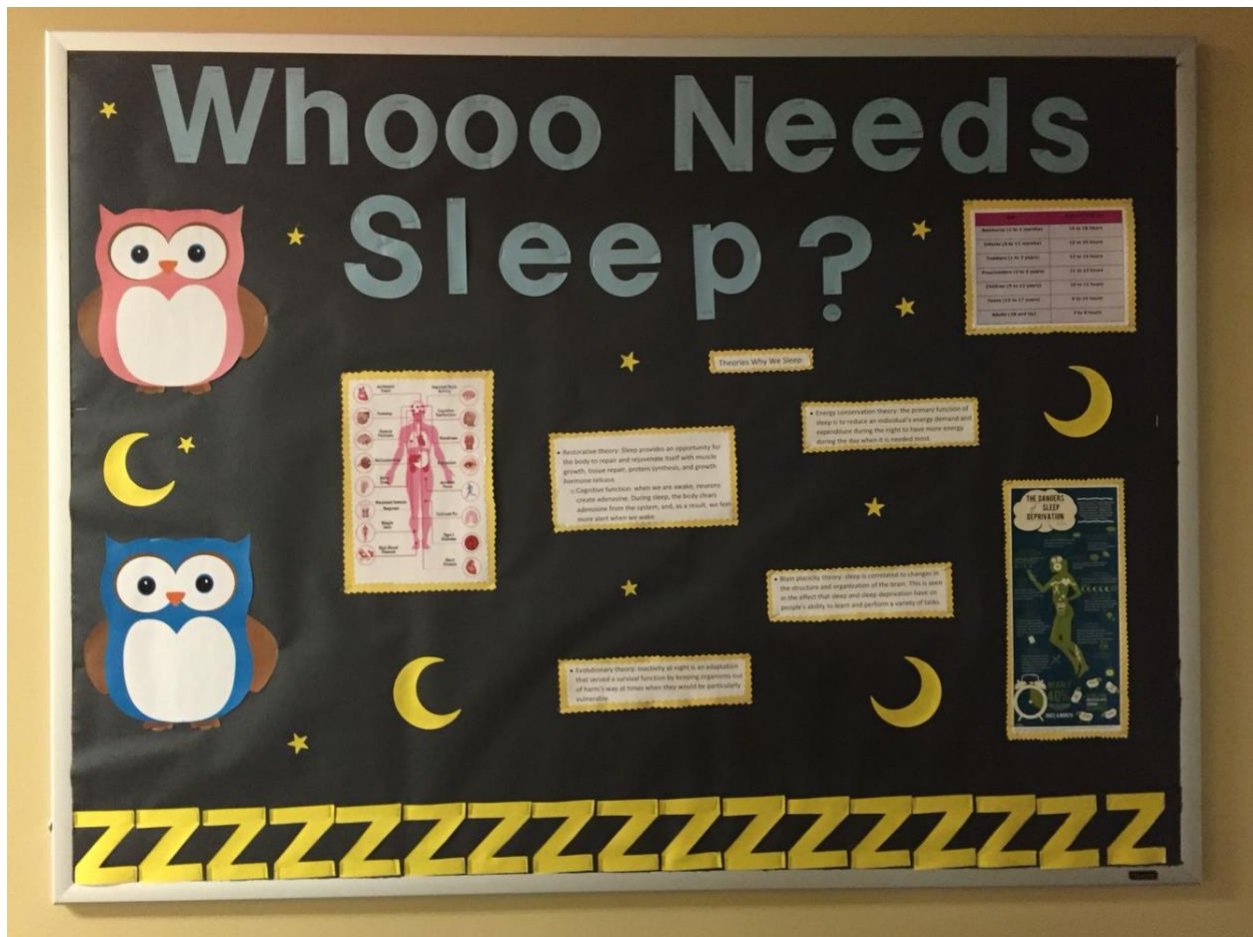


Dream Team Bulletin Board

Theme:

This campaign teaches students to be mindful and aware of their sleep by learning and thinking about the importance of dreaming.

Bulletin Board Example:



Change the title to *Whooo has been dreaming?* Students will receive owl cutouts to draw or write about a dream in. The bulletin board can also include stars, moons, and fun facts about sleep and dreaming (attached).

