



DREAM, DREAM, DREAM ...

Language: Dream vocabulary, linking words (contrast and surprising examples)

Level: Upper intermediate (equivalent to CER level B2)

Age: Teenagers / Adults

Time: 60 minutes

Summary: This infographic lesson looks at interesting facts and figures about dreams.

Materials: One copy of the worksheet per student; access to a projector or IWB to project the infographic from onestopenglish.

HOW TO USE THE LESSON

1 Allow students time to read over the questions in exercise 1. If you have a quiet group you may want to demonstrate the activity by discussing one of the questions with a strong student. Students discuss the questions in pairs.

2 Remind students before they begin that they will find information on the discussion from exercise 1 in the infographic. You could give students the infographic as a printed worksheet or display it on the board from onestopenglish. If students use a worksheet, ask them to read the text and then turn over their pages when they have finished. If you project the infographic, slowly scroll down, allowing everyone to read the information. Then remove the image. Students work in pairs or small groups to give an oral summary of the information using the key words in exercise 2. Remind them that the summary is a speaking activity, not a written one.

3 Let students look at the worksheet (or show the infographic) when they have finished to check the information. Encourage whole class discussion at this stage. Ask students if any of the information they read surprises them or if they have had experience of it.

4 Ask students to look at exercise 4. Tell them to find the words in context in the infographic and match each word to a synonym in the second box. You may want to work on pronunciation at this stage, eg word stress on words with more than one syllable or sounds that you know your students find difficult.

5 Draw students' attention to the four words in exercise 5. Explain that two of them are used to express contrast and two are used to present surprising information. Ask students to find the

words in the infographic and notice how they function as part of a sentence. Students put a word in each of the four empty columns in the table. You may like them to work in pairs during this activity for support or extra communication.

6 Ask students to complete the four sentences using the four linking words from exercise 5.

Key:

1 Students' own answers.

2 3 The main points in the infographic are:

- REM sleep: fast and random movement of the eyes; we pass through this stage several times; we normally dream during this stage; our bodies are paralysed.
- Emotions: joy, happiness, fear and anxiety are mentioned; negative emotions are more common in dreams.
- The age of 10: most people over this age dream from 4 to 6 times a night.
- A lucid dream: we know we are dreaming and we can direct and control it.
- Blind people: do not experience images but they do experience other senses. Their dreams are as vivid and complex as a sighted person's dream.
- After you wake up: you forget 95% of what you dreamed. The part of the brain responsible for memory doesn't work when we dream.
- Colour: we dream both in colour and black and white although 80% of our dreams are in colour.



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- 4** *typified: characterised*
 swift: fast
 recall: remember
 joy: happiness
 apprehension: fear
 vivid: clear
 random: irregular
 pick out: choose

5

Contrast		Surprising example	
Conjunction + clause	Discourse marker	Adverb + noun	Conjunction + clause
although 80% of them are	however	even babies	even though you are asleep

- 6** 1. *Even though*
 2. *although*
 3. *However*
 4. *even*

RELATED WEBSITES

The following websites might be useful for either you or your students.

www.dreammoods.com/dreamdictionary/

www.csun.edu/~vcpsy00h/students/dreams.htm

www2.ucsc.edu/dreams/FAQ/

en.wikipedia.org/wiki/Dream

www.psychologytoday.com/basics/dreaming



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- 1** Work in pairs and answer the following questions together.
- Can you remember your last dream? If you can, what was it about?
 - Is it possible to control your own dreams?
 - Have you ever woken up from a dream and been unable to move?
 - Are your dreams mainly positive or negative? Give reasons.
 - Do you dream in colour or black and white?

2 Read the infographic about dreams. Now turn the text over and summarize the information with a partner using the words in the box.

REM SLEEP	emotions	THE AGE OF 10	a lucid dream
blind people	after you wake up	colour	

- 3** Now look at the infographic again and check your answers.
- 4** Find the words on the left in the text and match them to their synonyms on the right.

typified	apprehension
swift	vivid
recall	random
joy	pick out

clear	characterised
happiness	fast
choose	fear
irregular	remember

5 Find the following words in the text and put them into the correct column in the box below, along with any other words necessary.

however	although	even though	even
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Contrast		Surprising example	
Conjunction + clause	Discourse marker	Adverb + noun	Conjunction + clause

- 6** Complete the following sentences with words from exercise 5.
1. _____ you don't recognize strangers in your dreams, you have actually seen them somewhere before in real life.
 2. Many people think that dreams have a hidden meaning _____ there is no definitive answer to this.
 3. Studies show that babies and young children dream. _____, their dreams are less frequent and less detailed.
 4. Animals also dream, _____ mice.



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What happens when we dream? Why do we dream? How often? Can we remember our dreams? Do we dream in colour? Here we look at some interesting facts about dreams.

Rapid eye movement (REM) sleep is a normal stage of sleep characterised by fast and random movement of the eyes. We go through this stage of sleep several times during the night. There are short phases at the beginning of our sleep and longer phases towards the end before we wake up. The dreams we vividly recall mostly happen during REM sleep. During REM sleep the voluntary muscles in our bodies are paralysed. This prevents us from acting out the movement that occur in our dreams.

Sleep and dreams



Dream facts

We experience many emotions in our dreams. For example: joy, happiness and fear. The most common is anxiety. Negative emotions are much more common than positive ones. Dreams that contain negative emotions are called nightmares.

Most people over the age of 10 dream at least 4 to 6 times per night. This normally happens during REM sleep but there is evidence that we can also dream during non REM sleep.

A lucid dream is one in which you are aware that you are dreaming even though you are asleep. When you have this type of dream you can normally direct and control it.

Dream stats



Everybody dreams even babies. Blind people also dream. Those who are blind from birth do not experience images. However, they experience small, sound, emotion and touch. This makes the dreams both complex and vivid.

95% of what you dream slips your mind soon after you wake up. Brain scans of sleeping individuals during experiments have shown that the area of the brain responsible for memory is inactive during REM sleep.

Not all of your dreams are in colour although 80% of them are. In studies in which dreamers were asked to pick out colours from a chart that matched their dreams, soft pastel colours were those most commonly chosen.