

1 Dreams Can Come True: Teacher's notes

Topic focus Sleep and dreams; Psychoanalysis

Grammar / Functional focus Making deductions (You might be... This suggests...); Making suggestions (imperative, should, etc.)

Level / Number of students Intermediate to Advanced / Minimum three students

Time 45-55 minutes (Extension 10 minutes)

Preparation

Copy and cut up texts A-D (1 per student). Use three texts in smaller classes of below ten students.

Suggested lead-in

Pre-teach: *nightmare, snoring, recurring dream*. Write the following questions on the board for discussion in pairs (5 mins). How often do you dream? Do you often have nightmares or recurring dreams? Do you think that dreams have any meaning?

Letters to Dreamtime

Divide the class into three or four groups and hand out the same text to the students in each group. Tell them that they are going to read a letter that has been sent to a professional dream psychoanalyst. Explain that a psychoanalyst is a student (A professional trained in analysing the mind). Give them six to eight minutes to read their letter and the reply. They can also do the vocabulary check, matching the words to their definitions. Monitor to check correct answers.

Answers

Text A 1c 2f 3f 4a 5g 6b 7d 8e
Text B 1c 2e 3a 4g 5b 6h 7f 8d (788 x 9m)
Text C 1d 2f 3a 4b 5g 6h 7a 8c
Text D 1c 2d 3f 4c 5a 6b

When they have finished, ask them to answer the following questions for five minutes. What was the dream about? What does it mean? Have you ever had a similar dream?

Psychoanalysis

Re-group the students so that each group there are four (or three) students who have read different letters. The students should take it in turns to read out their letter to Dreamtime (not the reply). The other students now try to interpret the dream, playing the role of the dreamtime psychoanalyst and saying what they think it means. When they have finished, the first student should read out the reply from Dreamtime, saying whose interpretation was most accurate. They should continue around the group in this way until they have all read out their letters.

Encourage the students to make notes while listening to the psychoanalyst's letters. This will help them to provide more detailed interpretations.

Class feedback

Find out who, in each group, interpreted the dreams most accurately, and who made the most interesting interpretations.

Personalisation

Now tell the students that they are going to share their own dreams with each other. Ask them to tell them in the same group.

Tip: Try putting on some relaxing music.

Tell them to spend five minutes making brief notes about their own dream, including recent dreams, childhood dreams, nightmares. Then tell them to talk about their dream with each other, giving each other interpretations of each dream based on what they have learnt in the lesson.

Extension: Dream Facts

Hand out the Dream Facts questionnaire (one per group of three or four) and set a time limit (5 mins). When they have finished, check the answers, getting one or two predictions for each before you reveal the correct answer.

Answers

1 True 2 False, in fact we dream one or two hours every night on average. The second part is true. 3 True. Blind people do dream. Although their dreams may not consist of visual images, blind people can clearly remember the sounds they hear or the textures they come into contact with in their dreams. 4 False. 5 False. In fact, five minutes after the end of the dream, half the content is forgotten. After ten minutes, 95% is lost. 6 True 7 True 8 True. According to the experts. 9 False 10 False. I just made it up!

Text A

Dreams Can Come True

Rotting Teeth

Dear Dreamtime,

I had a dream that I bit on something that was hard and a tooth fell out. Quickly all of my teeth started rotting and falling out. I pulled back my **check** with my hand to look at my back teeth and half of my lower **jaw** fell out into my hand. I was terrified! I put it back into place before anyone saw it and ran to my boyfriend for comfort to tell him what was happening. I said, "Look at my teeth!" and he said, angrily, "What are you doing?" That was the end of the dream.

Anne C.

Dear Anne,

Dreams about losing your teeth typically represents your worry about your appearance and how you think others see you. You're feeling unattractive and this may be reflected in your dream.

Nonetheless, it is important to explore the relationship you have with your boyfriend. You mentioned how you ran to him for comfort, but instead of helping, he sounded like he was blaming you for the situation. He said "What are you doing?" as if it was your fault that your teeth fell out and he had to do something to make them fall out. This may reflect a deeper problem between you and your boyfriend. Perhaps he has criticised you for something that was beyond your control. He may be making little jokes about your physical appearance and in your mind you feel he would like you to look a certain way and that you are not meeting his expectations of beauty. Or perhaps he even be putting pressure on yourself, worried about how he is thinking.

