

Nature at home

Experience the magic of
Forest School from home!

Dreamcatcher

This is a hoop with thread woven around into a web to catch your dreams! The idea originates in Native American Indian culture.

This activity can be done indoors or outdoors with things you find on your daily walk



- Bend your stick and secure the two ends together with a small piece of sticky tape to form a hoop.
- Tie one end of your string to the hoop with a simple knot. Bring your string across forming a straight line inside the hoop. To make it stay in position, wrap the string around the hoop, bringing the end of the string through the space between your hoop and the string. Then bring the string over the top of the first line of string and move the string further along around the hoop and loop it around again.
- Continue around the hoop until you are nearly meeting the first knot you tied. This time you are going to loop your string around the middle of the first straight string line you made. Then, moving around the circle, keep looping around the middle of each straight line you have made until you reach the centre.
- Tie the last knot in the middle with a bead on if you have any. Tie on extra string to hang up your dream catcher and to dangle any feathers you may find from the bottom.

Kit List

- Very bendy stick, so bendy it can be bent into a circle. You may snap a few trying to find a bendy one!
- String, wool or thread
- Sticky tape
- Scissors
- Optional beads or feathers



City of Westminster



THE ROYAL BOROUGH OF
KENSINGTON
AND CHELSEA