

1

We All Dream at Night

1 Look, read and circle the best option.

1 Do you sleep well at night?



2 Do you have insomnia?



3 Do you remember your dreams?



4 Do you dream in color?



5 Do you dream in black and white?



6 Do you have nightmares?



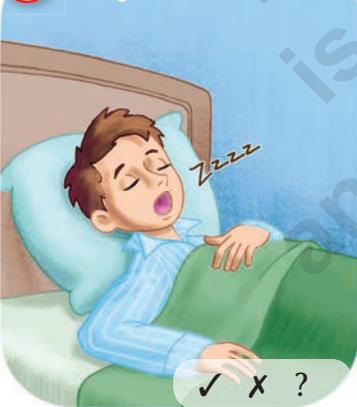
7 Do you talk in your sleep?



8 Do you sleepwalk?



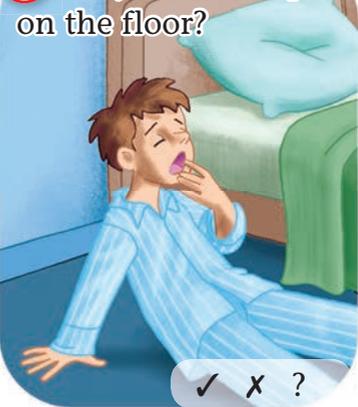
9 Do you snore?



10 Do you drool?



11 Do you wake up on the floor?



12 Do you toss and turn during the night?



◆ Interview a classmate. 🍌

Do you sleep well at night?

Yes, I do. What about you?

2 Read and, in your notebook, complete the mind map below. 🍎

Why do you need to sleep and what happens when you sleep?

Sleeping is a very important part of your daily routine. The body needs to rest, and the brain needs to sort out all the information of the day. To sleep well, you need to go to bed at the same time every night. You can even create a routine so your body knows it's time to sleep. For example, drink a glass of warm milk, brush your teeth, read a little and then switch off the light.

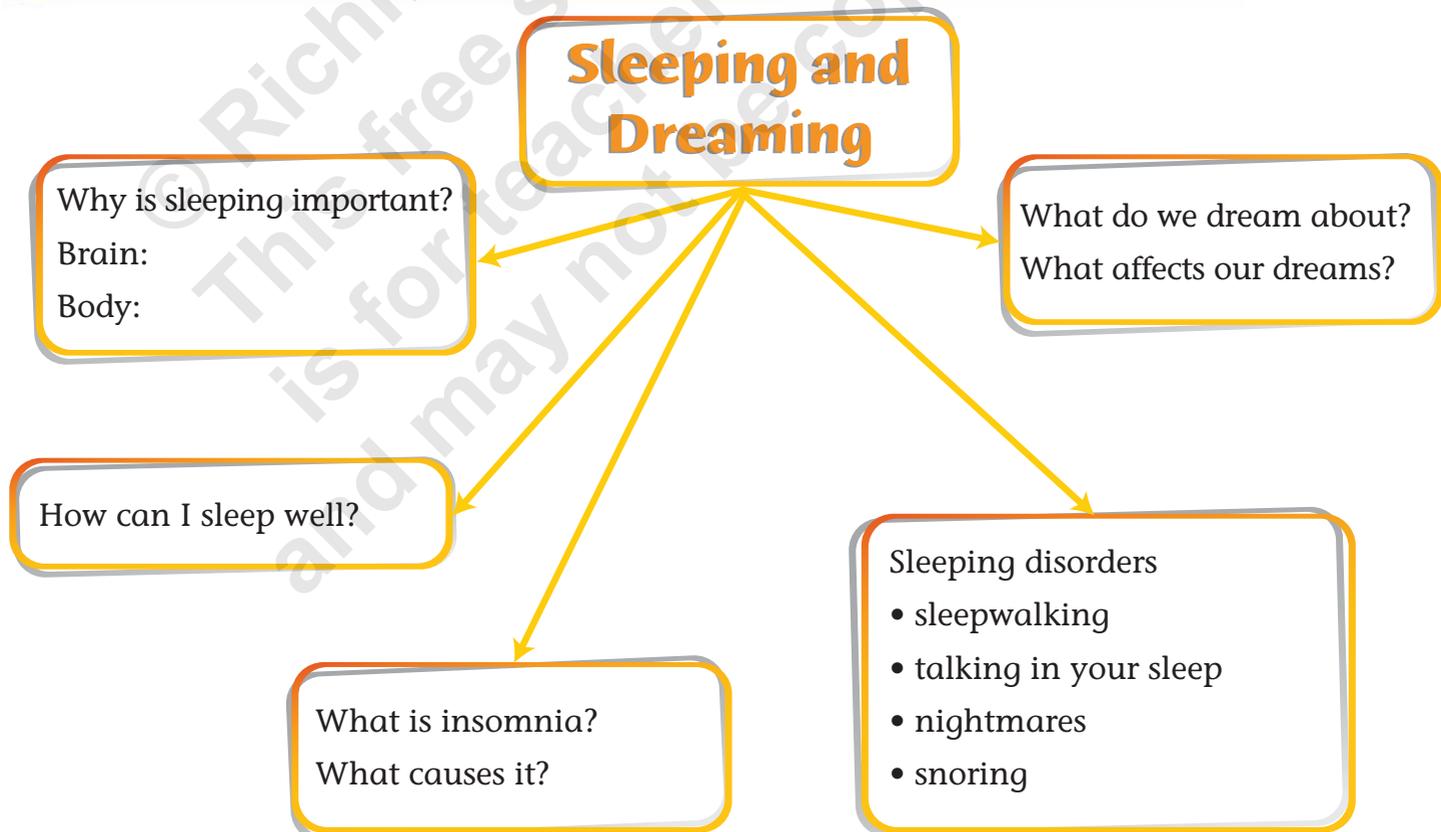
Some children and adults can't sleep well. Insomnia happens when you are stressed or worried, when your room or your bed is not comfortable, or when you play, exercise or drink sodas too near your bedtime. Keeping a sleep diary can help you identify what is causing your lack of sleep.

