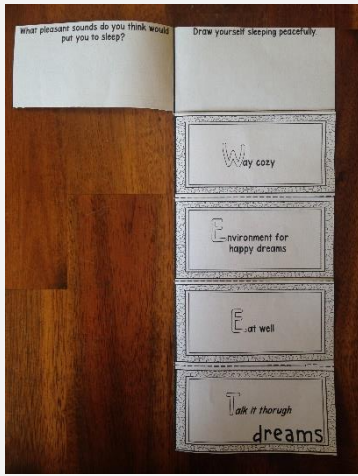


Sweet Dreams

SWEET Dreams Foldable



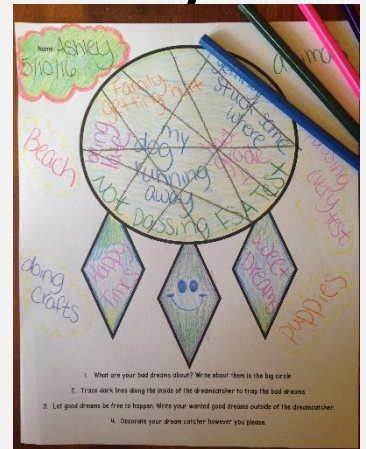
Write a Letter




Dream Trapper and Dream Creator Activity



Dreamcatcher Activity Sheet



Mrs. Bell The Crafty Counselor



Ancient legend says that a dreamcatcher has the power to trap bad dreams for eternity while passing good dreams straight into your sleep cycle.

When placed above our beds while sleeping, it is thought that dreamcatchers catch our floating dreams. The good dreams, the bad dreams, the unmemorable dreams, even the scary dreams; the dreamcatcher can trap.

The good dreams are caught in the dreamcatcher's web and then slide down into the feathers. From there, the dream is sent straight into our dream lineup to create similar dreams in the future.

Bad, scary or unpleasant dreams get stuck in the dreamcatchers web never to be dreamt again.

Hang your dreamcatcher above your bed to increase your chances of sweet dreams.
Sleep well my friend.

Mrs. Bell The Crafty Counselor



Dreamcatcher Activity Sheet

Name: Ashley
5/10/16

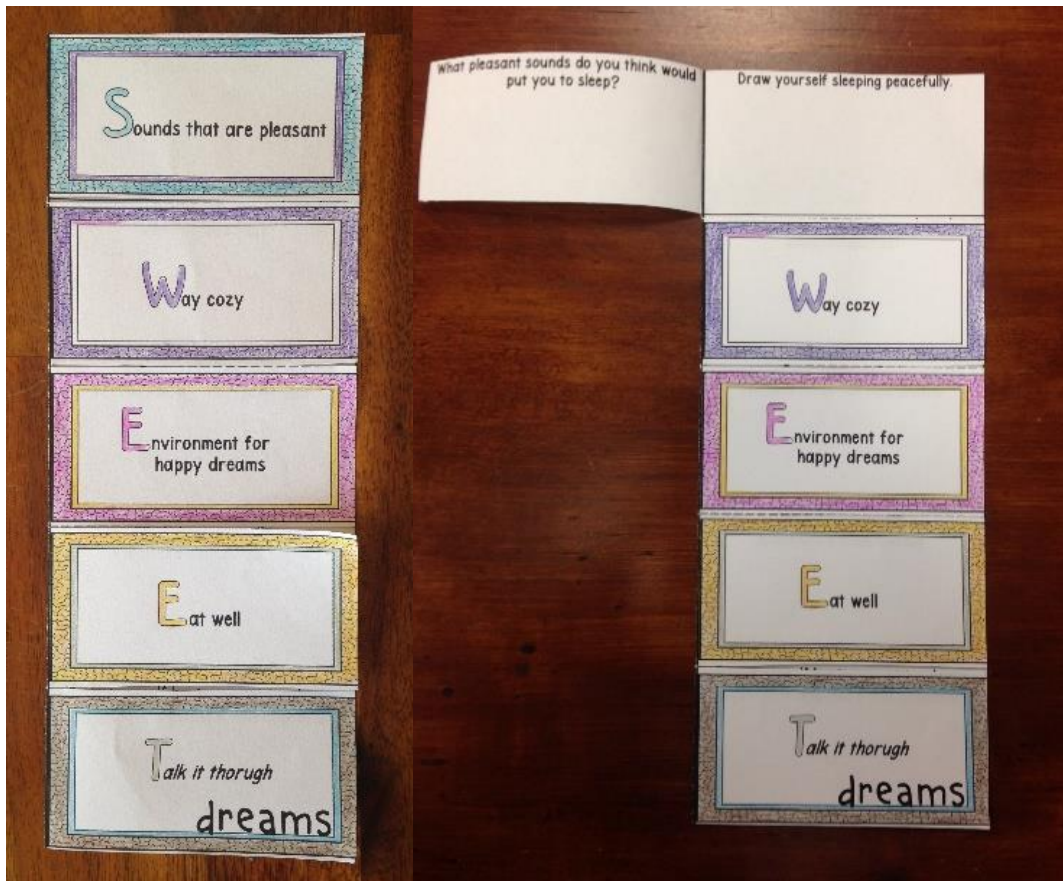
Family getting hurt
getting stuck where some
my dog running away
not passing FSA

Beach
doing crafts
Happy Times
Sweet Dreams
Puppies

1. What are your bad dreams about? Write about them in the big circle.
2. Trace dark lines along the inside of the dreamcatcher to trap the bad dreams.
3. Let good dreams be free to happen. Write your wanted good dreams outside of the dreamcatcher.
4. Decorate your dream catcher however you please.

