TEACHER'S GUIDE

Listening activities and suggested answers

Why do we dream?

This version: English | Duration: 9:43 (about 10 min)

Published languages: English, Finnish.

Spotify: open.spotify.com/episode/6cYqUkTLgWy32cZSbw7p51
YouTube: youtu.be/RDAEXwnnNjQ

Introduce the questions before listening. Students write answers after the whole episode. Discuss their answers as a class or in pairs.

Suggested answers are in italics. Accept students' own wording when the meaning is correct.

1 What does the name REM tell us about the eyes?

The eyes can move quickly beneath closed eyelids. REM stands for rapid eye movement.

2 Why does running in a dream not usually make your legs run?

Activity in many movement muscles is reduced during REM sleep. The movement experienced in a dream is not simply copied by the body.

3 How can waking experiences appear in a dream?

Familiar people, places, worries and events can combine into new, even impossible situations. A dream is not an exact replay of the day.

4 Write an impossible dream scene

The scene combines familiar ingredients into something impossible. Students do not have to share a personal dream or frightening experience. There is no single correct story.

Teaching tip: Everything may be invented; remembering a real dream is not necessary.