When you sleep, you dream. Everybody dreams, but not everybody remembers what they dream. You always dream about things

you know, like friends, family, your pet, a video game, a place you visited recently, and so on. Your dreams can be affected by your mood, your worries, or something you are excited about.

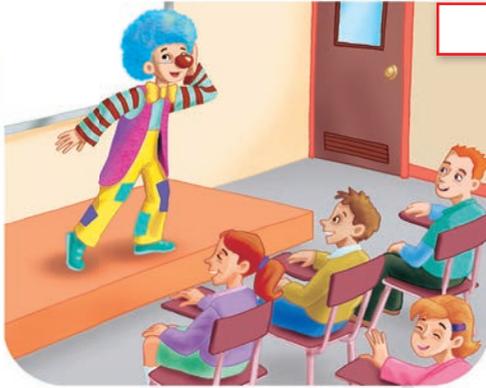
Sometimes you can have a bad dream, or a nightmare. These are dreams that scare you and make you wake up yelling or anxious. They are normal, and sometimes talking about them can make them go away.

Sleepwalking and talking in your sleep are common in children. They don't reflect any medical or psychological problem, but your parents need to create a safe home environment, so that you don't get hurt or walk out of your house. Something important to remember is never to wake up a somnambulist.



◆ Say what you know. 🍎

1 Listen and number the pictures in order. 1



Use the verbs to retell the dream. 🍁

- talk
- start floating
- start flying
- fly
- land
- walk
- look
- start laughing
- wear
- see

We were talking when suddenly I started floating.

2 Listen and stick. 2

1

2

3

4

5

6

3 Read and make notes. 🍌

Dreams can be affected by internal factors in your body or by factors in your environment. For example, when you are hungry, you can dream that you are eating. Or when a strange object is bothering you in your bed, you can dream about being trapped or unable to move. Your mind creates these dreams, so you don't wake up, but continue resting.

What do you think these kids are dreaming about?

1. Sam drank a glass of water just before going to bed, but he didn't go to the bathroom.

2. Ida's cat is on her pillow, licking her head.

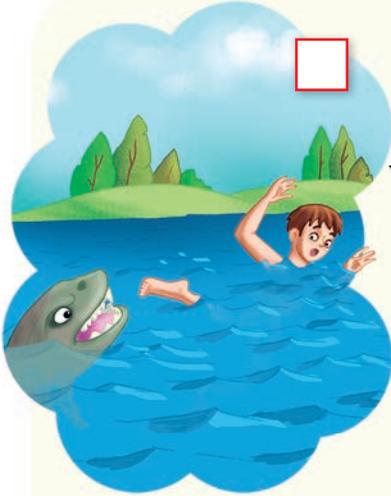
3. Sophie sleeps with her hamster in her room. Hamsters are active at night, and they love to exercise.

