

B1.15 Dreams

You can learn:

- How to talk about sleep and dreams.
- How to speculate about the possible meaning of dreams.

1



Discuss the questions in the box, which are all related to the topic of sleep and dreams, with your partner.



1

- Do you usually remember your dreams?
- Can you describe a dream that you have had?
- In your life, have you ever had the same dream more than once (a recurring dream)? Can you describe it?
- Which position do you like to sleep in? Which of the ones above? Can you describe the position (in English!)?
- Do you believe that dreams can help us solve problems?
- Have you ever dreamed about something, then it happened?

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2

Read what the people below have to say about the topic of sleep and dreams. Who do you agree with?



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I never remember my dreams, and I think time spent sleeping is just **wasted** time. There is so much for me to do. It's really difficult for me to do everything I need to do in the time I have. For me, sleep is just like the common cold - something that I hope science will eliminate soon. **Thomas**

You can sleep when you're dead!

2



Image Attribution to djking

My favourite place is my bed. I keep a dream diary because for me it's important to remember my dreams. I often make them the subject of poems or paintings. I think they can tell you a lot about your subconscious. That's why I must have 8 hours sleep a night.

Caroline



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3 Do you believe in dream symbolism? Can you match the elements from dreams to what they may possibly symbolise?

What could it mean in a dream?

cat



snake



cake



darts

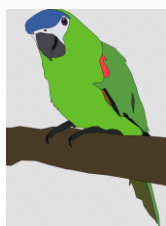


wasp



unicorn

parrot



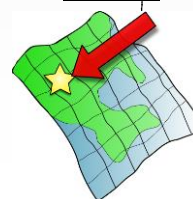
daffodil



scissors



map



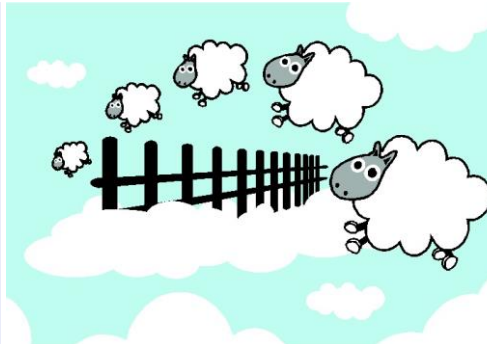
3

Possible Interpretations

- 1.) This symbolises high hopes, power and purity.
- 2.) You may need to cut some things or people out of your life.
- 3.) This signifies evil, anger and negative feelings.
- 4.) This suggests your current path in life will lead to happiness.
- 5.) This symbolises a fresh start, a new beginning and optimism.
- 6.) This either means hurtful remarks, or meeting your goals.
- 7.) This means a message is being conveyed to repetitively.
- 8.) You are willing to share your life with others.
- 9.) This symbolises an independent spirit, or a lack of honesty.
- 10.) This signifies fears of intimacy and commitment.

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4  **Now discuss some more questions from the box on the theme of dreams and sleep.**



- Do you manage to get enough sleep every night? How much do you usually need? Are you a light sleeper?
- Do you ever suffer from insomnia? Have you ever taken sleeping pills? Or tried counting sheep?
- Have you ever had nightmares? Describe one.
- Do you have a duvet? Or do you like sheets and blankets? Is your bed hard or soft? How many pillows do you like to sleep with? Do you wear pyjamas or a nightie?
- Do you snore? Or talk in your sleep? Or sleepwalk?
- Have you ever dreamed in English?
- Do you dream in colour or black and white?

4  **Now write a short story that ends, "...then he realised it had all been just a dream."**

Tom found himself alone in the forest. All around him...

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Notes:

Horizontal lines for taking notes.

*"Sleep is the best
meditation."
The Dalai Lama*