



## Episode 21: Dreams

Hi! If this is your first time listening to our podcast, this is an opportunity for upper level English learners to practice listening skills and learn new vocabulary by listening to authentic conversations. For more information about ways to use this podcast, download notes for [students](#) or [teachers](#).

In today's episode Donielle and Khrystyna discuss common dreams, dream meanings, and our own dream habits!

Here are a few words and phrases about the topic that you may find useful:

<b>Expressions with DREAM</b>	<p>dream about (<u>not</u> with) someone or something.</p> <ul style="list-style-type: none"> <li>Ex. I had a dream <u>about</u> you last night; I dreamed <u>about</u> my childhood home.</li> </ul> <p>For more info about dream of/about, wouldn't dream of, dream up, dream on, etc., see <a href="#">this chart</a> with a nice explanation and examples</p>
<b>nightmare</b>	a scary dream
<b>night terrors</b>	episodes of screaming, kicking, or moving uncontrollably, and intense fear while still asleep.
<b>lucid dreaming</b>	the experience of knowing you are dreaming during a dream. The dreamer is often able to control the direction of the dream, or is just aware that what they are experiencing is not real.
<b>recurring dreams</b>	dreams that are repeated over a period of time – not necessarily the exact same dream details, but the general narrative is repeated.
<b>conscious</b>	awake and aware
<b>unconscious</b>	not awake or aware
<b>subconscious</b>	existing in the part of the mind that a person is not aware of
<b>REM</b>	Rapid Eye Movement sleep stage – one of the four stages the brain moves through while sleeping. This is where most dreams occur.
<b>hallucinations</b>	a false perception of objects or events involving your senses: sight, sound, smell, touch and taste.
<b>sleep paralysis</b>	a temporary inability to move or speak that occurs going into or coming out of REM sleep. Individuals maintain consciousness during episodes, which frequently involve frightening hallucinations, a sense of panic and helplessness, or a sensation of suffocation.

See the following pages for vocabulary and language focus from this episode.



## Vocabulary: Words and Phrases Used in the Conversation

<b>turn</b> [age]	referring to a birthday where a person will become a certain age <ul style="list-style-type: none"> <li>My son is <u>turning</u> 10 this weekend.</li> </ul>
<b>assembly</b>	gathering of all teachers and students in a school <ul style="list-style-type: none"> <li>Every morning they have an <u>assembly</u> at school.</li> </ul>
<b>acknowledge</b> [someone]	to show that someone has been seen and recognized <ul style="list-style-type: none"> <li>They always <u>acknowledge</u> the kids who have birthdays coming up.</li> </ul>
<b>awkward</b>	not socially graceful or confident: feeling uneasy or uncomfortable <ul style="list-style-type: none"> <li>It's <u>awkward</u> when the servers in a restaurant come up and sing happy birthday, and you're just sitting there, not knowing what to do.</li> </ul>
<b>I get it</b>	I can completely understand the feeling or situation, etc. <ul style="list-style-type: none"> <li>But it's awkward; <u>I get it</u>. (I understand why he feels this way)</li> </ul>
<b>wisps</b>	thin streaks of smoke, mist, clouds, etc. (especially for things that will disappear or change shape soon) <ul style="list-style-type: none"> <li>When I first wake up, my dreams are very clear, but then after a minute or so, there's just <u>wisps</u> of memory left.</li> </ul>
<b>switch it up</b> <b>switch things up</b>	alter or vary something, such as a pattern or routine; just to have something different <ul style="list-style-type: none"> <li>If I get bored of where the dream is going, I can just <u>switch it up</u> and dream about something else.</li> </ul>
<b>stuck</b>	in a space or position where you are not able to get out or move freely <ul style="list-style-type: none"> <li>If I have a dream I don't like, I'm just <u>stuck</u> there.</li> </ul>
<b>panting</b>	breathing hard and quickly <ul style="list-style-type: none"> <li>My heart was beating fast, and I was <u>panting</u> like a dog.</li> </ul>
<b>tease</b>	make jokes directed toward someone - can be in a mean or playful, friendly way, depending upon context <ul style="list-style-type: none"> <li>I kind of <u>tease</u> him about it – saying that it was probably not a dream, but actually a ghost.</li> </ul>
<b>dread</b>	worry or fear about what might happen <ul style="list-style-type: none"> <li>Sometimes sleep paralysis can involve a hallucination, or just a terrible feeling of <u>dread</u>.</li> </ul>
<b>attribute</b> __ to __	to say that (something) is because of (someone or something) <ul style="list-style-type: none"> <li>I can <u>attribute</u> the nightmares <u>to</u> all the scary movies I watch.</li> </ul>
<b>weirdo</b>	informal/slang: a strange or unusual person, often used affectionately or humorously, especially when referring to oneself (e.g. I'm a <u>weirdo</u> )
<b>rando</b>	slang: shortened form of "random" – most commonly used to refer to a random person (stranger), especially one who engages in inappropriate or unwelcome behavior
<b>perceive</b>	to think of or view someone in a certain way <ul style="list-style-type: none"> <li>We are often anxious about how others <u>perceive</u> us.</li> </ul>

