

Remembering Your Dreams

WHAT YOU NEED



pencil

Find Out

Do this activity to see if you can recall what your brain does when you're asleep.

Process Skills

Observing
Communicating
Measuring

Time

- 5 minutes each morning for three weeks
- 30 minutes on the last day of the third week

WHAT TO DO



1. Set up your *Dream Journal*. Use three charts, one for each week. Keep your *Dream Journal* and a pencil near your bed.
2. Each morning when you wake up, quickly **record** everything you can recall dreaming. Also, **record** how many hours of sleep you got that night, and what time you woke up. Don't worry about whether your dreams make sense to you. Just be as accurate as possible with your descriptions. You may not always be able to recall your dreams. If not, leave that section of your *Dream Journal* blank.

3. At the end of three weeks, **evaluate** your dream data. Look for a pattern in the amount of detail you were able to recall and the time you woke up or the amount of sleep you got.



Dream Journal

Week:	Recall of Dreams	Amount of Sleep	Time You Woke Up
Night 1			
Night 2			
Night 3			
Night 4			
Night 5			

Conclusions

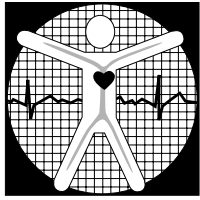
1. Did you see a pattern in how much of your dreams you could recall and the time you woke up? Explain.
2. Did you see a pattern in how much of your dreams you could recall and the amount of sleep you got?
3. Which was more important to your recall of your dreams, how much sleep you got or the time that you woke up?

New Questions

1. Why do you think your brain keeps working even when you are sleeping?
2. Write a new question you have about dreams.



Name _____



ACTIVITY

Modeling Neurons

Using your **model** as a basis, **write** a brief explanation of how neurons work.

Activity Journal

Lesson 1 • The Body's Nervous Systems

Name _____

Conclusions

1 How do dendrites function in the neuron?

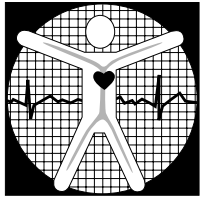
2 How does the fluid help send messages to the brain?

Asking New Questions

1 What would happen if the fluid was somehow damaged?

2 Where do you think the impulses eventually go as they travel from neuron to neuron?

Name _____



ACTIVITY

Testing Short-Term Memory

Write the **order of numbers** you will use to **test** your partner.

List the numbers your partner remembers.

How many numbers did your partner get right before making a mistake?

After fifteen minutes, have your partner try to recall the same numbers. How many remain in his or her short-term memory?

Name _____

Conclusions

1 Compare your results with your partner's results.

2 Who remembered the most numbers?

3 Who has the longest short-term memory?

Asking New Questions

1 Do you think testing your short-term memory on a regular basis would improve it?

2 On an everyday basis, when do you need to use short-term memory?