

# Dreaming

**Quotations** "I do not know whether I was then a man dreaming I was a butterfly, or whether I am now a butterfly dreaming I am a man."

- ZhuangZi

"Was it only by dreaming or writing that I could find out what I thought?"

- Joan Didion

## Questions

- How often do you dream?
- Do you dream in color or black and white?
- Have you ever had a flying dream?
- Have you ever been falling in a dream and just when you are about to hit the ground you wake up?
- Do you think dreams have meanings?
- Do you think dreams can tell the future?
- Have you ever been dreaming and woken up and couldn't move?
- What was the best or worst dream you can remember? Don't share your dream if it's too personal or too intense.
- Why do we forget dreams so quickly?
- Have you ever kept a dream journal?
- Why do we dream? What is the purpose of them?
- Do you think animals dream too? What kind of dreams do you think they have?
- What does your country's culture traditionally believe about dreams?
- Have you ever had déjà vue?

**Presentation** Using the Internet or other sources for research. Research a single dream (like falling, running from someone or flying for example) and create a presentation to explain the meaning of that type of dream and why people may be dreaming it.