

"Saturday Night Live" with Teacher Jeffrey from E-say™ English



"Dreams & Sleep"

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Nightmare – noun. a terrifying dream in which the dreamer experiences feelings of helplessness, extreme anxiety, sorrow, etc.

Déjà vu - noun. The illusion of having already experienced something actually being experienced for the first time.

Fantasy – noun. the forming of mental images, wondrous or strange fancies; imaginative conceptualizing.

Hallucination –noun .a sensory experience of something that does not exist outside the mind, caused by various physical and mental disorders, or by reaction to certain toxic substances, and usually manifested as visual or auditory images.

Conscious – adjective. alert, awake **Synonyms:** able to recognize, acquainted, aesthetic, alive to, apperceptive, apprised, assured, attentive, au courant, aware, certain, cognizant, conversant, discerning, felt, hep to, in on, in right mind, informed, keen, knowing, known, mindful, noticing, noting, observing, on to, perceiving, percipient, recognizing, remarking, responsive, seeing, sensible, sensitive to, sentient, supraliminal, sure, understanding, vigilant, watchful, wise to, with it, witting

Interesting expressions:

1. When the alarm clock rings, the best part of the day is over.
2. If you want your dream to come true, don't oversleep.
3. If you want your wife to listen to what you say, talk in your sleep.

*a dream come true

something that has been desired for a long time that has happened as hoped for ***Our vacation by the ocean was a dream come true.***

*be/live in a dream world

to have ideas or hopes which are not practical and are not likely to be successful (usually in continuous tenses) ***If she thinks he's suddenly going to turn into the perfect boyfriend, she's living in a dream world.***

*beyond your wildest dreams

far more than you could have hoped for or imagined Twenty years later the company has succeeded beyond his wildest dreams. ***Her books have brought her riches beyond her wildest dreams.***

*broken dreams

wishes or desires that cannot be fulfilled. ***We all have our share of broken dreams, but they were never all meant to come true anyway.***

*dream come true

Fig. a wish or a dream that has become a reality. ***My vacation to Hawaii was like a dream come true. Having you for a friend is a dream come true.***

*In your dreams! (humorous)

something that you say to someone who has just told you about something they are hoping for, in order to show that you do not believe it will happen. ***Dave, buy you a car? In your dreams!***

*wouldn't dream of doing something

would not even consider doing something. ***I wouldn't dream of taking your money! I'm sure that John wouldn't dream of complaining to the manager.***

Background Reading: *Please review before class this will not be read during the group lesson.*

It's commonly believed that everyone should get at least eight hours of sleep a day. But a lot of people try to get by on less thinking that sleeping is just a waste of their time. Even some experts claim that it is the quality of sleep that counts rather than the quantity and that we could live healthy lives with only three or four hours of good sleep. To them "good sleep" is characterized by REM (Rapid-Eye-Movement). It is during this phase of sleep that we dream.

Dreams and their interpretation are other interesting phenomena associated with sleeping. Throughout history seers have tried to use them as a guide to the future. Today psychologists are apt to see them as the acting out of the anxieties and fantasies we cannot express during our waking hours.

World Famous Quotes:

~ To accomplish great things, we must dream as well as act. ~ Anatole France

~ Go confidently in the direction of your dreams! Live the life you've imagined. ~ Henry David Thoreau

~ Dreams do come true if you keep believing in yourself. Anything is possible. ~ Jennifer Capriati

~ Dreams are the bright creatures of poem and legend, who sport on earth in the night season, and melt away, in the first beam of the sun, which lights grim care and stern reality on their daily pilgrimage through the world. ~ Charles Dickens

"I Have a Dream" is the popular name given to the public speech by Martin Luther King, Jr., in which he called for racial equality and an end to discrimination.

You can learn more and try to interpret your own dreams by using one of the several online dream interpretation dictionaries.

www.dreammoods.com/
www.thecuriousdreamer.com/
www.sleeps.com/

Each person in the group will take turns asking another one in the group the following questions.

Do you usually remember your dreams? Tell about a recent dream you remember.

What do you know about dream interpretation? What might the following dreams represent: a dream in which you're flying, one where you're paralyzed, and one where you're naked? Have you ever had any of these dreams?

Do you think that animals dream? Why or why not?

Have you ever slept outside for an entire night? If so, tell about the experience.

How many hours a night, do you usually sleep? Would you like to get more sleep or less?

Do you believe that dreams can help us solve our problems? Do you try to understand the meanings of your dreams?

Do you ever take naps? If so, when?

Have you ever had the same dream more than once?

Are you a light sleeper or can you sleep on airplanes, trains, and buses?

Have you ever had a dream that later came true? Why do you think this might happen?

Do you prefer to go to sleep late or wake up early?

Have you had dreams in other languages? How often do you dream in English? Would you like to?

Have you ever known anyone who walked in their sleep? If so, tell about it.

Describe a nightmare that you remember from childhood.

Have you ever experienced insomnia? What can you do to treat insomnia? What do you think causes it?

If you could have an operation that would allow you to get only two hours of sleep each night, would you have it? Why or why not?

Useful Language

Opinions, Preferences:

I think..., In my opinion..., I'd like to..., I'd rather..., I'd prefer..., The way I see it..., As far as I'm concerned..., If it were up to me..., I suppose..., I suspect that..., I'm pretty sure that..., It is fairly certain that..., I'm convinced that..., I honestly feel that, I strongly believe that..., Without a doubt,...

Disagreeing:

I don't think that..., Don't you think it would be better..., I don't agree, I'd prefer..., Shouldn't we consider..., But what about..., I'm afraid I don't agree..., Frankly, I doubt if..., Let's face it, The truth of the matter is..., The problem with your point of view is that...

Giving Reasons and offering explanations: To start with, The reason why..., That's why..., For this reason..., That's the reason why..., Many people think..., Considering..., Allowing for the fact that..., When you consider that...