UNIT 8

Dream

PART I

Theme Introduction

※ This part is used to let students have a rough knowledge about dream.

※ Before class, students are required to collect as much information about dream as possible in any way: books, internet, newspaper, magazine, etc.

※ In class, students are free to talk about what they got about dream in pairs.

※ Besides the blanks below, students should take notes about what they learned from others.

※ Some volunteers are asked to report their discussion.

※ The teacher can list those information mentioned by the students on the blackboard in brief.

Task ❶ **True or false**

There are many fun facts about dreams. Make a guess! Which are true and which are false?

1. About 70~80% people dream in color, while others dream only in black and white. T
2. Animals don't dream. F
3. A dream can last at most for about 20 minutes. T
4. When you dream, your eyes will move. T

Task ❷ **Blank-filling**

Listen to a passage about dream and fill in the blanks while listening.

Let's start by answering a *basic* question — What is a dream? A dream can *include* any of the images, thoughts and emotions that are experienced during sleep. Dreams can be extraordinarily vivid or very

vague; filled with joyful emotions or frightening images; clear and understandable or unclear and *confusing*.

Why do we dream? What *purpose* do dreams serve? While many theories have been *proposed*, no single consensus has *emerged*. Considering the enormous amount of time we spend in a dreaming *state*, the fact that researchers do not yet understand the purpose of dreams may seem *puzzling*. However, it is important to know that science is still unraveling the *exact* purpose and function of sleep itself.

PART II

Listening Task

Word Bank

drown	/draʊn/ *v.*	淹死
physiological	/ˌfɪzɪəˈlɒdʒɪkəl/ *adj.*	生理的
superstitious	/ˌsjuːpəˈstɪʃəs/ *adj.*	迷信的
weird	/wɪəd/ *adj.*	离奇的
interpretation	/ɪnˌtɜːprɪˈteɪʃən/ *n.*	解释
twitch	/twɪtʃ/ *v.*	痉挛
possum	/ˈpɒsəm/ *n.*	负鼠

Task ❶ **Short Conversations**

You will hear eight short conversations. A question will follow each conversation. Listen carefully and choose the best answer from the four possible choices.

1. W: Honey, I had a nightmare yesterday. I dreamed I fell into the river and I tried hard to swim, I was drowned.

   M: Really? Maybe it foresees you've been under a lot of pressure these days. Ask for a leave and have a vacation.

   Q: What does the dream mean according to the man?

A. The woman needs relaxation.

B. The woman fell into the river.

C. The woman died in the river.

D. The woman wants to have a vacation.

2. W: It's said dreaming a lot means bad quality of sleep. I dream a lot at night so I think I can't sleep well everyday. I feel worried.

M: Don't make a fuss about dream. It's a normal physiological phenomenon in the process of sleep. But if you feel fatigued after you wake up, maybe you need to see a doctor.

Q: What does the man mean?

A. The woman is making a fuss about dream.

B. The woman dreams a lot at night.

C. It's normal if the woman don't feel tired after dreaming.

D. The woman needs to see a doctor.

3. W: Dr. Li, I've read a book named Zhougong dream dictionary. Do you think it's superstitious?

M: You can have a look for fun, but don't take it seriously.

Q: What does the man's opinion on Zhougong dream dictionary?

A. He likes it.

B. He dislikes it.

C. He takes it seriously.

D. He reads it for fun.

4. M: Yesterday I had a weird dream, in which a house was destroyed. Do you know the meaning of it?

W: According to Chinese medicine, house is made of earth. Earth refers to spleen. It shows your spleen is weak. Porridge is the best choice to coordinate spleen.

Q: What does the woman mean?

A. The man's dream shows that there is something wrong with the his spleen.

B. The man's house is made of earth.

C. The man's dream is weird.

D. The man wants to eat porridge.

5. M: I dreamed of my dead father yesterday. I don't know what it means. Could you tell me what it foresees?

   W: I am not a fortune-teller and I don't believe ghosts, either. But I think maybe you miss your father recently?

   Q: What does the woman mean?

   A. She can tell the future.

   B. The man saw his father in the dream.

   C. People see ghosts in the dream.

   D. The man misses his father.

6. M: Let's have a short view about last lecture. Lung corresponds with metal. If people's lungs are weak, what kind of dream do they tend to have?

