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# MY DREAM DiARY



A large, empty, white rectangular area with a black border, intended for writing a dream diary entry.





# DREAM LOG

Use this table to record your dreams each day.

Order them using the 'strength of the feeling'. Use the other pages in this book to explore ways of making you feel better about the dream that has the highest number.

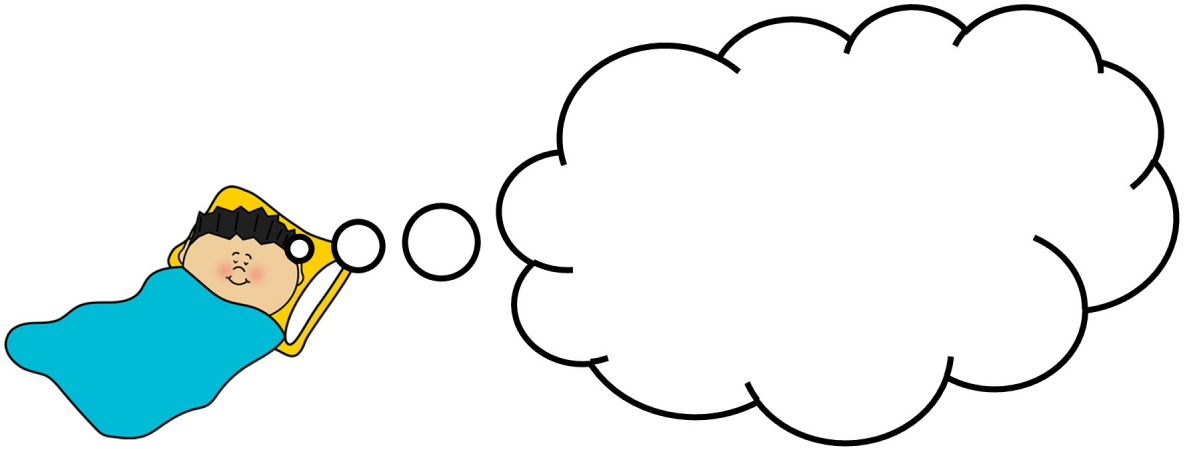
DATE	DREAM -WRITE A QUICK SUMMARY OF THE DREAM SUCH AS 'RUNNING AWAY FROM A MONSTER' OR 'LOSING SOMETHING SPECIAL'.	HOW DID IT MAKE YOU FEEL?	HOW STRONG WAS THE FEELING? NUMBER 0-10  0= WEAK  10=STRONG
<u>Example</u> Saturday 13 <sup>th</sup> May 2017	I couldn't find my mum and I was lost	Scared	10

# WHAT IS YOUR DREAM ABOUT?

Close your eyes and imagine your dream in as much detail as you can. Think about the following.

- What is happening in your dream.
- What colours can you see?
- Who is in your dream?

Write a few sentences about your dream in the 'dreaming bubble'



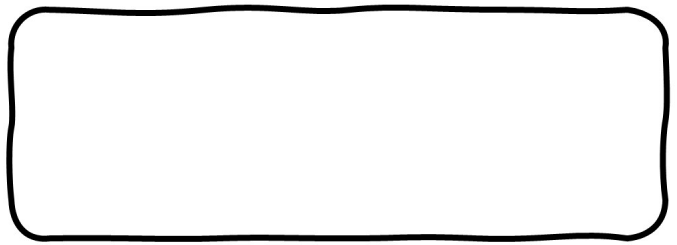
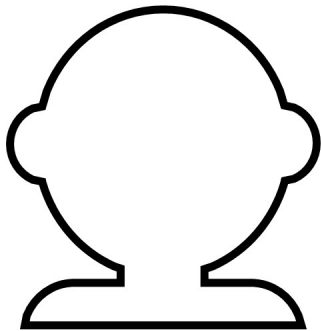
Draw your dream in as much detail as you can

A large, empty rectangular box with a black outline, intended for the child to draw their dream in as much detail as they can.