Best regards,
 Dreamtime

Read the letter to Dreamtime, and the answer. Complete the vocabulary check as you read by matching each word to its meaning:

Vocabulary check

- rotting
- cheek
- jaw
- reflect
- nonetheless
- explore
- blame (blaming)
- expectations

- show an image of something (e.g. in a mirror or in water)
- (here) examine / look at something in detail
- going back (to eat or meat)
- tell someone that they caused a problem, that it's their fault
- the thing you think your hope will happen in the future
- the bottom part of your skull (see picture)
- but / however (often used to start a new idea)
- part of your face between your ear and your mouth



Text B

Dreams Can Come True

Flimsy Nightgown

Dear Dreamtime,

Over the last few months I've had a recurring dream. I'm sitting on a bench on the way to work and I see a man in my flimsy nightgown. What should I do? I end up going off the bench towards the centre of town and walking towards the building where I work, trying to ignore people staring at me. It's a very uncomfortable feeling. Yet I always seem to wake up before I get to the office.

Carla J.

Dear Carla,

Your dream suggests that you are torn between two different roles in your life. There is a conflict between how you feel and the role you are playing. Your flimsy nightgown probably makes you feel exposed, suggesting that some aspect of your life is making you vulnerable. The fact that you are on your way to work also suggests that your vulnerability might relate to your work. Next time you have the same dream, look carefully among the crowds. You may notice someone from work or an acquaintance. Often this may be a manager or superior who is putting pressure on you to do better. Perhaps you feel inadequate in your performance at work?

Best regards,
 Dreamtime

Read the letter to Dreamtime, and the answer. Complete the vocabulary check as you read by matching each word to its meaning:

Vocabulary check

- flimsy
- recurring
- ignore
- staring
- be torn between
- conflict (in)
- exposed
- vulnerable

- not pay attention to someone or something on purpose
- be trying to make a difficult decision (usually with just two options)
- (here) thin and see-through
- open to danger, unable to protect yourself
- repeating
- unprotected from something (e.g. the weather or danger)
- looking at something intently
- fight, argument, war

Text C

Dreams Can Come True

Chased By A Spider

Dear Dreamtime,
I had a dream where I woke up in the middle of the night and then walked up to my attic. There was a huge spider's web being spun by a giant spider. It chased me into a corner. I jumped out of the nearest window into the street but it continued to chase me through the streets of central London. (At some points I was jumping across the tops of cars to get away from it). I woke up before it caught me.
James V.

Dear James,

Your dream suggests that you are feeling trapped in a present situation or relationship. Do you feel that somebody is taking advantage of you? You really want to get out of this situation, but you are afraid to confront it. As with many chase dreams, fear and anxiety are the main reasons why you are running away. When you dream that you wake up, it means that you have made a new discovery.

It's not surprising that your dream leads you to the attic. Being located upstairs, the attic is often the symbol of your innermost thoughts. So this relationship with the spider is probably occupying your mind. Is there one thing that you are thinking about and you can't get it out of your mind? Most importantly, ask yourself who or what is the threat.

Best regards,
Dreamtime

Read the letter to Dreamtime, and the answer. Complete the vocabulary check as you read by matching each word to its meaning:

Vocabulary check

- 1 chase
- 2 attic
- 3 web
- 4 spun
- 5 trapped
- 6 confront
- 7 anxiety
- 8 occupying

- a) a net made by a spider (see picture)
- b) (from spin) make a web
- c) taking up space or time
- d) run after somebody or something to catch it
- e) worry caused by problems or fears
- f) the room at the top of many houses (for storage)
- g) stuck / trapped
- h) recognised and deal with (especially a problem)



Text D

Dreams Can Come True

Flying Out of Control

Dear Dreamtime,
I am 29 years old and for many years I have recurring dreams. When I was a teenager, I would dream that I was flying over the earth with a rope tied to my waist. Sometimes, the rope would break and I started flying out into space. I got scared, grabbed the rope and pulled myself back down to earth. More recently, I find myself running away from something and when I jump I start trying to hold it. Then I start falling back down to the ground. This happens a couple of times until I get tired. I know it will really hurt when I get to the ground. I wake myself up and I am almost in tears. What is this happening to me and what does this mean? Please help me understand. Is this some sort of a sign?
Julie R.

