



Listening Time:



26:00

SEASON 2, EPISODE 1

Dreams & Nightmares

We all have dreams and nightmares, but they remain mysterious to most of us: Where do they come from? Why do we have them? How do they make us feel? In this episode, three of our friends — Isla, James, and Riya — share their dreams and nightmares, and then we go on an adventure to talk more about dreams.

Dreams come from the same place in our brain that our feelings come from. In dreams, children can experience feelings of excitement, confusion, happiness, sadness, nervousness or even feelings of being scared. When we're asleep our brains are still working and feeling. But the part of our brain that helps us to make decisions when we're awake is resting. Our imaginations are in full swing. Acknowledging dreams and nightmares and helping children to separate dreams from reality is comforting.

These educational extensions can help you support children (Pre-K to Grade 3) as they explore dreams, listen to others' dreams, and build important social and emotional skills as they do.



Little Kids, Big Hearts Podcast

Learning Extensions

Dream Book

PreK-3rd Grade



Goals

- ♥ Boost story-telling and expression skills as children use words and pictures to share their dreams
- ♥ Practice listening/empathy by listening to classmates' dreams
- ♥ Build representation skills by showing ideas with words/pictures

Materials



Get Ready!

- ♥ A safe space to gather for classroom discussion
- ♥ Art supplies: staples, paper, crayons, colored pencils, and markers

Instructions



Play the Episode

If the class hasn't yet listened to the Dreams & Nightmares episode, start by listening together!



Discussion

Discuss dreams & nightmares with the students. Some suggested questions:

- ♥ Can you share a dream or nightmare you've had?
- ♥ Have WE all had the same dream? Are there any common themes in our dreams?
- ♥ Have you ever had a dream that came true?
- ♥ Why do you think people have dreams and nightmares? Where do they come from?
- ♥ What can we learn from our dreams?



Activity: Create a Dream Book

- ♥ On Little Kids, Big Hearts, Todd suggests creating a classroom Dream Book in order to help a class explore dreams together. Let's try it!
- ♥ Invite each child to illustrate a dream on a piece of paper and write (with or without assistance, depending on children's skills/needs) a short description of their dream.
- ♥ Ask the children to sign their Dream Book pages.
- ♥ Collect and assemble the pages. In a future session, share the Dream Book with the class.



Play the DreamFest Song

As a goodbye song, play the "Dreamland," the song that the children heard at Dreamfest in the Land of Qook-a-Lackas. It's available online at playsparkler.org/podcast.



Qook-a-Dream Catcher

PreK-3rd Grade



Goals

- ♥ Help children cope with with nighttime/bedtime uneasiness
- ♥ Develop children's fine motor skills
- ♥ Develop focus and self-regulation skills

Materials



Get Ready!

- ♥ Plain paper plates, pipe cleaners, hole punchers, crayons, colored pencils, and markers
- ♥ Optional: feathers, beads, string, stickers, stamps with ink

Instructions



Play the Episode

If the class hasn't yet listened to the episode, start by listening together!



Discussion

Discuss what we do to prepare for sleep, and what we can do when we have dreams and nightmares.

- ♥ What are some things you do at night to set yourself up for a good night's sleep?
- ♥ Do you have a favorite song that you listen to to relax? (You can make a playlist of these to play during the activity)
- ♥ What do you do when you have bad dreams?



Activity: Create a Qook-a-Dream Catcher

- ♥ Riya talks about the dream catcher in her bedroom that helps with her nightmares.
- ♥ The Ojibwe people first created dream catchers. Over time, other tribes and cultures adopted dream catchers, which were thought to protect children at night.
- ♥ Invite each child to decorate a paper plate to create their own dream catcher. They can decorate the plate with a picture of a good dream or colors and shapes that make them happy.
- ♥ Older children may want to punch holes at the bottom and add string with beads or feathers. Younger children may enjoy using stickers or stamps to decorate. Once complete, punch a hole at the top and use a pipe cleaner to create a loop for hanging the catchers the classroom or at home.



Play your classroom playlist of relaxing music while working on your dreamcatchers.

Play the DreamFest song or your own calming playlist while the students work.