

## Dreamcatcher template: to create your own 'Wellbeing Dream Catcher'



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### **Inside** the dreamcatcher:

Write down any sad or negative thoughts that you are having at the moment.

*For example, feeling worried or sad.*

Using string or by drawing lines, create a web to "catch" these negative feelings.

### On the **feathers** of the dreamcatcher:

Write or draw all of the people, places, or things that you love to keep your sad / negative feelings inside!

You might also like to decorate your feathers with bright colours.

If the sad / negative feelings ever escape, those powerful words around the outside will push them back in!