Have students follow the four steps on the worksheet to create their own paper dream catcher to hang above their bed to attract sweet dreams.

Sleep Foldable

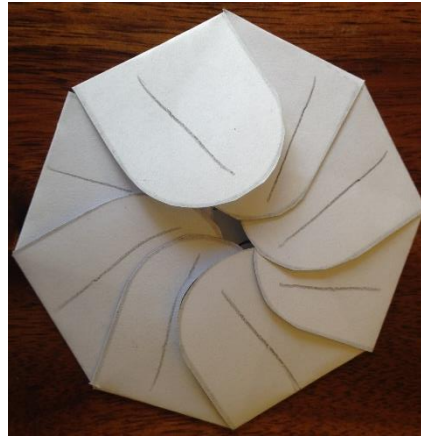


Download includes a black and white foldable that students can color like shown above! Use the foldable with the poster to walk students through the five tips for sweet dreams. By answering questions and drawing pictures, students will learn how to create a positive sleep environment increasing the chances of sweet dreams.

Dream Trapper/Dream Creator

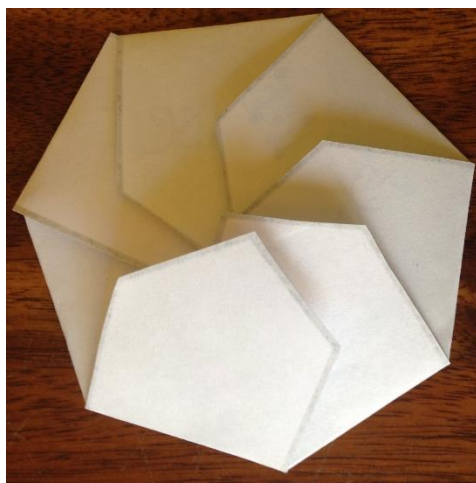
Dream Trapper

With the bad dream written in the middle of the trapper, the flaps are folded and the dream disappears.



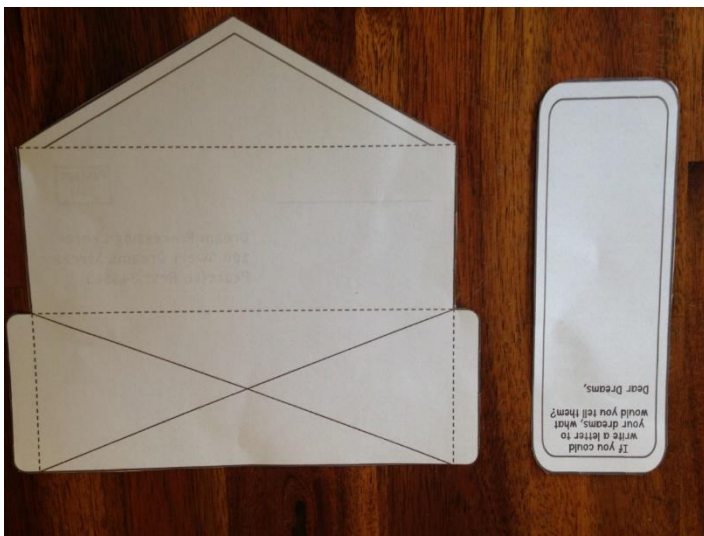
Dream Creator

With a happy dream created in the middle of the creator, the flaps are folded and the dream creator is placed under their pillow to create beautiful dreams while they sleep.



Send a Letter

This writing activity is a therapeutic way for students to let go of their bad dreams/nightmares and the associated feelings. Assembly is easy. Grab some crayons, glue, and scissors. Four folds later, you will have an envelope to mail a letter to the Dream Processing Center.



For added affect, place in a mailbox to "mail" the letter to the dream processing center!



Mrs. Bell The Crafty Counselor

Credits:

Dreamcatcher Clipart



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Fonts



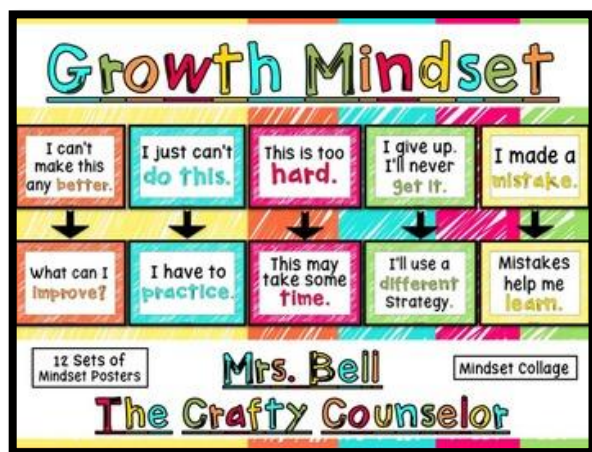
Envelope, Trapper
and Creator Foldable



Mrs. Bell The Crafty Counselor

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