

# CRAFT BOX

## TRAD CRAFT - PLATE DREAMCATCHER

This activity is for Scouts  
but any section or leaders  
could take part too !

### Scout Trad Craft Challenge

#### What you need:

- Paper Plates
- Coloured Wool
- Beads and Feathers or Felt
- Hole Punch
- Scissors



#### How to make it:

Native American culture believes that the dreamcatcher is a protective talisman that is used to protect people from nightmares and bad dreams. The charm was usually hung above a cradle or bed.

1. Cut a circle out of the centre of a paper plate. Use the centre piece to cut the outline of a heart or star for the centre.
2. Using a hole punch, cut 12-16 holes evenly around the rim of the paper plate.
3. Cut a long piece of wool and knot it around one hole and then lace it through the centre piece (heart or star), then thread it through the next hole and repeat, always thread in the same direction, under the hole and over the heart and don't pull the thread too tight as it will naturally tighten as the dreamcatcher is completed.
4. Repeat with a second colour and third colour wool until the dreamcatcher looks appealing.
5. Thread more wool through the bottom 3 or 4 holes of the dreamcatcher and tie at the back. Thread beads on the pieces of wool, if needed add some small knots under the beads to keep them in place.
6. Take feathers or make some feather shapes out of felt. Knot the feather onto the wool and tie the knot at the back and hide the knot with a bead.

#### Get more Crafty:

Why not make several dream catchers using different combinations of coloured wools to represent different moods or feelings ?

#### Safety Notes:

**Scissors / Sharp Objects:** Supervise young people appropriately when they're using scissors. Store all sharp objects securely, out of the reach of young people.

This activity along with some others that are shared at the BOX-JAM Jamboree was provided by Molly, a Youth Commissioner from Southern Norfolk and here is Molly showing another skill she has perfected during her time in Scouting.

