

## Catching Zzzzzz . . . Dreamcatcher

### DID YOU KNOW?

It takes 90 minutes for you to complete one sleep cycle. This cycle is repeated at least 5-6 times per night.

**There Are 5 Stages in One Sleep Cycle.....**

#### What Are Dreams?

- Some people dream in color, others in black and white.
- You spend about two and a half hours dreaming. Most of your dreaming sleep happens between 4:00 and 7:00 in the morning.
- REM sleep is important for learning and memory. TV shows, video and computer games, real people, and actual events can show up in your dreams. Your dreams may be related to how you feel, your worries, your hopes, or things you are excited about.

The most important thing to remember is that whether your dream is scary, fun, funny, or weird, it is your dream and you are in control!

### HERE'S WHAT YOU CAN DO

**Here are some things you can do if you have had a nightmare.**

- Talk about these dreams with a parent or another adult you trust\*
- Draw a picture of the dream\*
- Write a story about your dream with a happy ending\*

\* From the National Sleep Foundation

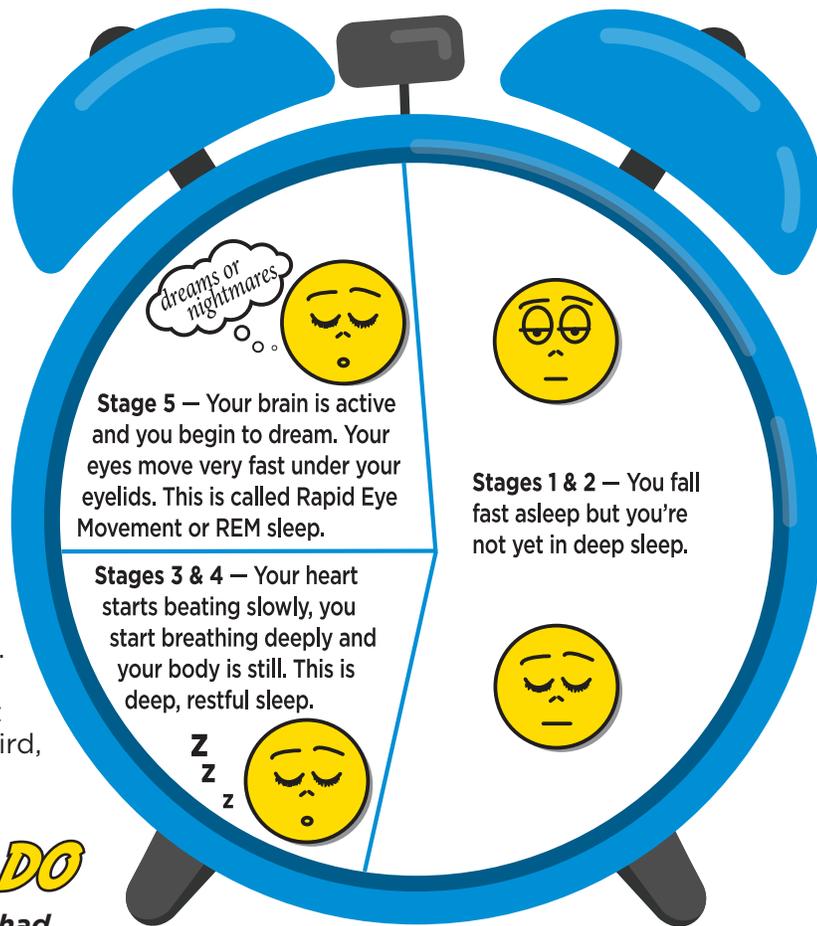
### FIND OUT MORE

- <http://sleepforkids.org/html/dreams.html>
- <https://classroom.kidshealth.org/classroom/3to5/body/functions/sleep.pdf>
- Suggested Books: *Grandmother's Dreamcatcher* by Becky Ray McCain and Stacey Schuett; *The Dream Catcher* by Caroline Twomey
- Go to **www.REVUpTheFun.org** for more fun activities and things to know.

### DREAMCATCHERS

Many Native American tribes believe that nighttime is full of both good and bad dreams. Ojibway believe that when a dreamcatcher is hung above the place where you sleep, it moves freely in the night air and catches the dreams as they drift by. The good dreams, knowing their way, pass through the opening in the center of the webbing while the bad dreams, not knowing the way, are caught in the webbing and destroyed at the first light of the morning sun.

The step-by-step instructions for building your own dreamcatcher can be found on the other side of this sheet.