# LET'S TALK ABOUT FEELINGS

How did your dream make you feel?

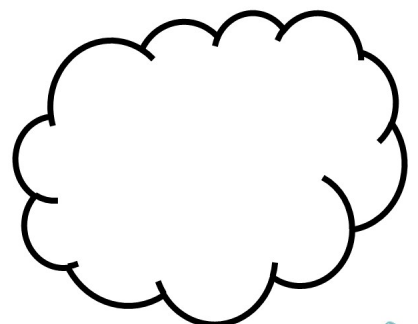
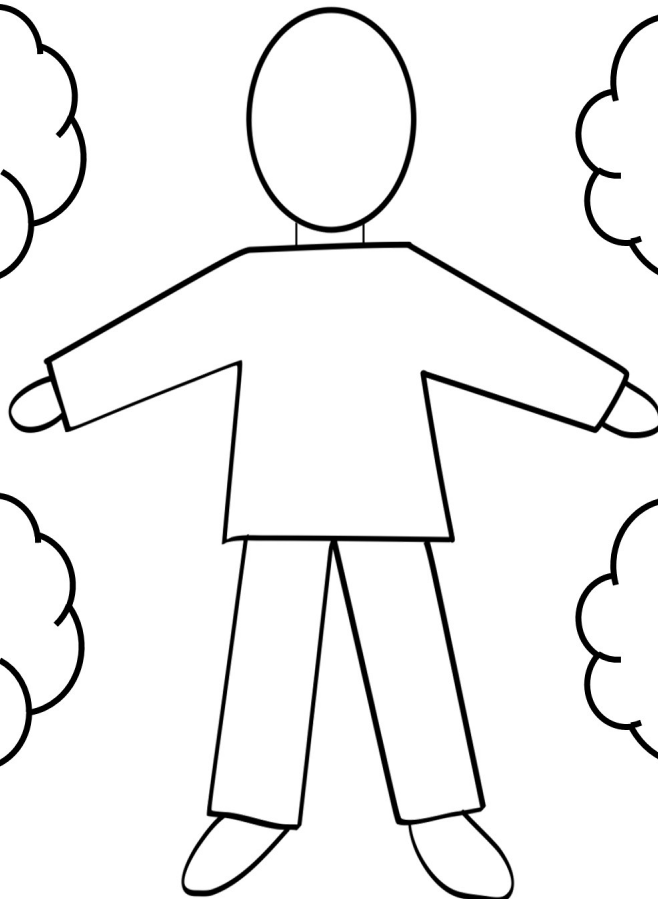
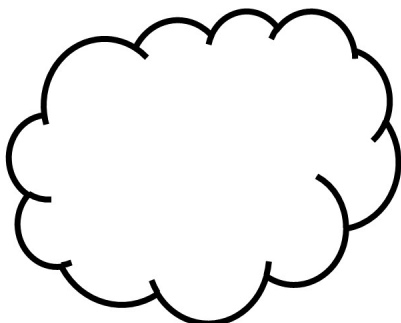
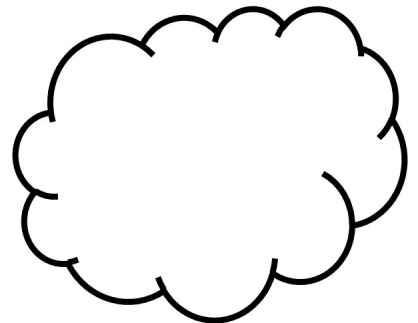
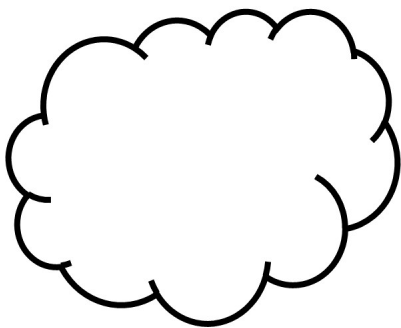
Draw your facial expression and label the feeling.



