

CRAFT | Dream Ribbon Wristbands

Parlando Crews



Objective

- To explore how dreams can be expressed creatively through movement and design
- To reflect on personal dreams and build confidence in trusting the process of growth
- To learn how simple materials can be layered and combined to create a visually dynamic prop
- To create a wearable piece that enhances performance, storytelling, and expression through movement

SUPPLIES

- Fabric or ribbon strips (variety of colours and textures) (cut to 12" length)
- Wristbands or elastic bands (base for tying ribbons x2 per student)
- Gems (sticky)
- Ultra Fine Point Permanent Markers
- Acrylic Markers
- Scissors
- Optional: metallic ribbon, sheer ribbon, patterned ribbon

DREAM BIG! | DREAM

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INSTRUCTIONS

- Select 16 ribbons in different colours and textures
- Tie each ribbon securely onto the wristbands (8 per wristband, tied in the middle of the ribbon)
- Space them out or cluster them together for different looks
- Double knot to keep them secure
- Add gems or small decorations to your ribbons
- Use markers to add patterns, lines, or symbols
- Write words that connect to your dreams, such as:
 - Dream
 - Trust
 - Grow
 - Believe
- You can also write a personal dream or goal on one ribbon
- Wear ribbon wristbands for showcase

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