Name: _____ Date: _____

Grade: ____

Listening Comprehension

**NIGHTMARES**

YUR NOTES ON THE PRESENTATION

- Definition of nightmares

_____

- Do's and Don't's when children are having nightmares

_____

_____

_____

- Causes of nightmares inside the home

_____

_____

- Causes of nightmares outside the home

_____

_____

- Parental bedroom routines

_____

_____

- Persons children can talk to about nightmares.

_____

_____

[DO NOT TURN OVER UNTIL YOU ARE TOLD TO DO SO]

LIVEWORKSHEETS

INSTRUCTIONS:

All answers in this section must be based on information in the recording.

For questions 1-4, shade the box next to the letter that indicates the best answer.

1. Whenever children have nightmares, it is better to _____ them.

A. scold

B. reassure

C. ignore

D. tease

2. Waking children from nightmares

A. frightens them

B. comforts them

C. causes them to forget

D. causes them to forget

3. Inform children that nightmares

A. sometimes come true

B. never come true

C. are only dreams

D. are actually real

4. At what time is it best to discuss nightmares, with children.

A. discuss the nightmares with them the moment they happen

B. discuss the nightmares with them before they go back to sleep

C. discuss the nightmares with them in the morning

D. do not discuss nightmares with them at all

LIVEWORKSHEETS

5. Next to each of the following statements, write the letter T if the statement is TRUE or the letter F if the statement is FALSE. Base your answer on the recording only.

a. ____ If children are having nightmares, shake them gently until they awake.

b. ____ The only way that children will lose their fear of the dark is if they always sleep in darkness.

c. ____ If children sleep-walk, they should not sleep in an upper bunk.

d. ____ If the children have nightmares, stay in the room with them until, they fall asleep again.

e. ____ Most children outgrow nightmares before they reach puberty.

6. According to the passage, what is a nightmare?

_____

_____[1]

7. A group of children were playing on a park on a cold December night before bed time. List TWO things a parent can do to create a relaxing bedtime for them in order to prevent nightmares.

_____

_____[2]

8. List THREE persons that children can talk to if their nightmares continue.

_____

_____

_____[3]

8. Various causes of nightmares are mentioned in the passage. In the table below. List THREE (3) causes inside the home and TWO (2) causes outside the home.

| **CAUSES OF NIGHTMARES INSIDE THE HOME** | **CAUSES OF NIGHTMARES OUTSIDE THE HOME** |
|---|---|
| 1. | 1. |
| 2. | 2. |
| 3. | |

[5]

Total Marks = 20

LIVEWORKSHEETS