How strong was your feeling on a scale of 1 to 10. 1 is very weak and 10 is very strong. Draw a circle around the number.



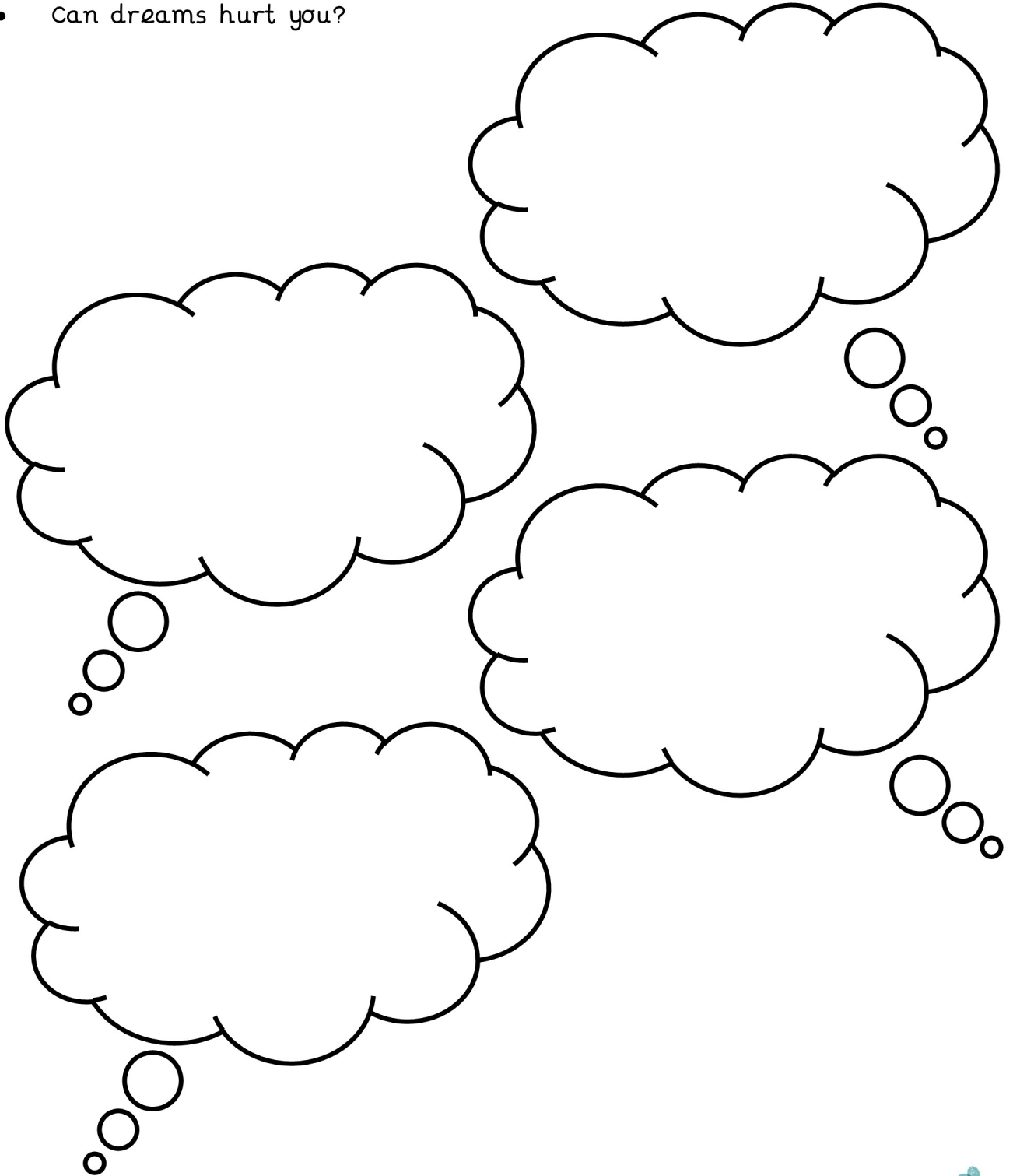
How do you feel in your body when you think about this dream? You might feel hot, your heart might beat fast, you might get a tummy ache, you might feel sick. How do you feel? Colour in the parts of your body that are affected. Write what happens in the bubbles



# YOUR THOUGHTS

What are your thoughts about your dream?.

