



Dream Catcher Craft

Supplies needed to make 1 Dream Catcher:

- * 5-6 feet of yarn for each color used*
- * Standard size cardboard/hefty paper plate*
- * 15 beads (5 will go on each strand of yarn)*
- * 3-4 feathers*
- * Scotch tape*
- * handheld hole puncher*
- * Scissors to cut out the plate center*

Note: If you angle scissors slightly sideways rather than a direct "thumb up" position, it will be easier to cut out the middle of the circle on the plate.

This is a wonderful, colorful craft that involves a variety of fine motor movements, visual motor movements, grasp strength, and bilateral asymmetrical moves that are guaranteed to support handwriting abilities as well as cognitive skill building. Some therapists use this activity for stimulating a conversation that can focus on what the client hopes and dreams for. This is truly a craft worth doing for any age or ability level.

