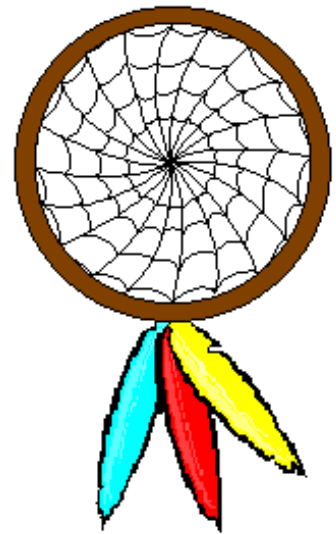


The Dream Catcher Activity

Supplies needed: Ball of yarn

In the American Indian culture, people have dream catchers. The good dreams slip through the center and slide down into the feathers. The bad dreams get tangled in the web and disappear in the morning.

Now it's your turn to make a human dream catcher by taking turns to talk about your personal goals and dreams.



Directions:

- Form a circle with your chairs.
- One person takes the ball of yarn and wraps the end around her hand. She says her dream and throws the ball of yarn to someone on the other side of the circle.
- That person takes the ball of yarn and wraps the end around his hand. He shares his dream then throws the ball of yarn to someone on the other side of the circle.
- Continue sharing dreams and throwing the ball of yarn until everyone's dream is caught.

Activity adapted from the Working Together for Change Toolkit by the Self-Advocate Leadership Network at www.hsri.org/leaders.