CD and DVD upcycling activity
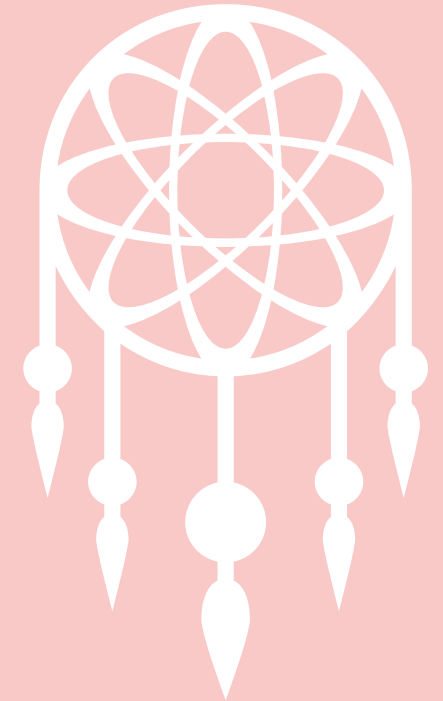
Making a dream catcher

provided by **suez**

About dream catchers

Originally created by Native Americans, the indigenous people of the United States of America.

They are a talisman to protect sleeping people from bad dreams.

Bad dreams are believed to be caught in the net and destroyed by sunlight.

You will need

- ✓ **Old CD or DVD**
- ✓ **Coloured wool, string or ribbon**
- ✓ **Scissors**
- ✓ **Beads, feathers or other decorations**

Step one

Find an old CD or DVD and some coloured wool, string or ribbon

Step two

Cut a long length of the string, thread it through the middle of your CD, wrap around the edge and tie a knot

This will be your 'wrap string'

Step three

Wrap your string around the CD an odd number of times (e.g. 13 or 15 times) and tie a knot at the back

These will also be 'wrap strings'
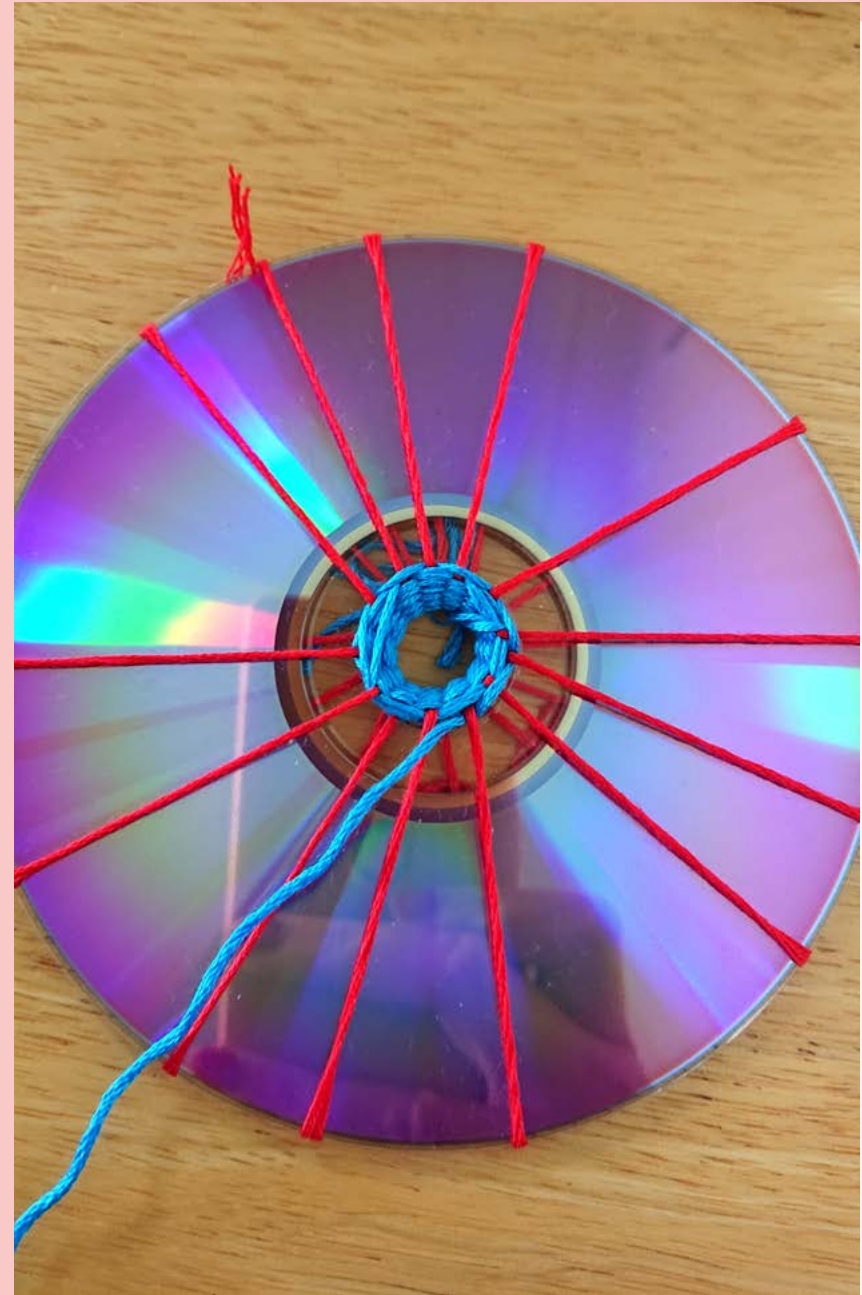
Step four

Cut another length of string, tie it to your wrap string on the back and thread it through the hole in your CD to the front

Step five

Weave your string over one string and then under the next – pulling tight as you go

Continue weaving and when you need new string, simply tie it to your old one and keep weaving

Step six

When you have finished weaving, tie your string in a knot and carefully trim the end

Step seven

Cut another length of string and loop it around two wrap strings at the back

Cut a slightly longer length of string and loop it around four wrap strings at the back

Step eight

Thread your beads, feathers or other decorations onto the strings and tie a knot at the end

Now you've finished creating your dream catcher, you can hang it above your bed!