

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Grade: \_\_\_\_\_

### Listening Comprehension

#### **NIGHTMARES**

#### **YOUR 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]

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

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?

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[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.

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[2]

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

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[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