cardboard circles (3 per child; approx 5cms in diameter)
- Craft beads
- Feathers
- Coloured marker pens
- Scissors
- Assorted craft supplies



I'M ONE OF A KIND



WHAT TO DO:

- Explain to the kids that you're going to make dream catchers. If you like, explain that Native Americans say that if you hang a dream catcher over your bed it will catch all the bad dreams in its net, and good dreams will spiral around the web, pass through the centre and back to you.
- Cut the centre of the paper plate, leaving a rim of about 2 inches around the edge.
- Punch holes in the rim of the paper plate – approximately 3-4cms apart.
- Tie one end of the coloured wool on to the edge of the rim.
- Get the children to weave the string through the holes in any way they please. Once each hole is full, tie off the end and cut off the remaining wool.
- Talk to the children about some of their hopes and dreams for the future. Ask them to come up with three of their biggest hopes for the year: what would they like to see happen, what would they like to have achieved, what would they like to have resolved / fixed up. Get them to draw these on the cardboard circles and then decorate them with textas, stars and other craft materials.
- Punch three more holes in the paper plate and two in each of the circles
- Tie the circles to the paper plate using pieces of wool approx 10cms in length
- Tie another length of wool (approx 5cms long) to the bottom of the circles and get children to thread some beads on to it. Finally, tie a feather to the end of the wool.
- Use craft materials to decorate the paper plates
- Tie a final piece of string to the dream catcher and hang it from the roof, from a window or somewhere special to the child.



SOMETHING DIFFERENT?

- Paper plates are a cheap but somewhat flimsy option. Styrofoam wreaths can also be used as can wooden rings that are available from craft and hardware shops.
- Children could draw or write their dreams and wishes around the rim of the plate
- You might ask the children who else they have dreams for: their parents, friends, pets etc. Get them to write/draw them around the rim of the plate
- Instead of using paper plates, use a metal or wooden ring (available at craft shops), pegging the wool to the ring at the beginning and end.