- ◆ Share your ideas in class.
- ◆ Write about one of the dreams. Then add illustrations.

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1 Read and number the pictures.

All About My Dreams



(1) I was flying at night and was looking down below
When I saw my friend Jake and flew down to say hello.

(2) On another night I was sailing on the sea
When the water rose up and went all over me.

Chorus:

Dreams can make you feel
Like you're a superhero,
Flying through the sky
With unbeatable power.

But you may have other dreams
That make you scared or hide away.
Don't you worry about those dreams;
In the morning all will be okay.



(3) Once I had a nightmare: I was swimming in a lake

When a monster ate my foot,
Which made me quickly wake.

(4) I had a funny dream once:

I was talking with my dog
When he made a funny noise
And then turned into a frog.

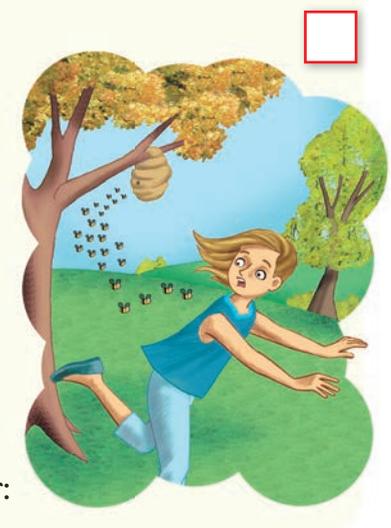
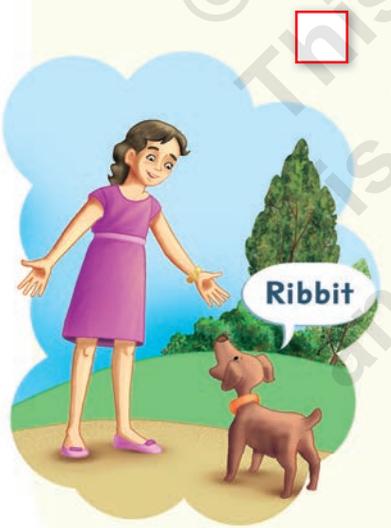
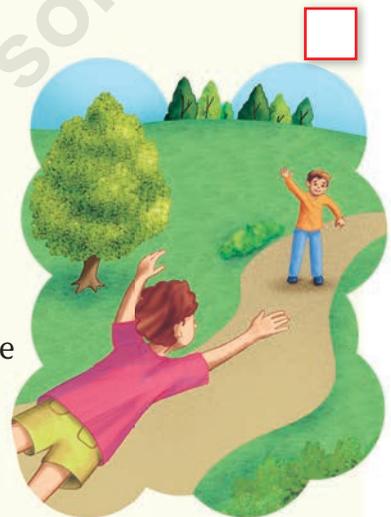
Chorus

(5) Once in a dream I was walking through the trees

When I came across a beehive and was bitten
by the bees.

(6) But my favorite dream was when I met a rock star:

I was singing with him when he gave me his guitar.



◆ Listen and rap along. 

2 Read and answer the quiz. 🍌

What do dreams mean?

- Someone or something chases you.
 - You are dealing with anxiety.
 - You did something wrong and feel guilty.
 - You like dangerous situations.
- You are in love with someone.
 - You watched a romantic movie.
 - You like someone in real life.
 - Your best friend is jealous of you.
- Your dad appears in your dreams.
 - Your dad is your best friend.
 - He represents a teacher you like.
 - He represents authority.
- Your mom appears in your dreams.
 - She represents protection.
 - Your mom is angry with you.
 - You act like a baby.
- You dream about dinosaurs.
 - You are childish.
 - You feel something is too big to handle.
 - You saw a dinosaur movie recently.
- You dream about monsters.
 - They represent an ugly part of yourself.
 - They represent your teachers or parents.
 - They represent your classmates.
- You dream about your pet or a pet.
 - You want a new pet.
 - It represents fragility.
 - You are scared of animals.
- You dream that you die or are going to die.
 - You are going to die in real life.
 - You are going to get sick.
 - It symbolizes change.