Classroom Instructions:

1. Hold a classroom discussion with students about Rapid Eye Movement (REM) sleep. Some important facts to cover are:

- a. REM stands for Rapid Eye Movement sleep because the eyes are moving underneath the eyelids while sleeping occurs.¹
 - b. About 25% of all sleep is REM sleep. All other sleep is referred to as non-REM sleep. Non-REM sleep is the stage where our bodies recover from the fatigue of the previous day. During REM sleep, the brain is as active as it is during waking hours, and this is where most dreams occur.¹
2. Discuss with students the importance of sleep and dreaming for their health and wellbeing.
 - a. Students aged 5-13 should be getting 9-11 hours of sleep each night.²
 - b. Dreaming has a positive impact on creativity and problem solving.³
 - c. Dreaming can help students to regulate their emotions. This is thought to occur because dreams are an outlet for frustrations and desires that happened during the previous day.⁴
3. Ask students if they think they get enough sleep. Encourage them to discuss strategies they know of to ensure they get a good sleep each night. Some suggestions to get the conversation rolling are:
 - a. Going to bed at the same time each night.
 - b. Sleeping in a dark room.
4. Ask students if they remember any dreams they had last night. You can distribute the owl cutouts after students have a chance to talk about their dreams. Students can then write or draw their dream in their owl cutout, and can decorate the owl.

Bulletin Board Instructions:

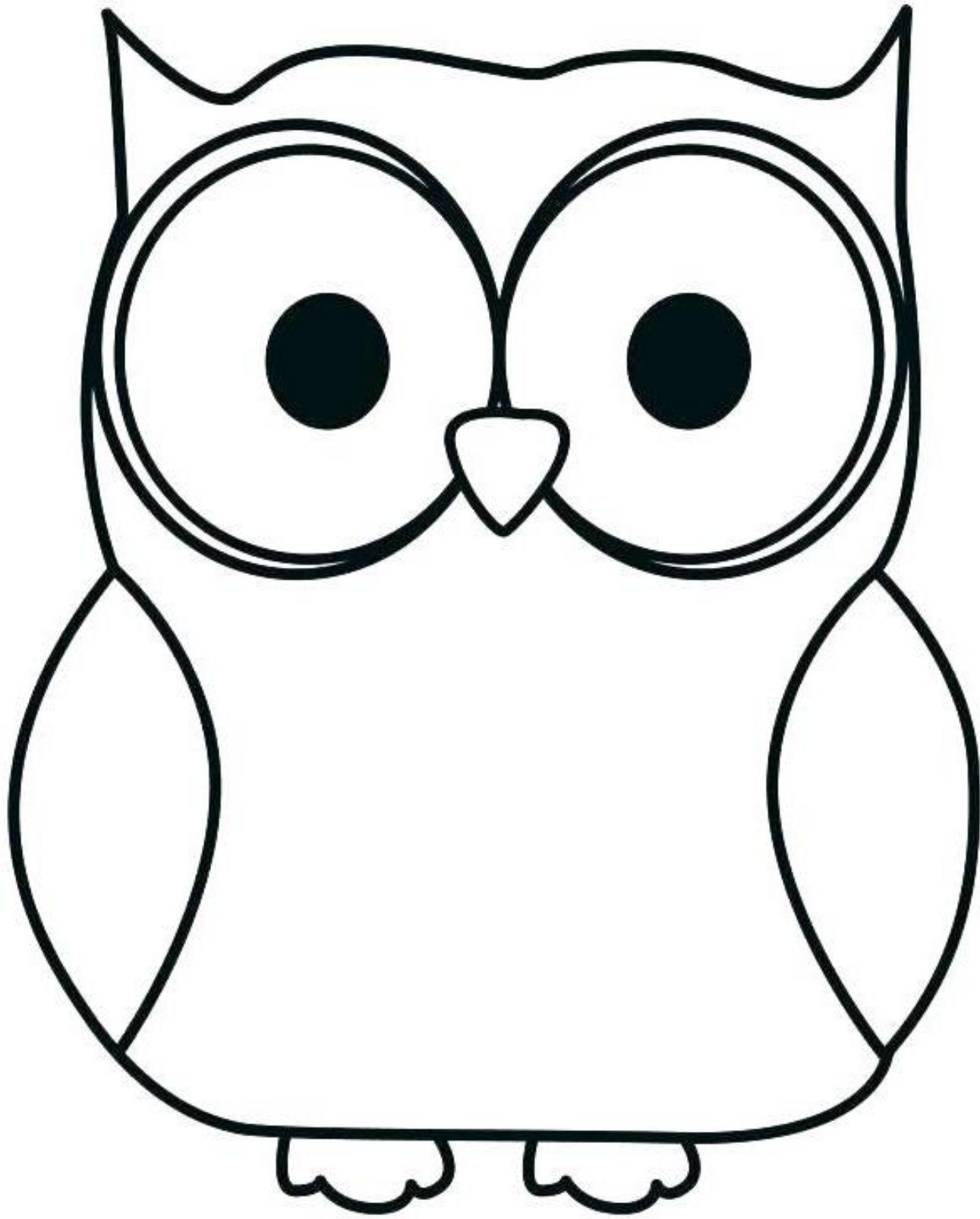
1. Cut out the attached title, moons, stars, the fun facts about sleep, and enough owl cutouts for each student.
2. Give each student one owl cutout where they will write and/or draw about a dream of their choice. This can be a dream they have regularly or any dream that they remember vividly. Once the students have written their dream and decorated the cut-out, it can be put up on the bulletin board along with the other cut out images.

