



# TREE DREAMCATCHER

Learn to calm down and connect with a natural network

**Goal:** The children will experience a calm time full of fantasy and dreams amidst the trees.

**They will make a dreamcatcher to capture their most powerful experiences which the children can share with the others if they wish. They will improve their ability to calm down and connect with nature.**

Čas: 30 minut

Věk: 5–99

Prostor: místo se stromy

Období: celý rok (začít raději v teplé části roku)

Pomůcky: pružné větvičky, provázky, přírodniny



## 1. REST UNDER THE TREE

Create a moment with the children and lie down to rest or sleep outside under the trees. You can go out after lunch or a snack. Have everyone find a pleasant place in the agreed-upon area and leave them for 5–20 minutes to rest alone. You can tell or read a pleasant tree story for the children if they desire. Make sure to leave at least 5 minutes at the end for a quiet relaxing time under the trees where the children's thoughts and fantasies can drift through the shrubs or tree-tops. What kind of dreams and visions will they have?

## 2. TREE DREAMS

Gather the children and sit in a circle under the trees and share what it was like, in our busy world, to just lie down for a while. What did you hear and feel? What did you think of? What ideas and imaginings came to you?

## 3. DREAMCATCHER

Now it is time to make a dreamcatcher in order to capture as many pleasant tree experiences, fantasies and dreams as possible. Use a pliable twig or twigs to make a circle, oval or a drop shape and tie it with some string. Make a simple web through the inside space of the dreamcatcher with the string.

*TIP: Larch twigs are flexible and, in addition, have small bumps (brachyblasts) that help the children in weaving the web into their dreamcatchers.*

## 4. CATCH THE EXPERIENCE

The children then weave various natural materials into the web of the dreamcatchers which will help them preserve their experiences, ideas, thoughts and dreams that occurred among the trees. They can be leaves, twigs, feathers, flowers, cones, stones, bark, shells, seeds, nuts, etc.

*TIP: Children can fill their dreamcatchers gradually over time as they keep returning to trees.*



## 5. SHARE

The children should be encouraged to sit down under a tree in a circle and show the others their dreamcatchers and, perhaps, give a short description or narration. They can hang their catchers in the classroom, at home above the bed or window, or even in a favourite tree or spot outside in nature.

TIP: Children can draw or write about the story of their dreamcatchers and what is woven and hidden in them.

### EVALUATION OF THE ACTIVITY'S GOAL (EVIDENCE OF LEARNING)

- The children experienced peace and dreaming among the trees.
- They made dreamcatchers in nature.
- They wove their ideas, fantasies and dreams caught among the trees into their tree dreamcatchers using natural products.
- The children were given an opportunity to tell others about their experiences.

