Why do we dream?

Amy Adkins: Why do we dream? TED talks [online], [dostęp 31 styczeń 2020], dostępny w Internecie: https://www.ted.com/talks/amy_adkins_why_do_we_dream#t-2022

 https://www.dictionary.com, https://www.diki.pl/

I Match the words with their definitions.   There is 1 definition you do not need to use.

1. persistence

a) distress, uneasiness of mind

2. urge

b) display, exhibit, show

3. reveal

c) the fact of continuing to try to do something despite difficulties

4. neocortex

d) good memory, recognition

5. anxiety

e) post-traumatic stress disorder

6. PTSD

f) instinctive impulse

g) part of brain

II Match words with their translations.   There is 1 definition you do not need to use.

1. advancement
2. subconscious
3. attempt
4. neural connections
5. random
6. rehearse

a) próba, usiłowanie
b) próba (przedstawienia)
c) postęp
d) niepowodzenie
e) połączenia nerwowe
f) podświadomy
g) losowy, przypadkowy

III Ask each other and answer the questions below.

1. Do you usually remember your dreams?
2. Do you have recurring dreams?
3. Do you dream in colour?
4. Do you have nightmares?
5. What language do you dream in? Have you ever dreamt in a foreign language?
6. Do you usually read books on dream interpretation?

IV Watch the video at https://www.ted.com/talks/amy_adkins_why_do_we_dream#t-2022 and answer the questions below.

Which of **two** reasons of dreams **WERE NOT** mentioned in the presentation?
We dream to :
a) exercise our brain

b) make our wishes come true
c) forget
d) lose weight
e) be healthy
f) look younger
g) solve problems
h) learn better
i) practise one's behaviour in different situations

V Watch the video again and answer the questions.

1. How were the dreams recorded in Mesopotamia in 3000 BCE?
2. Who wrote a book about dreams in 2000 BCE?
3. How can we solve problems in our daily lives in relations to our dreams?
4. What is reverse learning?
5. Do people with PTDS have problems with sleeping?

VI Discuss the questions in pairs or small groups.

1. Have you ever had or heard of a dream that foretold the future?
2. Did you know that Abraham Lincoln supposedly foresaw his own assassination in a dream? What do you think about it?
3. Do your dreams ever affect your moods? Explain.
4. Describe your vivid or strange dream.

VII Writing

Write a dream-like story (100-120 words) in which you need to use 10 of the word below (you can change their form).

horse   suddenly   out of the blue   creaky door   parachute   silk scarf   attempt

blue   meadow   surprise   embarrassed   wide awake   dance   trip over