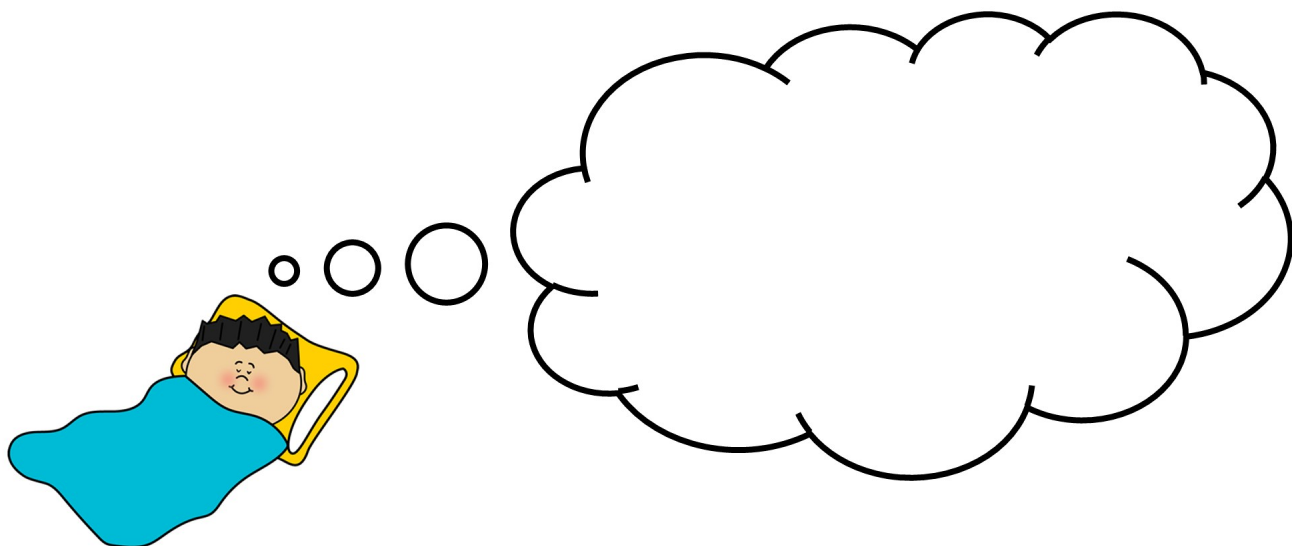
- Do you think your dream is real or fantasy?
- Do you think your dream is just your imagination?
- Do you think your dream could happen in real life?
- Do you think something might have happened to make you dream like this?
- Can dreams hurt you?