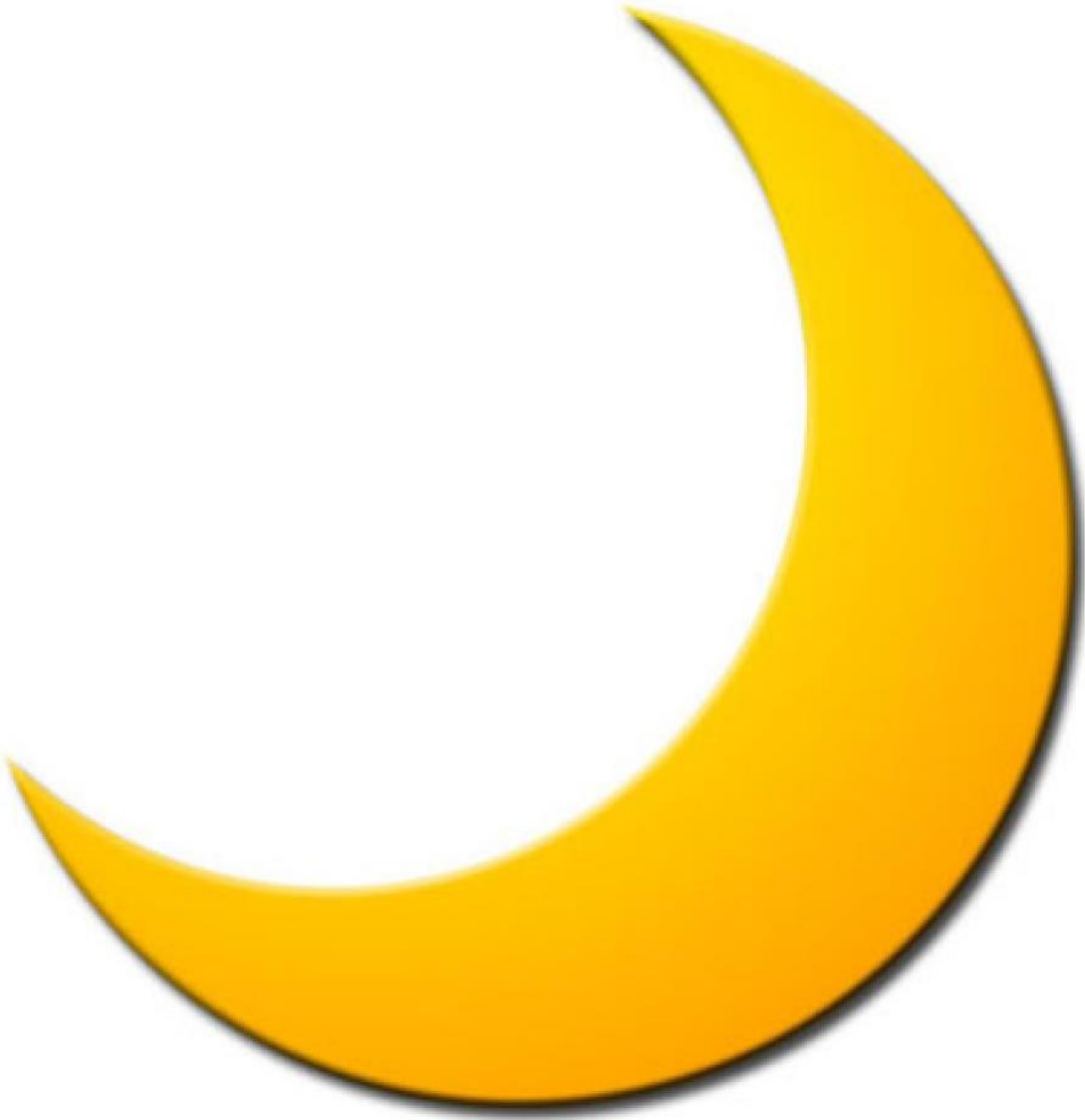
1 Boivin, D. B. (2012). Sleep and you: Sleep Better, Live Better. Montreal: Dundurn Toronto.