<b>splitting headache</b>	a severe headache that makes it difficult to function
<b>full-blown</b>	fully or completely developed <ul style="list-style-type: none"> <li>I woke up with a dull pain in my head, but by the afternoon, I had a <u>full-blown</u> headache.</li> </ul>
<b>murky</b>	dark and dirty; not clear
<b>show up</b>	phrasal verb: arrive or appear at a place (often with a negative connotation because one is late – eg. He finally showed up! They showed up an hour late.) <ul style="list-style-type: none"> <li>I had forgotten about my class and I <u>showed up</u> after two months.</li> </ul>
<b>smorgasbord</b>	Literally a meal with a variety of options (like a buffet), but often figuratively to mean a large selection of items.
<b>inducing</b>	causing <ul style="list-style-type: none"> <li>...a <u>smorgasbord</u> of anxiety-<u>inducing</u> things.</li> </ul>
<b>lounging</b>	sitting or lying in a relaxed way <ul style="list-style-type: none"> <li>In my dream, I was just <u>lounging</u> on a cloud.</li> </ul>
<b>growth spurt</b>	spurt – move at a fast speed for a short distance growth spurts – short, but quick periods of growth
<b>abundance</b>	large amounts of something <ul style="list-style-type: none"> <li>Dreaming of an <u>abundance</u> of fruits and vegetables means pregnancy.</li> </ul>
<b>chalk it up to</b>	To link something that has happened to a particular reason or circumstance <ul style="list-style-type: none"> <li>It looks like for most of our dreams, we can <u>chalk it up to</u> anxiety.</li> </ul>
<b>upbeat</b>	positive and cheerful <ul style="list-style-type: none"> <li>After so much talk of bad dreams, let's end this on something a bit more <u>upbeat</u>.</li> </ul>
<b>Scrabble</b>	A crossword type game using letter tiles
<b>anagram</b>	a word or phrase made by changing the order of the letters in another word or phrase (e.g. the word <u>secure</u> is an anagram of <u>rescue</u> .)
<b>come to</b>	Phrasal verb: to regain consciousness after a period of loss of consciousness (often after a head injury, etc.) But in this case, coming back into consciousness after being in a dream state. <ul style="list-style-type: none"> <li>When I <u>came to</u> after my accident, I didn't know where I was.</li> <li>As I was <u>coming to</u>, I tried to remember the story in my dream.</li> </ul>
<b>piece [something] together</b>	bring together various parts or pieces to form one complete thing <ul style="list-style-type: none"> <li>I <u>pieced together</u> a story from what I could remember of the dream.</li> </ul>
<b>plot</b>	a series of events that form the story in a novel, movie, etc.

## Grammar: Lie vs. Lay

This is a difficult grammar concept for everyone, including (or especially) native speakers. Full disclosure, in this episode, Donielle and Khrystyna both used this incorrectly even though we are fully aware of the grammar rule. The truth is that it many people use the “incorrect” version in everyday speech because the “correct” version feels outdated and overly formal. So what does this mean for you? Don’t spend too much effort worrying about getting it right because most people don’t anyway, but if you want to know the rule, here it is:

**LIE = put yourself in horizontal position**

I’m going to lie on the couch.  
Don’t lie on the floor.  
The cat likes to lie in the sun.

Participial – LYING

I was lying in bed...(not laying)

Past tense – **LAY** (*see how this gets confusing?*)

I lay in bed all day yesterday. (not laid)

**LAY put something else in horizontal position**

I’m going to lay the baby down for a nap.  
Lay your completed test on the table.

Participial - LAYING

Past tense – LAID

I laid my completed test on the table.

### U.S. History Note - Interesting Fact



In the episode, it was mentioned that U.S. President Abraham Lincoln was known to have prophetic dreams. He famously told a friend on April 11, 1865 about a recurring dream that had “strangely annoyed” him. He dreamed that he saw a coffin and mourners in the White House and asked one of the soldiers standing guard, “Who is dead in the White House?” to which the soldier replied, “the President.” On April 14, 1865, President Lincoln was shot and killed by an assassin while attending the theater.

### Join the Conversation

- Some of the most common dreams are about: falling, flying, teeth falling out, being late, being chased, and being back in school. Have you ever had any of these dreams? What do you think they mean, if anything?
- Can you describe a memorable dream you've had recently?
- Are there any cultural beliefs or superstitions related to dreams in your country?
- Have you ever had a recurring dream? What was it about?
- Have you ever experienced lucid dreaming? What happened in the dream?
- Have you ever had a dream that felt so real that you weren't sure whether it was a dream or something that actually happened?

# Thanks for checking out our podcast!

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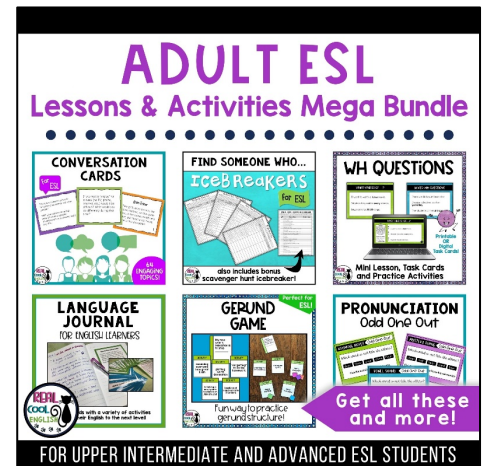
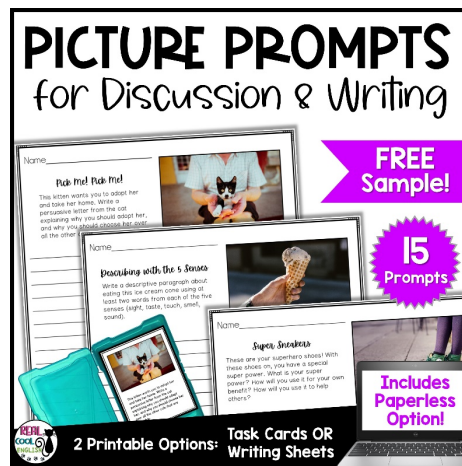
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