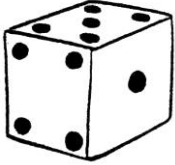


Let's Talk

SLEEP & DREAMS

- Find your question by rolling your die twice. The 1st roll determines the number on the top. The 2nd roll determines the number on the left. **Talk for one / two minute(s) about that topic.** Your classmates will ask you follow-up questions. Your classmates can ask you anything if you land on "Ask Any Question".



1

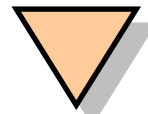
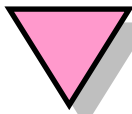
2

3

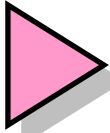
4

5

6



1



Ask any question!

Do you enjoy sleeping? Why? / Why not?

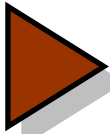
Describe a dream that you had.

Why do you think people dream?

Describe your sleeping habits.

Is it a good idea to eat just before bed?

2



A hard bed or a soft bed: which is better? Why?

What do you do when you have insomnia?

How will beds be different 1000 years from now?

Ask any question!

Describe your bedroom.

At what time should young kids go to sleep?

3



Is it a good idea to take naps?

Would you like to hibernate like a bear?

Do you sleep-in on weekends?

What did people do before there were alarm clocks?

How were beds different 1000 years ago?

Ask any question!

4



Why do people sometimes have nightmares?

Ask any question!

How can caffeine affect your sleep?

Noisy neighbors at night: what would you do?

Why do some people talk in their sleep?

Can dreams tell you about the future?

5



Why do some people oversleep?

What should you do if you feel sleepy in class?

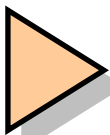
4 hours of sleep or 12 hours: which is worse?

Why is yawning sometimes impolite?

Ask any question!

Why do some people snore?

6



Are you a 'morning person'? Why? / Why not?

A teacher falls asleep in class: what would you do?

Ask any question!

Do you get enough sleep?

Are you a 'night owl'?

Are you a light sleeper?