

Doughnut Dreams

Write or draw your Doughnut Dream in the space of the Doughnut to the right.

Important → make sure what you write and / or draw starts and finishes at the dotted line, as this is where your dream will connect with other people's dreams.

Use both sides for your dream if you like, as both will be seen in the Dream Spiral! Maybe one side you could write something and the other side you could draw something?

When you've finished

- 1. cut out the Doughnut*
- 2. cut out the hole in the middle*
- 3. cut along the dotted line*
- 4. connect it to the Dream Spiral **

** or hand it to the person making the Dream Spiral*

