

NATIVE AMERICAN EDUCATION FOR ALL RESOURCES

Partnership of IllumiNative and the National Indian Education Association



ILLUMINATIVE



Grade Level

PK-2

Subject

**Social Studies
Art**

Lesson Title

**Keeper of Dreams: The Legend of
the Lakota Dream Catcher**

Activity Description: In this activity, students will learn about a Lakota legend about how the Lakota Dream Catcher came to be, and the significance of dream catchers to Native cultures. Students will then have the opportunity to create their own dream catchers.

MATERIALS NEEDED

- "Keeper of the Dreams: Legend of Lakota Dream Catcher"
 - [Digital text version](#)
 - [Read Aloud version](#)
- [Different types of dream catchers](#) made by different Native American tribes
- Making a Dream Catcher
 - [Step-by-step Infographic](#)
 - [Step-by-step video](#)
- Scissors
- Metal ring or round butter container (or any circular object)
- Yarn (2-3 colours)
- Items of significance to your family or community to hang from the dreamcatcher (optional: use beads)
- Tacky Glue

STEPS

This activity is for children to do with a person from the family or community, but may also be done by the child alone. View [this infographic](#) for step-by-step pictures of the making of this activity. For older children, [this video](#) shows a more advanced way to create a dreamcatcher.

1. [Read](#) or [Listen](#) to the "Keeper of the Dreams: Legend of Lakota Dream Catcher"
2. Show your child [images of different types of dream catchers](#) made by different Native American tribes.

Making Your Dream Catcher

1. Take your circular object and tie the yarn to the ring with a double knot, leaving about an inch of yarn sticking out at the end.
2. Begin wrapping the yarn around the ring, keeping it as tight as possible. Cover the entire ring with your yarn.
3. Knot the remaining yarn to the small piece you left out when you started, and then create and tie a loop so that you can hang your dream catcher later on.
4. Using a different coloured yarn, tie a double knot at the top of the ring next to the loop. Wrap the remaining yarn around the outer edges of the ring as many times as you'd like to create the design of your choice. When you are done, secure the yarn by tying it off onto the one-inch piece and cut off any excess ends.
5. Cut a piece of yarn that will hang from the bottom of the dream catcher. Tie it to the middle of the bottom of the ring.
6. Thread a few beads onto the yarn and tie as many knots as you need to so that the beads will not fall off. Cut off any extra yarn that may be hanging from the knot.
7. Repeat step 5 for the two side strands.

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HELPFUL TIPS

Parents and caregivers: This activity helps children better understand the significance of dream catchers in many different Native tribes.

- After you finish [reading](#) or [listening to the story](#) with your child, discuss with your child the significance of dream catchers in the story.
 - What was the Lakota elder's vision in the story?
 - What does the dream catcher do?
 - Emphasize that some Native American people believe that bad ideas are caught in the web, and good ideas pass through to the individual.
 - Share with your child that in some tribes, traditionally, Native American dreamcatchers are small, and made of bent wood and sinew string with a feather hanging from the netting. Wrapping the frame in leather is also common.
- While showing your child the images of different dream catchers from different tribes, prompt them with questions, such as:
 - How are the dream catchers might be similar or different to each other?
 - What material are these different dream catchers made of?
- Consider hanging the dream catcher over your child's bed that night. Ask your child:
 - What bad ideas do they think were caught in the web?
 - What good ideas, visions, dreams, or goals do they think passed through to them?

WANT TO LEARN MORE?

Families and Educators: This activity may open other talking points around Lakota people and culture.

- Visit the [Akta Lakota Museum & Cultural Center](#) to learn more about Lakota people and culture.

Activity Resource Links:

- Adapted from:
 - "Keeper of the Dreams: Legend of Lakota Dream Catcher"
 - [Digital text version](#)
 - [Read Aloud version](#)
 - Images of Dream Catchers from different Native American tribes: <http://www.native-languages.org/dreamcatchers.htm>
 - Making a Dream Catcher Video: <https://www.youtube.com/watch?v=PGpiHxooTo>
 - Step-by-step guide to making a dream catcher: <https://urbanmoms.ca/life/diy-kid-friendly-dream-catcher/>
- Akta Lakota Museum & Cultural Center: http://aktalakota.stjo.org/site/PageServer?pagename=alm_culture_traditions