   W: I think they will have such things like hammer, scissors in their dreams.

   Q: What's the most probable relationship between the two speakers?

   A. Teacher and student

   B. Manager and customer

   C. Doctor and patient

   D. Co-workers

7. W: I heard that you are an expert in TCM. Could you explain why I've been dreamed of fire recently? I fear whether my house will be fired.

   M: Don't be superstitious. Let me show you what happened to you. Fire refers to heart and fire in your dream shows your heart is hot. You need to eat something bitter to cool it down.

   Q: According to the man, what does fire show in the woman dream?

   A. The woman's house will be burned.

   B. The woman is hot.

   C. The woman needs to cool down her heart.

   D. The woman is cool.

8. W: The ancient people usually related dream with future. You can find

lots of interpretations of dreams in Zhougong dream dictionary.

M: That's right. In the old times, people lived in an underdeveloped social circumstance, where there were lots of things they couldn't explain.

Q: What are they talking about?

A. They are talking about social circumstance.

B. They are talking about old times.

C. They are talking about interpretation of dreams in Zhougong dream dictionary.

D. They are talking about why ancient people related dream with future.

Task ❷ **Interview**

You will hear an interview programme and five questions will be asked. Listen carefully and choose the best answer from the four possible choices.

Hostess: Dear audience, welcome to our programme. You are on the air. Today, we're much honored to invite Lisa, who is good at interpreting dreams.

Lisa: Hi, everybody. It's not mysterious if you know Chinese medicine. We usually use five elements theory to explain dreams.

Hostess: Do five elements mean Metal, Wood, Water, Fire and Earth?

Lisa: Exactly. Metal refers to lung. Wood is liver. Water is kidney. Fire means heart. And Earth is spleen.

Hostess: As for me, I often have such a dream, in which I am in a forest. There are lots of trees with green leaves. I wander and wander, but I can't find a way out. I don't know what it means. Could you explain for me?

Lisa: Trees mean wood, so your dream shows the connection of your liver. Green leaves means vigor. So it shows your liver is

hot.

Hostess: How to understand that I can't find a way out?

Lisa: It means when you are angry, you will control yourself.

Hostess: Sounds reasonable. It's so amazing that the theory of Chinese medicine can explain dreams. Thanks.

Questions:

1: Where are the hostess and Lisa?

A. They are on TV.

B. They are on the radio.

C. They are in a dream.

D. They are in an audio.

2: According to Lisa, what can be used to explain dreams?

A. The five elements. B. Liver.

C. Lung. D. Spleen.

3: What does metal refer to?

A. Heart. B. Liver.

C. Lung. D. Spleen.

4: What does water refer to?

A. Spleen. B. Liver.

C. Lung. *D. Kidney.*

5: What does the hostess' dream mean?

A. She is vigorous.

B. Her liver is hot.

C. Her liver is vigorous.

D. She has liver cancer.

PART III

Speaking Task

Teaching Steps

1. Ask some students stand up and talk about whether there's a connection between dream and reality or future.
2. Listen to a model dialogue one time, and ask students several questions baed on it. It is helpful to train the students' ability to understand the main idea and grasp important details of the listening text by this way.
3. Bring the students' attention to the Language Focus and tell them that they can use the sentences and structures that are useful in speaking.
4. Arrange the students in groups and ask them to discuss the topic in the part of Oral Activity.
5. Go around the classroom to supervise the students' discussion. If necessary, give help to the students, especially the weaker ones.
6. Select one or two groups to make short presentation of their discussion in class.

Model Dialogues

A: Recently I've dreamed a lot. Some are happy while others are horrible. What signs do we get from dreams?

B: It's hard to explain. Maybe different dreams have different meanings.

A: Yeah, I can't agree with you more, but I just can't figure them out.

B: Some gifted people have a magic talent. Many years ago when I was pregnant, I dreamed of a snake. A fortune-teller told me that snake in a dream foresaw a baby boy. I was amazed when I

delivered my son.

A: That's really amazing. I often dreamed of falling down from a top place these days. What does it mean?

B: I don't know. It's said that children who are growing during the sleep tend to have this kind of dream. As for you, maybe it means you are under a lot of pressure.

A: That makes sense. My boss is very harsh and often scolds me for what I have done so. I worry about whether I will make mistakes everyday.

B: Just feel relaxed. There are lots of job in the world for people.