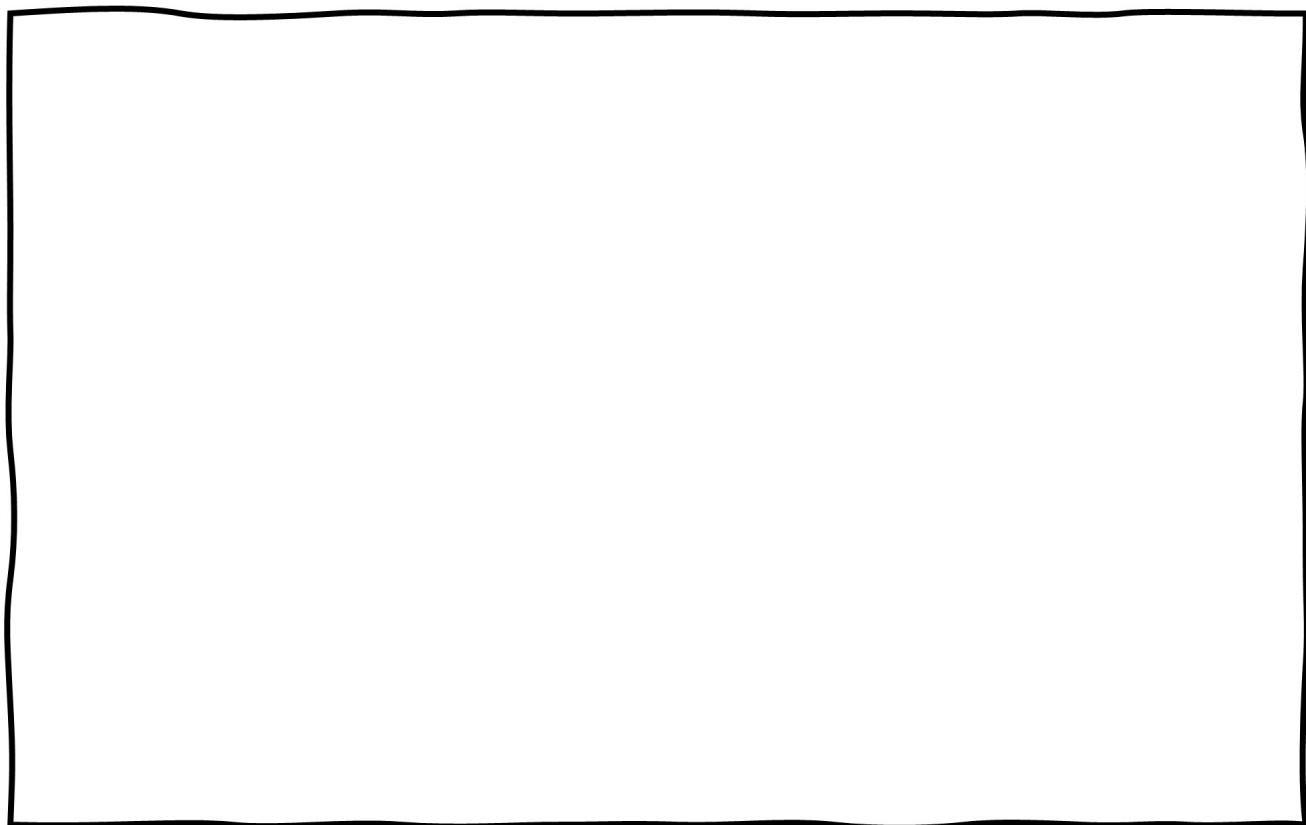


# CHANGE YOUR DREAM?

Close your eyes and imagine your dream again. What could you change in your dream to make you feel better? Perhaps something to make you feel less scared or less worried? You might want to include some funny bits, or some nice bits. If your dream is about a monster perhaps you can do something to the monster because you have power over your dreams! Write a few ideas in your 'dreaming bubble'

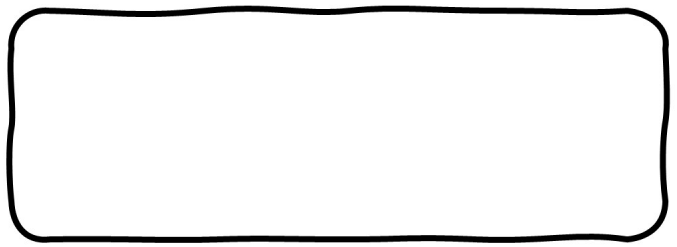
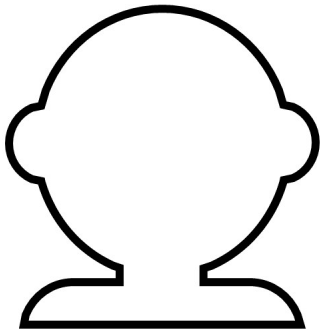


Now draw your dream again but including some of those changes.



