

Dream Journaling “*More to Discover*”

GOAL

This lesson introduces the topic of dreams, turning students’ attention to themselves and their body processes as they begin to link dreaming to the brain.

“I have the same dream, at this time, every year.”



Set-up:

- Journals
- Overhead of Dream Questions
- optional: Background music for writing

“I have one dream a night, and it lasts all night long!”



PROCEDURE

Engage (10 minutes)

- Class members share their most recent dream.

Explore (20 minutes)

- Dream Handout

Students spend about 10 minutes writing about their dream: setting, characters (including animals) and feelings in the dream. 10 minutes to write what happened in the dream.

Explain (5 minutes)

- Scientists in sleep laboratories have seen specific patterns of electrical activity in the brain that occur during dreaming. But, scientists don't yet know the function of dreams. Maybe *you* will study dreams one day and discover why we dream!

Expand (5 minutes)

- Class writes what they think is the function of dreaming. Remind them that scientists make guesses all the time, and then try to test their guess to prove it right or wrong.

Evaluate (grading option)

- Read over dream stories. Grade for details of plot, setting, and characters, and for hypothesis about why we dream. Or, simply give credit for the writing work.

“I don’t have dreams.”

“ My dog has dreams.”

“I think we dream to try and figure things out.”

“One of you may discover the role of dreams; scientists know little for certain.”

Think of the last dream you remember having, whether it was last night, last month or last year. Close your eyes for a few minutes and try to recall it in vivid detail.

In your journal, please answer these questions:

- 1. Where did your dream take place? Describe the setting. (Were you in the woods, a house, at the beach?) Did you know the place; was it familiar?*
- 2. Describe any people or characters in your dream. How old were they? Do you know their names? Were they related to you? If not, how do you know them?*
- 3. Describe any animals that appeared in your dream.*
- 4. How did you feel during the dream? Was it pleasant or unpleasant? Did you feel scared, relaxed, excited?*
- 5. Tell the story of your dream. What happened? Give as many details as possible and choose descriptive words. If there was dialogue, include it. Use your answers to 1-4 to help you.*