

Dream Detective Activity Sheet

A companion to: Why Do We Dream? | Ages 5-10



Name: _____

Date: _____

1. Fill in the Blanks

Word bank: REM • quickly • memories • animals

1. Most dreaming happens during a stage of sleep called _____ sleep.
2. During this stage, your eyes move very _____ under your eyelids.
3. Scientists think dreams help your brain sort through your _____ from the day.
4. Even _____ like dogs and cats seem to dream too!

2. True or False?

1. Everyone dreams every night, even if they don't remember it.

☐

True

☐

False

2. Dreams always make perfect sense, just like real life.

☐

True

☐

False

3. Your brain is completely quiet and resting while you dream.

☐

True

☐

False

4. Dogs might dream about chasing squirrels.

☐

True

☐

False

3. Draw a Dream

Draw a picture of a dream you remember -- or one you'd love to have tonight!

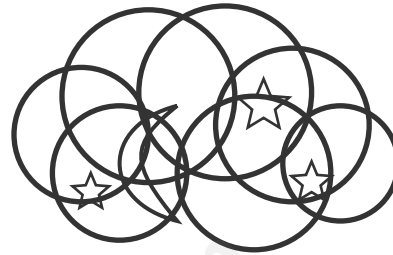
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4. Color Curio the Cat's Dream Cloud

Curio is fast asleep and dreaming! Color the cloud, the moon, and the stars.



5. Think & Discuss (Talk About It Together!)

Q: Why do you think dreams often mix real memories with make-believe things?

For curious parents:

Scientists believe dreaming is linked to memory consolidation -- the brain replaying and reorganizing the day's experiences during REM sleep. Because the brain isn't following logical rules while it does this, real memories often blend with imagined details.

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Answer Key -- For Parents & Grown-Ups



1. Fill in the Blanks -- Answers

1. Most dreaming happens during a stage of sleep called REM sleep.
2. During this stage, your eyes move very quickly under your eyelids.
3. Scientists think dreams help your brain sort through your memories from the day.
4. Even animals like dogs and cats seem to dream too!

2. True or False -- Answers

1. True

Most people have several dreams a night, but many are forgotten within minutes of waking.

2. False

Dreams often mix real memories with make-believe details, so they can feel jumbled.

3. False

During REM sleep the brain is very active -- almost as active as when you're awake.

4. True

Researchers have observed dogs twitching and moving as if dreaming during sleep.

3. Draw a Dream / Color the Cloud

Open-ended -- there's no single right answer. Any dream or coloring choice is correct!

5. Think & Discuss -- Sample Answer

Because the brain is sorting through the day's memories during REM sleep without following logical rules, real people, places, and feelings can get mixed together with imagined ones -- which is why dreams can feel so strange, even though pieces of them feel familiar.