7th December

Wellbeing Dream-Catcher

Make your own dream-catcher for school or home. Colour-in and decorate your dream-catcher.

Within the circle of your dream catcher, write down any sad or difficult thoughts. For example; I'm *lonely*, I'm *sad*, I had a *nightmare*, 'I miss you', etc. Punch holes around the edge and try threading string back & forth to "catch" these sad thoughts.

On the outside of your dream catcher, write or draw things that you love; people, places, or things.

If the sad or difficult thoughts escape the dream catcher web, then the things that you love (around the outside) will push them back in!

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