Oral Activity:

Work with a partner. One will take the part of A, and the other B. Make up short conversations based on the following situations by using appropriate expressions. You may imitate the following model dialogues.

- ◆ A and B are colleagues. They are discussing whether there are some signs in dreams.
- ◆ A and B are roommates. They are talking about Zhougong dream dictionary.
- ◆ A and B are teacher and student. A wants to interpret B's dream from the angle of Chinese medicine.
- ◆ A and B are couples. They are talking about what kind of dreams foresee diseases.

After listenting to the dialogue, what's your opinion on the dream and the future? And are there any relation between the dream and disease? Now, discuss with your partners, and then make up a new dialogue. Use the structures and expressions above in your conversations when appropriate.

※ Divide the whole class into several groups with 5 to 6 students in each group.

※ In each group, choose one student be the leader of the group.

※ The leader should push each member in the group to state at least. And then the leader organizes the members to make a discussion on those fake TCM doctors)

※ While discussion, choose one member of each group to take notes with the main points.

※ Select one or two groups to present their discussions in class.

Language Focus

1. People tend to think dreaming of flying shows a person has an exuberance of the heart-fire.
2. In China, there is an ancient book called Zhougong Dream Dictionary.
3. Some people think dreaming is closely related with the reality.
4. Modern science shows that everyone dreams while sleeping.
5. We all have the experience of dreaming. But most of time, we couldn't explain why we have such dreams.

PART IV

Leisure Time

Everybody dreams. Do you have doubts about why we dream? Let's watch a video where you'll find answers.

01:55-03:43

You are completely conscious. you know that you're awake but your body is not ready to move. On the flipside you could also be inside a dream and know that you're dreaming. This phenomenon is known as lucid dreaming. It's particularly attractive, because while I'm in a lucid dream, I can make conscious decisions about what I do. I can go, fly to where I want or I can have a tea party with Abraham Lincoln. I'm in control, but achieving a lucid dream is quite elusive. How cast has

a great video which I put in a description. They give us some tips and tricks on how to achieve one. Researchers were able to deprive mice of REM sleep by using this, inverted inside a tub of water, way up to the tippy top, meaning that the mouse was only able to sit right on the top of this little tiny surface. When that happens, the mouse can still fall into non- REM sleep. But as soon as they reach REM sleep, their muscles relax. They fall off the platform into the water waking up. What they found was that when mice are not allowed to achieve REM sleep, they have an incredible amount of trouble remembering things. This happens in humans too. If you have people to remember work pairs, and if you do not allow them to sleep. The next day their memory for that stuff is incredibly terrible. But memory and REM doe(s) not stop there. If a person learns a difficult new task during the day, say a new instrument, or a new type of difficult puzzle, you can measure the electrical activity of the brain while they do that. And then while they sleep that night, whether they know it or not, their brain replays those electronic impulses. Many popular theories about why we dream are very ancient ideas that while we sleep, the unconscious part of our brain is busy organizing memories and strengthening connections from the day before that we need in the future while getting rid of the junk that would otherwise clog the brain.

PART V

Additional Task

Task 1 **Oral Practice**

What is the five elements theory? Look at the table and discuss with your partner about the relationships among flavors, human body and elements. Choose the proper words form the second table below to complete the first table.

Elements	Human body	Flavors
Wood	Liver	Sour
Fire	Heart	Bitter
Earth	Spleen	Sweet
Metal	Lung	Pungent
Water	Kidney	Salty

Gold	Wood	Fire	Earth	Water
Salty	Sweet	Sour	Bitter	Pungent
Spleen	Lung	Liver	Kidney	Heart

Task ❷ **Listening practice**

Listen to a passage and fill in the blanks while listening.

Do animals dream? It looks like they do. If you've ever watched your dog or cat sleeping, you've probably seen it move its *paws* or twitch. The cat always looks like dreaming about running. Or maybe it is trying to *catch* something in its sleep.

Scientists have studied many animals like goats, dogs, cats, mice, and *monkeys* when they sleep, finding out cats and dogs seem to spend most of their sleeping time dreaming about *hunting*. Almost all *warm-blooded* animals dream.

The animal that spends the most time dreaming is the *possum*. They spend most of their time sleeping high up in the trees where they live. And, just like any other *lazy* animals, they love to dream *sweet* dreams all day long.