Dear Julie,

Your childhood dreams of flying seem to suggest fears of letting go and exploring the world on your own. This may come from a sheltered upbringing. Jumping in dreams represents risks and challenges. Is there a new situation in your life making you feel both excited and anxious? Perhaps you are not sure how to approach this challenge. It seems that you are uncomfortable with being in the air (as you were when you were younger). This may be to do with a fear of failure. Sometimes you need to break free and take a chance. Even if you don't land on your feet, you need to get up and try again.

Best regards,
Dreamtime

Read the letter to Dreamtime, and the answer. Complete the vocabulary check as you read by matching each word to its meaning:

Vocabulary check

- 1 recurring
- 2 rope
- 3 sheltered upbringing
- 4 challenge
- 5 anxious
- 6 failure

- a) feeling worried about a problem or fear
- b) opposite of success
- c) repeating
- d) strong material often used for climbing (see picture)
- e) a difficult, but important test
- f) a childhood with very protective parents



Dreams Can Come True

Dream Facts

Here are ten interesting facts about dreams. Five are true and five are false, but which are which? Put a ✓ by the ones you think are true, and a ✗ by the ones you think are false.

- 1 The Romans submitted unusual dreams to the Senate (parliament) for analysis and interpretation.
- 2 We dream, on average, for three or four hours every night. And we often have four to seven dreams in one night.
- 3 Blind people have dreams like the rest of us, only without images.
- 4 If you die in your dream, you actually die in real life.
- 5 Twelve minutes after the end of a dream, half the content is forgotten. After 20 minutes, 90% is lost.
- 6 Men tend to dream more about other men, while women dream equally about men and women.
- 7 Young children do not dream about themselves. They do not appear in their own dreams until the age of three or four.
- 8 If you are snoring, then you cannot be dreaming.
- 9 If you leave the light on, you are more likely to have a nightmare.
- 10 The Aztecs of Central America believed that their dreams were the 'real' world, and that their waking world was just a personal fantasy.

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First Time Buyers: Teacher's notes

Topic focus Houses and homes; Furniture; Interior design

Grammar / Functional focus Negotiating prices; *There is / are* for description; *Have to / need* for expressing necessity

Level / Number of students Intermediate – Advanced / Minimum six students

Time 35–45 minutes (Extension 15 minutes)

Preparation

For each group of six to twelve students make one copy of all the property sheets and one copy per student of either the estate agent or the buyer role card (see below).

Suggested lead-in

Pre-teach estate agent and write the following questions on the board for discussion in pairs & mind: What is an estate agent? What do they do? What kind of qualities do you need to be an estate agent? What are the advantages and disadvantages of the job?

The role cards

Divide the class into estate agents and buyers. There should be three to four estate agents per group. Give each estate agent in the group a different property information card. There should be three to eight buyers per group (they can work alone or in pairs, depending on group numbers). For larger classes, create two or more groups. Give each of the estate agents and buyers a copy of their role card. Let them read their cards. Give the buyers three minutes to think up characters for themselves. Meanwhile, the estate agents should try questions to ask the buyers.

Tip: Preparation for a role play is important so that students understand the role and prepare well. They will usually perform much better. Encourage them to be as colourful as possible.

The role play

The buyers enter the estate agent's office. One of the estate agents offers them a flat. In three minutes, rotate the pairings so that each buyer meets a different estate agent. Give them five minutes to make their choice and close a sale!

