

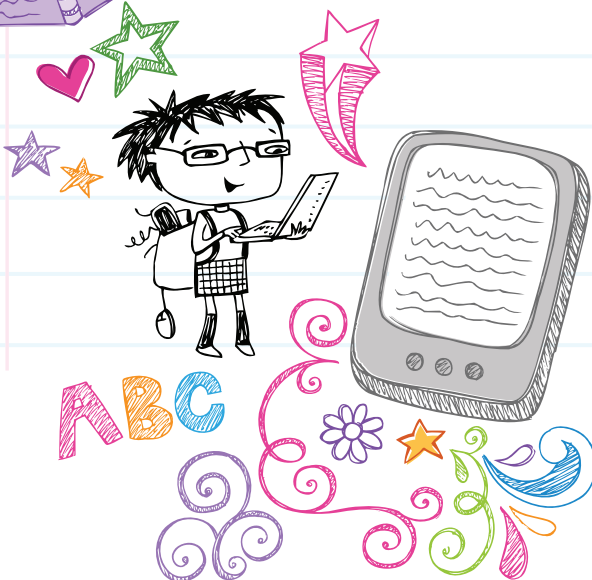
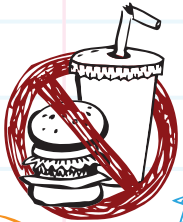
STRESS AND RELAXATION DISCUSSION PROMPTS



Explore stress and relaxation in students' lives using these prompts:



- What activities fill up your days, evenings, and weekends?
- How much unscheduled time do you have?
How do you use it?
- Who feels stressed sometimes? What stresses you out?
- When you're overtired or stressed, how do you relax?
(Make two lists of tips—one for letting go of stress and one for getting good sleep.)
- What hobbies are relaxing?
(Reading, gardening, painting, working with clay, doing puzzles, playing with a pet, knitting or needlework, listening to or playing music...)



Fairy Tale Versions Guide

After reading the picture book and novel-length versions of your fairy tale, complete this guide to compare and contrast the two titles.

Picture Book Title and Author

Setting

Main Character
(Who story is about)

Plot Summary
(Main conflicts and resolution)

Main Theme or Message

Novel Title and Author

Setting

Main Character
(Who story is about)

Plot Summary
(Main conflicts and resolution)

Main Theme or Message

What elements do the two versions share? How are they alike?

What elements are different? Does the novel expand the story of the picture book or tell a different story? Explain.



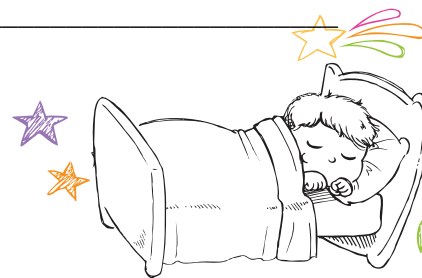
SLEEP FICTION PROJECT guide



My group's book title and author: _____

As you read, look for a two- to four-page passage in the book that would make a good dramatic reading. The passage should:

- be related to a sleep or dreaming issue important to the story.
- include lots of dialogue.
- represent the book's overall tone and theme well.

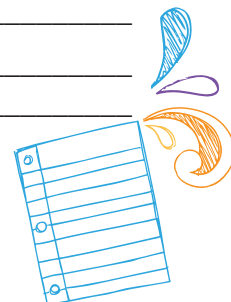


Write the page numbers of the passage: _____

Write a two- to four-sentence summary of the book: _____

Write a review of the book. Include these elements:

- What you like about the book and why.
- What you don't like about the book and why.
- What you learned about sleep or dreaming by reading the book.
- Whether you would recommend the book to classmates or not and why.



When you meet with classmates who read the same book, share and compare ideas from this worksheet. Prepare for your presentation by:

- Choosing a good summary of the book and assigning someone to read it.
- Choosing one of the suggested passages for dramatic reading. Assign roles, including a narrator if needed, and rehearse the passage for effective reading.
- Combining ideas from your reviews into a group review and assign someone to present it.

Remember to consider everyone's ideas. Each member of the group must participate in at least one part of the presentation.



Dream RESEARCH TOPICS

Choose one of the topics below or suggest another dream-related topic to your teacher. Learn about it using classroom and library resources. You'll share what you learn with the class in a brief oral report supported by an appropriate graph or chart.

- Do people dream in color?
- What do experts think the process of dreaming accomplishes?
- Are there images or symbols in dreams that have the same meaning for everyone, or are dream symbols personal?
- What causes nightmares? What's the difference between a bad dream and a nightmare?
- Are precognitive dreams real?
- How can you improve your ability to remember your dreams?
- What's happening to your brain waves when you dream?
- Do animals dream? How do we know?
- Are dreams all visual images, or do they include sound, touch, smells, or taste?

