Materials:

Hoop:

Option 1: Approximately 26 inches of thin, round basket-weaving reed.
Option 2: Between 2-6 feet of fresh red willow or soaked grapevine (dried grapevine is available in the craft department of many stores).
Option 3: One part of an embroidery hoop, strong wire, or anything that will make a 5-6 inch diameter circle. However keep in mind that traditional Dream Catchers are made out of all natural materials.

NOTE: You decide on the diameter, but traditionally dream catchers are no wider than an adult’s hand. The material amounts in these instructions are for a 5 inch circle.

String: 8-9 feet of strong but thin string, twine or embroidery floss (the length is determined by the diameter of the hoop).

Decorations: Beads and feathers.

Yarn, ribbon or leather strips: to cover hoop (if desired).

Directions:

To construct the Dream Catcher hoop:

Option 1: Take the length of reed and form it into a circle about 5 to 5 1/2 inches in diameter. Secure by overlapping and bending the two loose ends around the edge of the circle. To strengthen the circle and prevent it from coming undone, you may tightly wrap the entire circle with a length of colorful yarn, ribbon or leather.

Option 2: Take the fresh red willow or soaked grapevine and carefully bend the material to form a circle. After a circle is made, continue bending the material but now also twist as you bend. This is done to strengthen the hoop.

Option 3: Create a circle using everyday materials and your imagination. If desired, tightly wrap the entire circle with a length of colorful yarn, ribbon or leather.

To begin making the Dream Catcher “web”:

1: Knot a loop in one end of the string from which you will hang your Dream Catcher when it is done. Tie the hanging loop around the top of your Dream Catcher.

2: The Dream Catcher repeats the same stitch (also called “hitch knots”) from start to finish. To start, hold the string and place it loosely over the top of the hoop. Move the string around to the back of the hoop (forming a hole) and pull the string back through the hole you just made. See diagrams 1 and 2.

3: Tie 9 “hitch knots” around the ring spacing them approximately 2 inches apart. Keep the string snug when going from one knot to the next, but be careful not to distort the shape of the circle.

4: The last stitch of the first round should be placed about a half inch away from the hanging loop. See diagram 3.
Stitches for the next rounds:

5: To begin the next row of the web, begin tying hitch knots in the middle of the string from the previous round (rather than around the hoop). See diagram 4.

6: As you pull each stitch tight, the string from the previous round should bend towards the center of the hoop slightly, forming a diamond shape. You should see the spider web beginning to form.

7: On the third or forth round add a bead to represent the spider in the web. Simply place the bead on your string and continue stitching as usual. See diagram 5.

8: Continue tying hitch knots in the same way until the opening in the center is the desired size or until it becomes too difficult to make any more stitches.

9: Stop stitching at the bottom of the hole in the center of the Dream Catcher. End by tying a double knot in the twine or string and pull tight.

10: You should have 6-8 inches of string left to use for decorations which will dangle from the center of the Dream Catcher. Add beads or feathers to the string and secure by knotting.

11: For addition decorations, cut several strings into 6-8 inch lengths and thread with beads or feathers. Tie these decorations to the bottom and/or sides of the Dream Catcher.

12: Hang over your sleeping place where the morning light can hit it. Sweet Dreams!!

Purpose:

“The nature of the Dream Catcher will attract all sorts of dreams to its webs. When bad dreams come, they do not know the way through the web and get caught in the webbing where the first light of day causes them to melt away and perish. The good dreams, knowing the way, go through the center of the web and slide down the feather to the sleeper below.”

Sources:

www.teachersfirst.com/summer/dreamcatcher.htm
www.nativetech.org/dreamcat/dreamfaq.html