

Master 6

Sweet Dreams Story

By Amanda Norton and Jillian Laursen

Last night, I had a bad dream. I woke up in a panic and called for my Noohkoom (grandmother). Noohkoom came rushing into to my room and I told her what had happened. She told me that she had something for me.

Noohkoom left the room and returned a few minutes later. In her hands, she was carrying something. I asked her what it was. Noohkoom told me that it was a dream catcher.

Noohkoom hung the dream catcher above my bed. She explained that dream catchers protect you from bad dreams. She told me that good dreams pass through the centre of the dream catcher and the bad dreams get stuck in the web.

Dream catchers are made of many materials. They can have feathers or beads. The web can be made of sinew (animal tendons) or string. They are always round. In the old days, they were made of willow. Today, they are made of metal and are usually colourful.

Noohkoom tucked me in again and kissed me good night. I only had good dreams after that.