



ARE DREAMS REAL?



Myra
Grade 4





WHAT ARE DREAMS?



Our brains don't just shut down. We experience images, thoughts, emotions, feelings and sounds that play like movies or stories.



WHEN DO DREAMS COME?



Dreams come in any stage of sleep.
They mostly occur in stage 4 REM sleep.



a person
sleeping in
rem sleep

4

REM: Rapid Eye Movement

dreams



WHY DO WE HAVE DREAMS



Dreams help us think solutions for problems



Dreams help us to recharge our creativity



Dream help us to process emotions

Dream help us to store memories

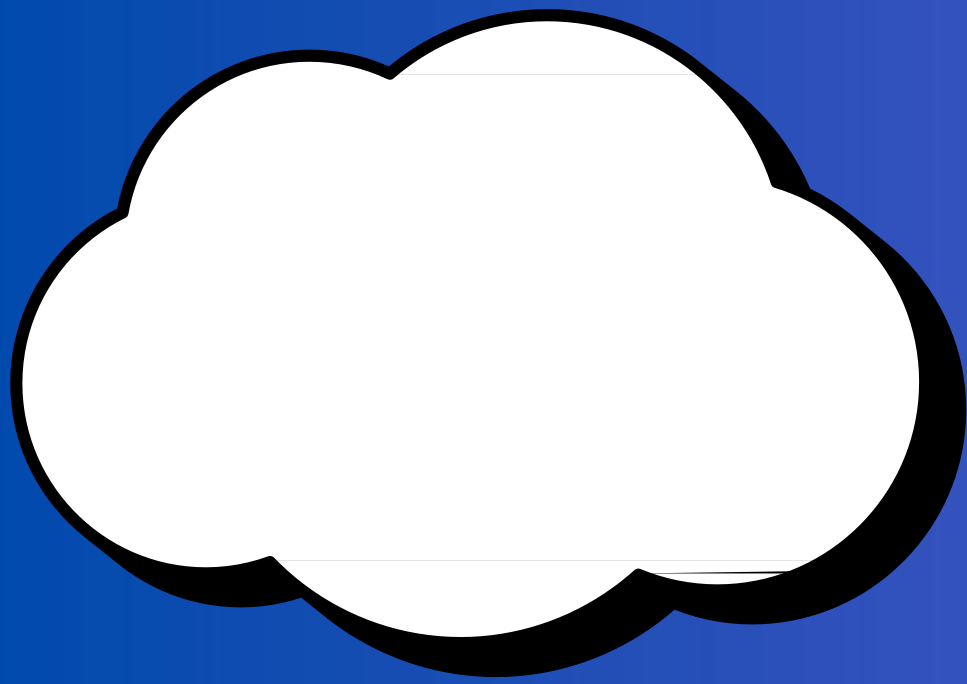
FUN FACTS



Did you know? Animals can dream. That feels funny to me

Did you know? We dream for 2 hours in the night.
That feels so cool to me





THE END

Still Keep Dreaming...

