

What is a Dreamcatcher?

History of the Dreamcatcher

- Dreamcatchers are linked to Native American culture
- The Ojibwe and Lakota tribe have their own legend about the dreamcatcher.
- In Ojibwe, the dreamcatcher *asabikeshiinh* means "spider," referring to the web woven around the hoop.



Dreamcatcher: Ojibwe Legend

- The Ojibwe people found them to be a symbol of protection and comfort.
- "Spider Woman" served as the spiritual protector for the tribe. As Ojibwe people continued to grow, Spider Woman found it continuously difficult to protect and watch over them as they moved.
- Therefore, she created the first dreamcatcher. Mothers and grandmothers also recreated the dreamcatcher to protect their children and families.



Purpose of Dreamcatchers

- Dreamcatchers are used to protect sleeping people from bad dreams and nightmares.
- Hung above the bed where the morning sunlight can hit, the dream catcher catches all sorts of dreams and thoughts into its webs.



Meaning of the Dream Catcher

Shape: The circle represents the circle of life. symbolize

Web: The web catches and destroys bad dreams at night.

Feathers: The good dreams pass through and gently slides down to the feathers as a way to comfort the sleeper.

Beads: The beads symbolize the spider, the web weaver itself. Or, they could symbolize the good dreams that couldn't pass through the web.



How to Make Your Own Dreamcatcher

- For this week's activity, you will be creating your own dreamcatcher!
- You can give your own dreamcatcher significant meaning once it is done.
- You can add the leftover beads from last week to your dreamcatcher.
- Last week, you were taught goal setting. Use your dreamcatcher to capture your goals and dreams.
- Remember, dreamcatchers can capture good dreams and get rid of bad ones.
- Your dreamcatcher can help you achieve your dreams and goals.

