



# DREAMS

***“A dream you dream alone is only a dream. A dream you dream together is reality.”***

John Lennon (1940 – 1980), British musical artist

## 1. Dreams Discussion

1. Do you dream often? What things do you dream about? Do you ever have the same dreams? What happens in them?
2. Why do we have dreams? What function do they serve?
3. What are some common dreams that people have? Why are dreams so surreal?
4. Do you ever dream about something you've been thinking about a lot? Why do you think this happens?
5. What can our dreams tell us about ourselves? Has a dream ever given you a real-world realisation?
6. Why is it difficult to remember dreams? Can you remember any of your dreams?
7. Have you seen any films or TV shows about dreaming?
8. Have you ever dreamed in English? Have you ever tried to read a book or article in your dreams? What happened?

## 2. Dreams Vocabulary

- **to live the dream** (verb phrase) – *to live a perfect life, or the life you have always dreamed of.*
- **dream come true** (phrase) – *a dream or ambition that becomes reality.*
- **(to) daydream** (verb, noun) – *to think about pleasant things as a way of distracting from what you are doing.*
- **nightmare** (noun) – *a terrifying or unpleasant dream.*
- **premonition** (noun) – *a strong feeling that something is going to happen, especially something bad.*
- **pipe dream** (noun) – *a dream or idea that is impossible or highly unlikely.*

**Using the vocabulary words above, complete the following sentences (remember to use the correct form of the word, e.g. verb conjugation or plural noun):**

1. An equal society is just a **pipe dream**; it will never happen.
2. He's just got a new job as an ice cream taster; he's **living the dream**!
3. I had a **nightmare** that I was giving a presentation naked.
4. Andrew! Stop **daydreaming** and get back to work!
5. Moving to Canada with my new job would be a **dream come true**.
6. She cancelled her flight after she had a **premonition** that it was going to crash.

### **Dreams vocabulary comprehension questions**

1. Which people are living the dream? When would you be living the dream?
2. Have any of your dreams come true?
3. When do you usually daydream? What do you daydream about?
4. Do you ever have nightmares? What are they about?
5. Do you think that dreams could be premonitions of the future? Have you ever had a premonition?
6. What do you consider to be a pipe dream?

### 3. Video: The Purpose of Dreams

You are going to watch a video by TED Ed called "Why do we dream?"

**Watch the video here:** <https://yourenglishpal.com/blog/esl-conversation-lesson-plan-dreams/>

**While you watch the video, answer the following questions:**

#### Multiple choice

1. Who wrote a dream book with interpretations of common dreams?  
a) Mesopotamian kings      **b) ancient Egyptians**      c) Sigmund Freud
2. In which century did Sigmund Freud propose that our dreams have symbolic meanings?  
a) 18th      b) 19th      **c) 20th**
3. When did researchers find that people could navigate a maze more easily if they had dreamed about it?  
**a) 2010**      b) 2011      c) 2012
4. How many times better at completing the maze were those who had dreamed about it?  
a) 5 times      **b) 10 times**      c) 15 times

#### Sentence completion

5. The reverse learning theory maintains that while sleeping, and especially during REM **sleep cycles**, your brain gets rid of unnecessary neural connections.
6. The continual activation theory proposes that dreams are the result of creating **long-term memories**.
7. Your dreams may be similar to a computer **screensaver** so your brain doesn't shut down.
8. We might dream of dangerous situations so we can practice our **fight or flight** instincts.

#### Short answer

9. During which stage of sleep are stress neurotransmitters less active in the brain? **REM**
10. People with mood disorders or PTSD have difficulty doing what? **Sleeping**
11. By dreaming, you can create limitless scenarios in your mind to help you formulate what? **Solutions**
12. Sometimes, the best solution to a problem is what? **To sleep on it**

## 4. Dreams Conversation Questions

1. Do you think animals dream? What might they dream about?
2. Do you ever worry about the dreams you have?
3. What are some common nightmares that people have? Why do you think we have nightmares? What kind of nightmares do children have? Why do you think that is?
4. What is the connection between dreams and religion?
5. If you could control what you dream about, what would your perfect dream be?
6. Do you think we'll have the technology in the future to record and watch our dreams back? Would you like to do this? Would you ever show other people your dreams?
7. How do you know when you're dreaming? How do you know you aren't dreaming right now?
8. What dreams do you have for the future? What dreams did you have for the future when you were a child? Have they come true?

## 5. Dreams Writing Task

Write about your opinion of dreams. Try to use some of the vocabulary you learned earlier in this lesson. In your answer, you could include some of the following topics:

- Common dreams people have.
- The purpose of dreams.
- What dreams you have for the future.

### **Alternative exam practice question:**

While science has not yet discovered exactly why people have dreams, many people have attempted to answer that question. What function could dreams serve? What could dreams tell us about ourselves?