Round up

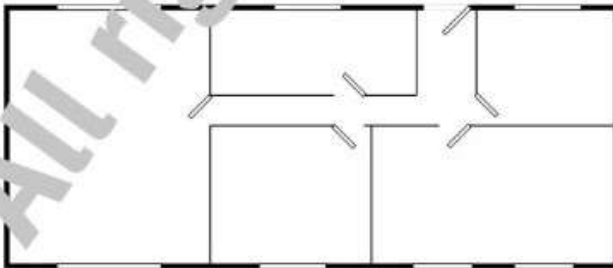
Get the estate agents to ask the estate agents what prices they are offering for the properties and ask the buyers whether they will buy through their new flat.

Extension - Furnishing the flat

Two students that they are going to furnish a new flat they have recently bought. Hand out the floor plan (below), one copy to each pair. Tell them to decide which rooms to use as bedrooms, living room etc. then to agree on the furniture for each room, drawing it on the floor plan as they decide. When they have finished, re-pair them to compare their solutions and explain their choices.

First Time Buyers: Furnishing the Flat

Congratulations! This is your new two-bedroom flat. You must decide which room will be the lounge, kitchen, etc. and then draw the furniture. Draw the chairs, cupboards, tables, beds, etc. Remember, there are two of you!



First Time Buyers

A

32 Craymore Terrace, London W2

£369,000

A two-bedroom, two-bathroom flat on the first floor of a period building with an attractive, large balcony and beautiful views of a delightful neighbourhood. Private parking space and private security guard. Feel safe in the heart of London. This flat is perfect for anyone who loves to impress!

Reception Room 5m x 4.5m

A bright room with a high ceiling and doors to front-facing balcony. Original fireplace.

Open Plan Kitchen

Impressive fitted units make the most of space, with built-in oven. Sink, fitted washing machine and dishwasher.

Bedroom One 3.2m x 2.8m

Windows to rear, built-in cupboard and door leading to en suite bathroom.

En Suite Bathroom

Spacious and full of light. Bath, W.C. and washbasin.

Bedroom Two 1.8m x 1.7m

Windows to front, balcony access, private shower room.

Shower Room

Newly-fitted shower, W.C. and W.C.



First Time Buyers

B

46a Hangar Drive, London W3

£349,000

A two-bedroom, one-bathroom flat with separate WC, fully modernised, on the ground floor of a period property. Doors in reception room lead to a pretty, private garden with lots of potential. High ceilings and original doors give the property plenty of character.

Reception Room 4.8m x 4m

Window and door to rear, wooden floors, original fireplace, built-in shelves with spotlights.

Kitchen 3.2m x 2m

Beautiful wooden wall units with modern worktops. Stainless steel sink and oven with extractor above, integrated washing machine, fridge/freezer, dishwasher and tiled floor. Recently fitted.

Bedroom One 4.9m x 3.1m

Large window to front, wooden floors, original fireplace, fitted cupboards and wardrobe.

Bathroom

Window above door. New WC, bath with stainless steel shower and glass screen, two sinks, tiled walls and floor, spotlights.

Bedroom Two 4.7m x 2m

Window to front, wooden floors, spotlights and radiator.

Separate WC

Window to rear, sink and WC, large cupboards above.



First Time Buyers

C

130 Fountain Gardens, London W4

£385,000

A well-designed, two-bedroom, two-bathroom apartment on the top floor of a 15-storey modern block. Large reception room and balcony with spectacular views. This apartment has a real feel of luxury about it and has been kept in very good condition.

Hallway

Storage cupboards, radiators and spotlights.

Bathroom

Stylish corner bath, WC, built-in wash basin, tiled walls and floor, spotlights.

Bedroom One 3.4m x 2.8m

Two windows with spectacular views over London, radiator and fitted cupboard.

Bedroom Two 3.3m x 3m

Window with views over Paddington, radiator, fitted cupboards and door to:

En Suite Shower Room

Hand basin, shower cubicle and tiled walls and floor.

Reception Two 3.6m x 2.6m

Balcony rail, dining area and door to:

Kitchen 3.1m x 2.3m

Window with spectacular view, wall units with worktop, white sink, large, modern electric oven, dishwasher, fridge/freezer, built-in washing machine, dishwasher.

Stairs down to Reception Two, to:

Reception One 5.8m x 4.9m

Windows to side and front, door to balcony offering amazing panoramic views across London, two radiators.