# LET'S TALK ABOUT FEELINGS AGAIN

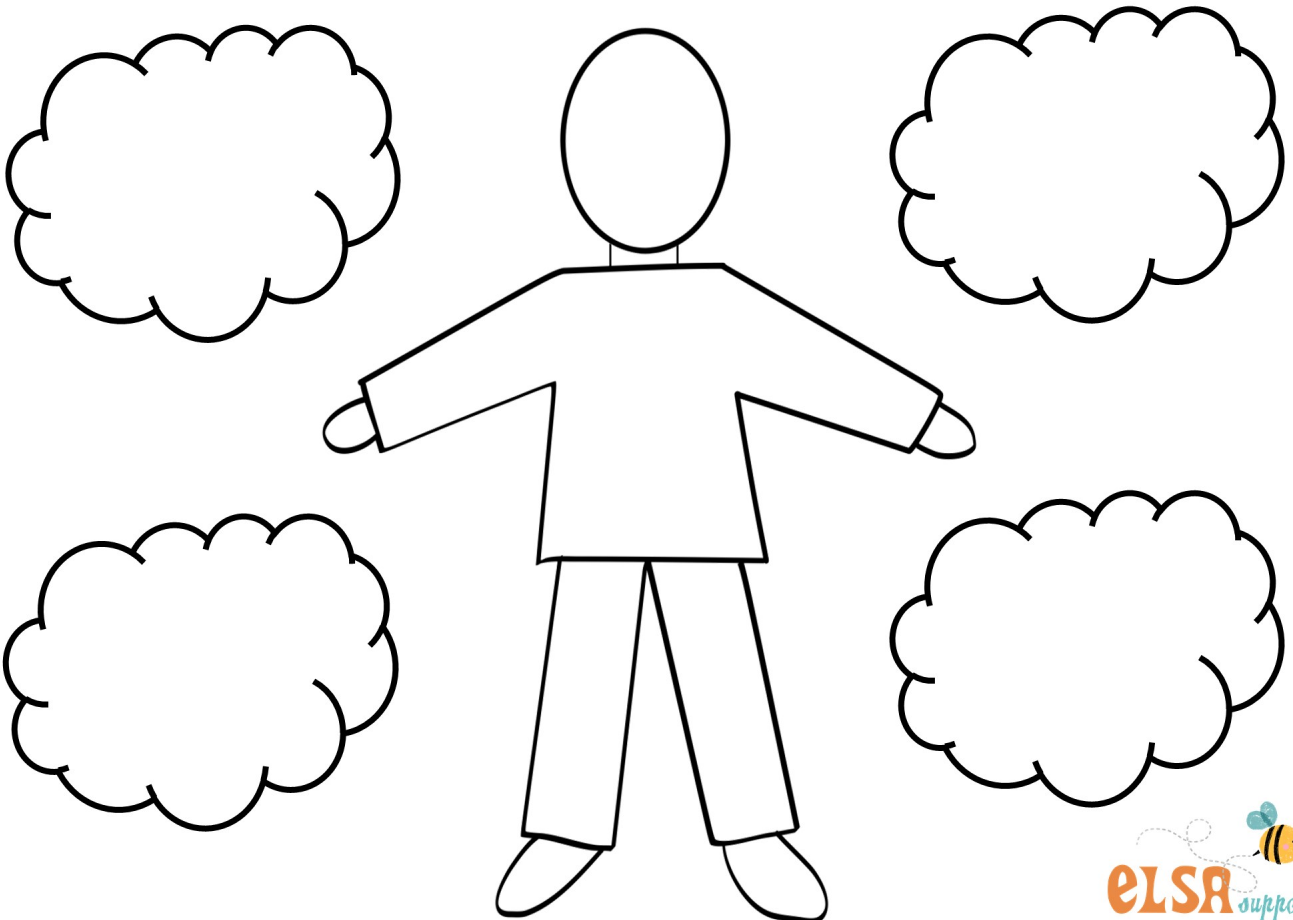
How does your dream make you feel now that you have changed it? Draw your facial expression and write the name of the feeling.



How strong was your feeling on a scale of 1 to 10. 1 is very weak and 10 is very strong. Draw a circle around the number.



