

Natural Dream Catcher

Supplies Needed: yarn, twine or string, various length sticks from outdoors, beads (optional), feathers (optional), glue (optional), and sequins (optional).

1. Go outdoors and find various size sticks that you are drawn to. These can be long skinny twigs, medium length fat ones, whatever you like! You will need at least 3 sticks per dream catcher. Knock off the dirt before you start building.
2. Take the yarn, twine or string that you have and knot the end of two sticks together. Make sure to go under and over making a cross lashing style to connect your sticks.
3. Repeat for the next stick, making a triangle out of your sticks. *Note:* you can do this with four sticks as well, but the more sticks you add, the more difficult it becomes.
4. Now that the base of your dream catcher is together. Take another piece of string and crisscross the string around the dream catcher base in a spider web style. You can add beads to this section if you'd like. If you choose to add beads I would suggest making a small knot before and after the bead to ensure it stays in place.

5. Once the spider web pattern is completed, take 2-5 pieces of string (depending on your creativity, my preference is 3) and knot them to the bottom of your dream catcher. Now is the time to get creative. Do you want to braid the strings together and add beads? Do you want to hang feathers from your strings to make tassels? The options are endless!

6. Lastly, decorate! If you have sequins and other fun items to add to your dream catcher, now is the time to add them! Once complete, hang above your bed to catch all the bad dreams.