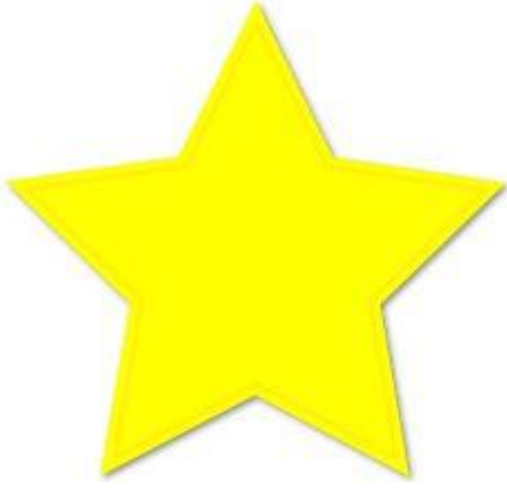
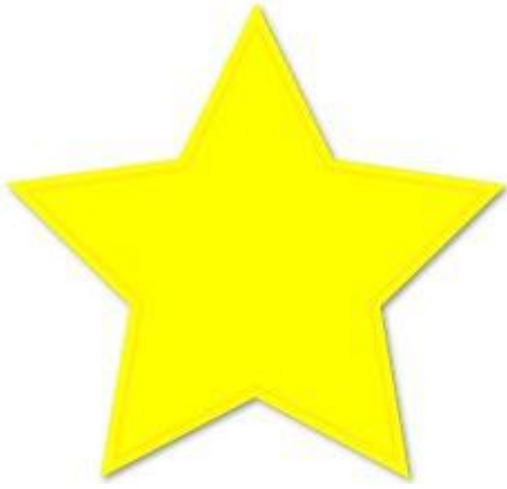
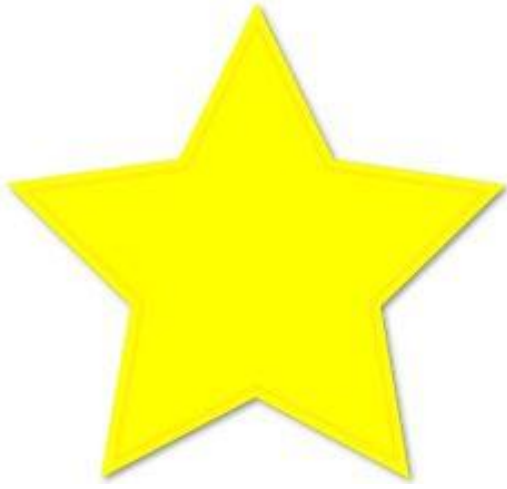
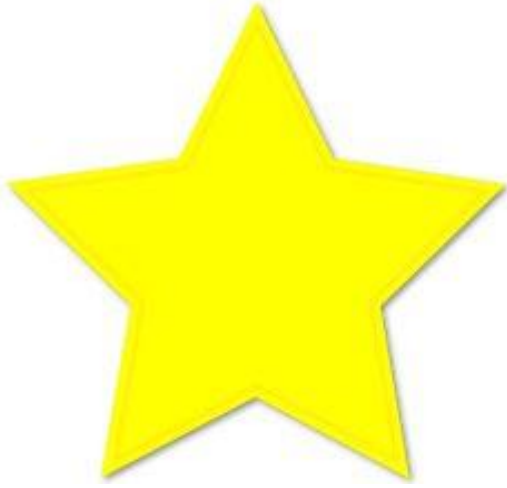
2 https://csepguidelines.ca/wp-content/themes/csep2017/pdf/Canadian24HourMovementGuidelines2016_2.pdf

3 <https://www.ncbi.nlm.nih.gov/pubmed/11014055>

4 Griffin, J., & Ivan, T. (2004). Why we dream: The Definitive Answer. Human Givens Publishing







Fun facts:

Many people throughout history have created tons of different things because of an idea they got from their dreams!

You dream every night, even if you don't remember any of them!

The amount of sleep you should get depends on your age. Children (ages 5-13) should 9-11 hours of sleep a night. Youth (ages 14-17) should get 8-10 hours of sleep a night. Adults (ages 18+) should get 7-9 hours of sleep a night!

Rapid Eye Movement sleep, also known as REM, is the period of sleep where most of our dreams happen! REM helps with creativity, problem solving, and memory.

WHOOOO

HAS

BEEEN

DREAMI

NG?