

## B1.15 Sleep and Dreams - Handout

- 1 These questions introduce the topic of sleep and dreams. For some people, dreams are an endlessly fascinating subject. For some others though, it is a topic of little intrinsic interest. Sleeping however, is something we all do, so can all relate to as a topic and talk about. One of these questions asks the learner to describe their favourite sleeping position, which could be challenging for a native speaker. Parts of the body and *pillow* will therefore be useful vocabulary, which you may need to prompt with. If you choose your favourite sleeping position and describe it first, then this should provide a helpful model for the learner
- 2 Two very different 'schools of thought' on sleep and dreams are represented here. There is Thomas, who sees sleeping as a waste of time and Caroline, who sees sleep as important and dreams as inspirational. As usual, the two texts can be read aloud for pronunciation purposes: firstly, by the native speaker to provide a model, then by the learner. Key vocabulary includes: *wasted, common cold, science, eliminate, poems, paintings and subconscious.*
- 3 This exercise is really designed to expand the learner's vocabulary. They do not need to believe in the explanations for them to benefit from it. Key vocabulary includes the possible elements of a dream (which are illustrated) and : *to symbolise, high hopes, power, purity, to cut sth/sb. out (of one's life), to signify, evil, anger, path in life, fresh start, optimism, hurtful remarks, to meet goals, repetitively, willing, independent spirit, lack of honesty, fear of intimacy and commitment.* As usual, the learner can use a good online dictionary or a paper-based one, but your explanations should serve to consolidate these definitions and aid memorisation. The answers to the matching exercise are: 1.) the unicorn, 2.) the scissors, 3.) the wasp, 4.) the map, 5.) the daffodil, 6.) the darts, 7.) the parrot, 8.) the cake, 9.) the cat and 10.) the snake. The information is adapted from a website, (<http://www.dreammoods.com/>) - if you or your partner would like to know more.
- 4 Again, most of these questions relate to sleep, although there are a couple that refer to dreams. Key vocabulary includes: *light/heavy sleeper, insomnia, sleeping pills, counting sheep, nightmares, duvet, sheets, blankets, pyjamas, nightie, snore and sleepwalk.*
- 5 It would be helpful to brainstorm together ideas for this short creative writing activity. The elements of a dream and their symbolism from the exercises above could be drawn upon for inspiration if necessary.