# LET'S MAKE A DREAMCATCHER

## What You Need

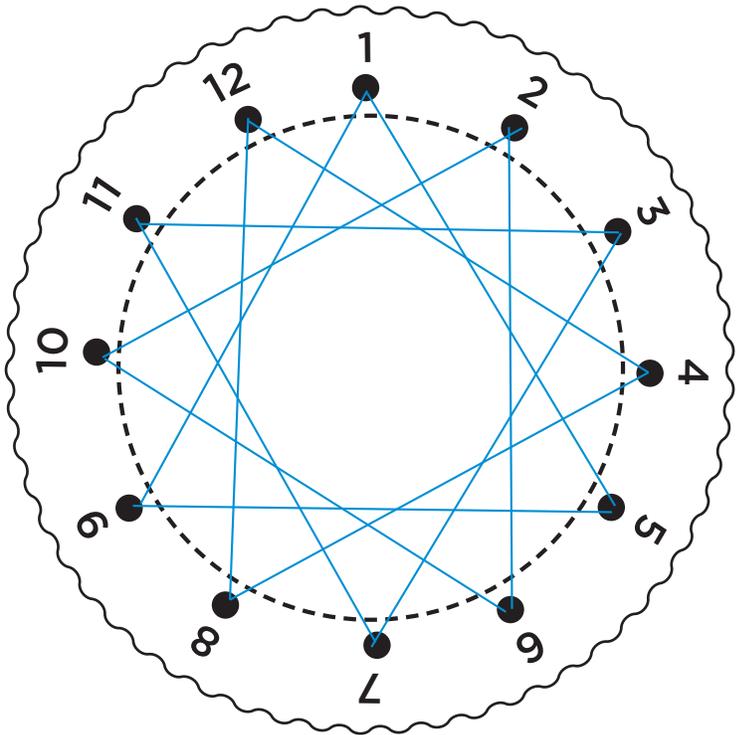
- Paper Plate
- Hole Punch or parent to help punch holes in paper plate
- Scissors
- String or yarn (Optional: use different colors of string or yarn if you have them)
- Markers, crayons to color paper plate dreamcatcher, and paper cutouts of feathers, stars and hearts
- Beads (Optional: you can also use tin foil to create small beads)

**1** Begin by cutting out a circle from the center of your paper plate. Save the circle cut out because you can draw and cut out feathers, stars and other shapes to decorate your dreamcatcher when you are done.

**2** Take a hole punch and make holes into the rim of your paper plate dream catcher. Like a compass, start by making a hole at the top (north) of your paper plate dream catcher, at the bottom (south), to the left (west) and right (east) sides. Fill the spaces in between evenly. We made 12 holes like this picture shows, forming the rim of your paper plate dream catcher. Number each hole.

**3** Starting at Hole #1, measure the yarn or string to the edge of the paper plate to Hole #5. Cut the yarn/string and tie each end around each hole. Working around the paper plate, follow the string pattern (see picture on right). Repeat the same process by tying the yarn/string around one hole and reaching to the corresponding hole (Hole #2 to Hole #6). Don't tie the yarn/string too tight as your paper plate hoop will naturally bend.

**TIP:** Wrap a piece of tape round the ends of your yarn or string, to create a "shoe lace effect" – this makes it much easier to thread through the holes, particularly for younger kids.



**4** It is time to decorate your dreamcatcher. Using markers or crayons, color your dreamcatcher with your favorite colors. So when you look at it at night, it brings a smile to your face before you fall asleep.

**5** Now add stars, feathers, hearts, and tin foil beads so they can hang down from your dreamcatcher. Using the circular piece of paper plate that was removed, in STEP #1, draw stars, feathers, hearts and other shapes. Cut them out and decorate each cutout with markers or crayons. Snip the edges of the feathers to make them look real. Punch a hole at the top of each shape. Cut five pieces of yarn/string, each measuring 8 inches long. Tie a string around Holes #5, 6, 7, 8 and 9. Thread your feathers, stars, and hearts through each of those strings and make a knot so that they stay on tightly.

**6** You can even add tin foil beads to your dreamcatcher. Cut thin strips of tin foil and fold each strip in half, and again in half. Squeeze the sides so that you make a tin foil string. Bend the ends of the tin foil strings into small circles around each of the yarn/string streamers that are hanging off your dreamcatcher.

**Your dreamcatcher is now finished!!!**

## SWEET DREAMS!