

# HOME CHALLENGES

## Dream Team

Dear Parent/Guardian,

This month your child has been learning all about sleep and dreams, and how they impact mental health.

This home challenge encourages you and your child to each keep a dream journal every day for a week where you will write what you remember about your dreams in a journal each morning. Use this home challenge to motivate your child to prioritize getting enough sleep so that they can remember more of their dreams for their journals.

Dreams occur mainly during the Rapid Eye Movement stage of sleep, also known as the REM stage. Getting the recommended amount of sleep each night (7-9 hours for adults and 9-11 hours for children aged 5-13 years) allows children to have more REM sleep, and therefore more dreams.

Here is how you and your child can participate:

1. Find something that you and your child can use as a dream journal. Your child might want to decorate theirs to make it more personal.
2. Use the question prompts on the tracking sheet if you or your child need some inspiration. Or, you can write in the journals freely.
3. If you remember very little from your dreams, add any detail possible. Your child can also draw a picture of their dreams in their journal if they prefer.
4. Continue journaling for each of the 7 days. Journaling is most effective if you can do it right after you wake up.
5. At the end of the 7 days, your child will bring the signed tracking sheet back to their teacher.

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## Dream Team Tracking Sheet

Student Name: \_\_\_\_\_ Grade: \_\_\_\_\_

Day	Did you complete your dream journal today? (✓ or X)	Parent/Guardian Initial
1		
2		
3		
4		
5		
6		
7		

### Question Prompts:

What was your favourite dream last night?

Did any of your dreams from last night make you happy?

What was the funniest thing that happened in your dreams last night?

Was anyone you know in your dreams last night?

How many different dreams can you remember from last night?

Where did your favourite dream take place last night? (at school? on a mountain?)

Were any of your dreams last night the same as dreams you had other nights?