

Ten Things You Should Know about Dreams

TRUE	FALSE



1. Everyone dreams every night.
2. Babies have fewer dreams than adults.
3. People who are blind from birth do not dream in pictures.
4. People dream about things because they want them to happen in real life.
5. When you drink alcohol, you dream more.
6. People usually dream in color.
7. You can find out a lot about yourself from your dreams.
8. Dreams never come true.
9. Dreams can sometimes make you walk or talk in your sleep.
10. If you dream about death, it means something terrible is going to happen.

ANSWERS

1. **TRUE** You start dreaming about 90 minutes after you fall asleep. The first dream lasts for five to ten minutes. Then you dream in 90-minute cycles, with the dreams getting longer. Your last dream may be as long as 40 minutes.
2. **FALSE** Babies dream most of the time they are asleep, not in 90-minute cycles like adults.
3. **TRUE** People who have been blind since they were born do not “see” images in their dreams. They have to use their senses of touch, smell, and hearing while dreaming.
4. **TRUE** This is one reason why we dream, but it is not the only reason; in fact, nobody knows why we dream!
5. **FALSE** Drinking alcohol or taking other drugs makes your dreams shorter.
6. **TRUE** Most dreams have some color in them, but people forget it very quickly.
7. **TRUE** Every detail in a dream is important and has a meaning. You can learn something about your “sub-conscious” or your hidden emotions from all of your dreams, but you have to work hard to remember and understand them.
8. **FALSE** Some people have “telepathic” dreams: this means they dream about events which happen later in real life. But events in a dream don’t usually come true.
9. **FALSE** Sleep-walking and talking are not linked to dreams. Nobody knows why people walk or talk in their sleep.
10. **FALSE** Dreaming about death often means the end of a chapter in your life and a new beginning.

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Worksheet 11a

NOTE: This activity is not linked to the activity on Worksheet 11b.

ACTIVITY

Pairwork: reading, speaking

AIM

To answer and discuss statements in a questionnaire about dreams.

GRAMMAR AND FUNCTIONS

Present simple

VOCABULARY

Dreams and sleep

PREPARATION

Make one copy of the worksheet for each pair of students in the class. Cut off the questionnaire from the answers, as indicated.

TIME

30 minutes

PROCEDURE

1. Ask the students whether they often have dreams, how much they remember of their dreams, and whether they think dreams mean anything.
2. Tell the students that you are going to give them some information about dreams, and that they have to guess whether the information is true or false.
3. Ask the students to work in pairs. Give one copy of the questionnaire to each pair of students. Do not give them the answers yet.
4. Ask the students to read and discuss the statements about dreams with their partner. They should put a check or an X in one of the columns, depending on whether they think the statements are true or false.
5. When they have done this, the students compare and discuss their answers as a class. You should not give the answers yet, but let the students discuss the information.
6. Now give one copy of the answers to each pair of students so that they can compare them with their own answers.