

**TOPIC: Sweet Dreams**

**AGE GROUP: 14-15 YEARS OLD/ 8 GRADE**

**TIME: 45 MINUTES**

**AIMS:**

**Skills development:**

- to develop students' speaking skills – talking on a particular topic – sleeping, dreams and nightmares
- to develop students' writing skills – writing the facts about sleeping presented in the video
- to develop students' reading skills – reading about sleeping positions and the character traits, associated with them
- to develop students' creative thinking

**Pedagogical aims:**

- to arise students' interest in the topic and make them feel at ease with it
- to give clear and comprehensible instructions for each activity
- to develop students' team spirit – group work

Number of Activity	Name of activity	Description of activity	Time
1	<b>Lead in – Discussion</b>	The teacher starts a discussion about sleeping and having dreams while sleeping: Do you like sleeping? How many hours per day do you sleep? Do you need more sleep? Why is sleeping important? Do you remember some of your dreams or nightmares?	5 min
2	<b>Sleeping and Dreaming –Video + Writing task</b>	The teacher shows the students a video presenting facts about sleeping and dreaming. The students watch it once. Then the teacher divides them in pairs or in groups and presents the task to the groups: “You will watch the same video again, pay attention to the facts and try to remember as many as you can, at least 5. Then, each group will write what you have remembered. You can’t write while the video is running.” The students have 5 minutes to fulfill the task, after that the groups share what they have written. The group who has written more facts than the other groups is the winner.	15 min
3	<b>Sleeping Positions and Character Traits – Reading and Analyzing</b>	The teacher shows a picture with the 6 most popular sleeping positions. The students determine which their usual sleeping position is. “Let us see if your sleeping position corresponds to your character traits.” The teacher gives each student a text on the topic. The teacher can use either the appended text or use the following websites: <a href="http://www.personalityquiz.net/innertraits/sleeping.htm">http://www.personalityquiz.net/innertraits/sleeping.htm</a> <a href="http://shine.yahoo.com/healthy-living/what-does-your-sleep-">http://shine.yahoo.com/healthy-living/what-does-your-sleep-</a>	20 min

		<a href="http://position-reveal-about-your-personality-1338293.html">position-reveal-about-your-personality-1338293.html</a> <a href="http://hotels.about.com/cs/travelerstools/a/sleep_positions.htm">http://hotels.about.com/cs/travelerstools/a/sleep_positions.htm</a> <a href="http://news.bbc.co.uk/2/hi/health/3112170.stm">http://news.bbc.co.uk/2/hi/health/3112170.stm</a>	
4	<b>Funny Sleeping Positions</b>	The students watch a presentation of funny sleeping positions pictures.	5 min