♦ Listen and check your predictions. 🎧 4

3 Class Survey: What do you dream about? 🍌



I dream a lot about my cats. I play with them, or they come to school with me.



I dream about the teachers at school, especially Ms. Roberts. She's always telling me to clean my desk.



1 Look and discuss. 🍊

What culture are these objects from?



an Indian headdress



a dream catcher



moccasins

2 Listen and circle the things mentioned in the story. 🎧 5



a shaman



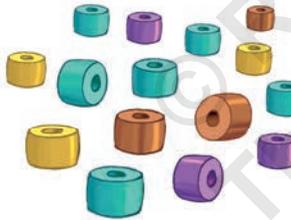
a blanket



a spider web



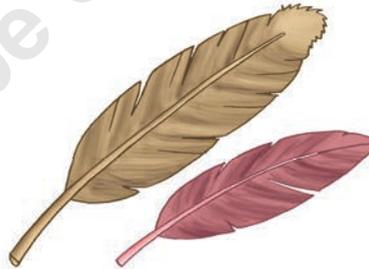
a wolf



beads



children



feathers



food

◆ Mark (✓) the item in activity 1 that the story is about.

◆ Answer the questions. 🍊

1. Why were the parents worried?
2. Who did the parents ask for help?
3. What did the shaman see in his dream?
4. What did the spider do?
5. How do happy dreams get to sleeping children?
6. What happens to the bad dreams?



Skimming

1 Read the title and the underlined sentences. Answer the question. 🍎

What is the text about?

The Importance of Dreams in Native Cultures

For the native people of North America, dreams are an important part of children's lives when they go on their vision quest. A vision quest is when a child who is about 12 years old goes into the woods alone to learn about nature and himself. Every child has to find his own food and water and make a shelter for the two to four days he is in the woods.

During the quest, the child has a dream and sees an animal. The animal helps the child and tells him how to live his life. After the dream, the child returns to the village and follows the instructions the animal gave him in his dream. For example, some children may dream about a bear. They believe that the bear will give them strength and teach them how to be good hunters. Others may dream about an eagle, which they believe will give them excellent vision and help them see into the distance.

Vision quests are important because they show that a child is ready to become an adult. They teach children important life skills like how to be alone in the woods and how to hunt. The other villagers must accept the child as an adult in the village.

♦ Read the text quickly, look and circle the answers.

A Vision Quest		
Where?	Who?	What?

♦ Read the text slowly and answer the questions. 🍎

1. What is a vision quest?
2. Why is a dream in a vision quest important?
3. What is the purpose of a vision quest?

Writing Sentences

1 Read the explanation.

A sentence is a group of words that expresses a complete thought. Sentences have

- a subject that expresses who or what the sentence is about.
- a predicate that expresses what a subject does or is.

2 Use different colors to underline the subjects and the predicates.

1. Nicole had a scary dream.
2. She was swimming in the ocean when she saw a sea monster.
3. The sea monster was trying to eat her.
4. Nicole screamed loudly.
5. Nicole's mom ran into her room to check on her.

3 Look and write sentences.



1. _____
2. _____
3. _____
4. _____

◆ Underline the subjects and the predicates.



1 Make a dictionary of dream symbols.

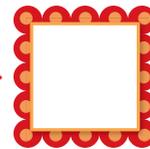
Instructions

1. Work in groups.
2. Your teacher will assign you a few letters from the alphabet.
3. Brainstorm some topics that you often dream about that start with those letters.
4. Do some research on what the experts say those topics mean. Or use your imagination.
5. On paper, make drawings and write explanations for each topic.
6. Arrange all the pages alphabetically and staple them together.
7. Use the dictionary to tell each other what your dreams mean.



Think Back

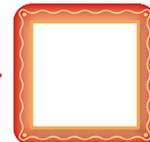
I learned vocabulary related to sleeping and dreaming.



I can describe my dreams using the past continuous and the past simple tenses.



I enjoyed learning about Native American culture.



I like interpreting my dreams.

