

Native American Heritage Day in a Box

Create Your Own Dream Catcher

History

The first Dream Catchers can be traced back to the Indigenous Ojibwe people. Dreams have always been a fundamental part of the Ojibwe culture and they believed dreams could serve many purposes. With such an insightful understanding on the importance of dreams, the Ojibwe people created the Dream Catcher to assist a person's ability to receive good dreams and filter out dark or negative dreams. Dream Catchers became largely accepted in the United States in the 1970s.

Tips for Creating

Use the instruction sheet inside your Missouri River Dream Catcher Kit. In addition to the materials inside your Dream Catcher Kit, you will need scissors to complete this craft. Below are a few tips we figured out while creating our Dream Catchers. Visit our website to watch a tutorial video that we found helpful.

- Step 1:
 - Use scissors to cut a slit into the Buckskin thong
- Step 2:
 - Twist the sinew so it doesn't come apart
 - See half-hitch example drawing at bottom of Kit instruction sheet
 - Use the Youtube video resource on our website to see how this step is completed
- Step 4:
 - You can attach feathers without using glue by pushing the end of the feather into the hole of a crow bead



GHS Director Nora Venezky



Remember that all Dream Catchers are unique! Don't worry if your design doesn't look exactly like your neighbor's, that's what makes each Dream Catcher special.