

Animal Reiki with Amber



“Dream Catcher”



Objective

You will create a dream catcher using elements from nature to create harmony during your pet's sleep.

Materials

- Ring or natural wreath
- String or jute
- Beads/ Feathers
- Nature music
- Dream catcher kit (optional)

Resources

[Michaels](#)- kit or image

[Dream catcher information](#)

[Pinterest](#)

Step 1

Ask your students to write down ways in which nature and dreaming are healing. Discuss in group.

Step 2

Discuss dream catchers and ways in which pets can benefit from them. (ideas they might include: *relieve anxiety, rediscover connection to the earth, attention is refocused on the positive, solutions are revealed...*)

Step 3

Students create a dream catchers. You can buy kits and follow the directions or make your own. *Play music in the background.*

Step 4

Share dream catcher creations. Offer Reiki to dream catchers. Share dream catcher with a pet. Enjoy!

Modification:

No pet? Place in a child's room. Gift a friend with a dream catcher.

Reiki With Amber recommends resources but does not have any affiliation.

For more project ideas visit www.amberreiki.com