

★ Look and read. Choose the correct words and write them on the lines.

There is one example.

enjoy yourself wake yourself up embarrassed
a nightmare

nervous	This is when you have fun.	<u>enjoy yourself</u>	frightened
	1 This is a very scary dream.		
	2 You feel like this when you are calm and happy and quiet.		
	3 This is what you do in a mirror.		
peaceful	4 You feel like this when you don't understand something.		
	5 This is when you use an alarm to get up in the morning.		angry
	6 Most students feel like this before they take an exam.		
confused	7 You may feel this if you see a monster or a big lion.		
	8 This is when you get your own food, or solve a problem alone.		a dream
	9 You feel this when you do something silly and people think it's funny.		
	10 You may feel this when someone is mean to you or you don't get what you want.		
help yourself	see yourself		
		remind yourself	
	look at yourself		

Name:

- ✦ Helen and David are taking a walk. They're talking about dreams and nightmares. Helen is asking David some questions. What does David say?

Read the conversation and choose the best answer. Write a letter (A–H) for each answer. You do not need to use all the letters. There is one example.

Example



Helen: Do you always dream, David?



David: C

Questions

11



Helen: How often do you have nightmares?



David:

12



Helen: I hate having nightmares.



David:

13



Helen: What happened in your last nightmare?



David:

14



Helen: Why do people dream?



David:

15



Helen: Can you remember what you dreamed last night?



David:

Name:



- A Yes, I was flying a space rocket. It was fun!
- B My sister is someone who never has nightmares.
- C Yes, but I usually forget my dreams quickly. (example)
- D I think our brains are trying to figure things out.
- E Me, too. I hate waking up frightened.
- F Sometimes I dream that I'm about to take an exam.
- G Only sometimes, like when I've seen something scary on TV.
- H There was a big green monster that was chasing me.