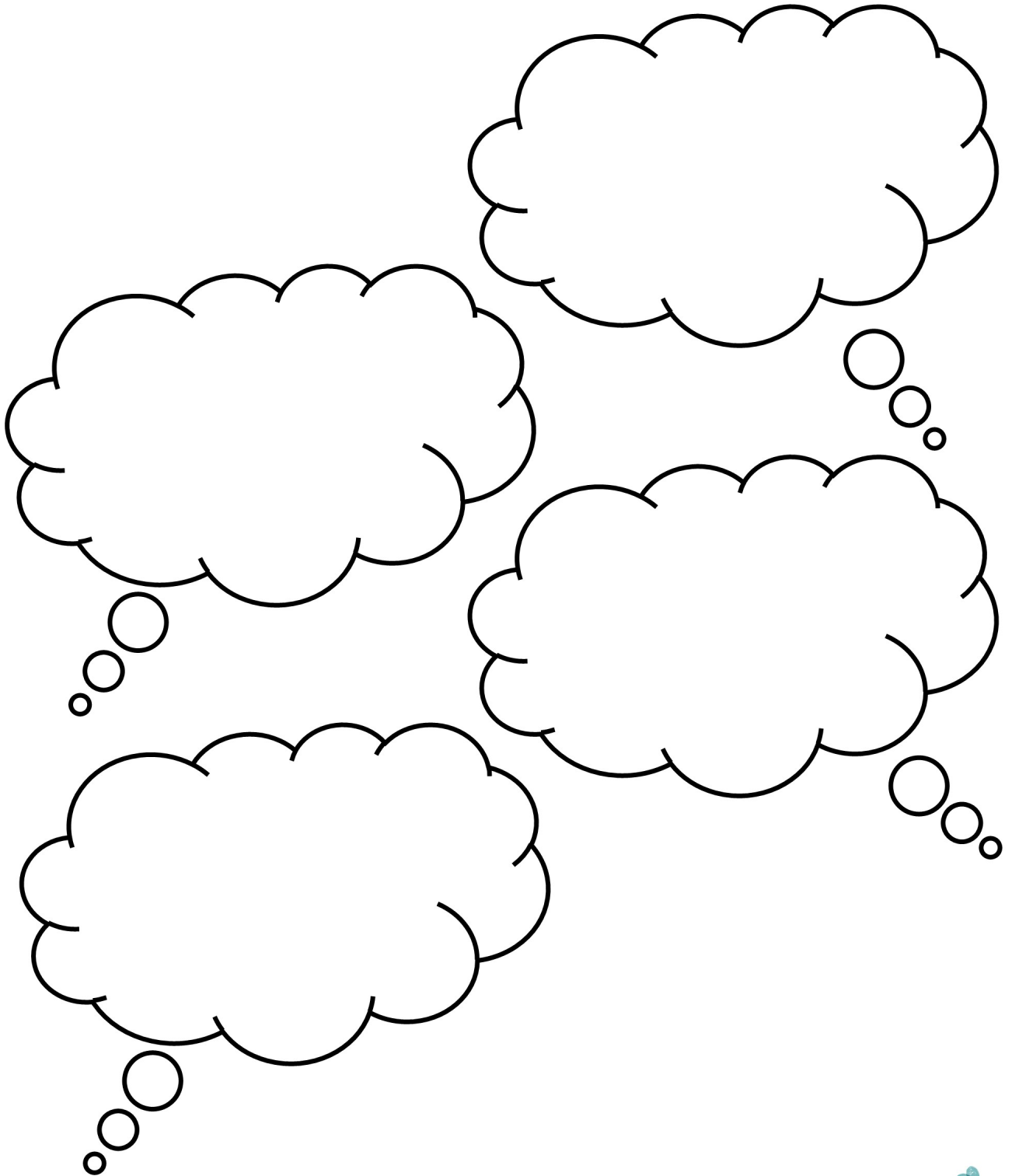
How do you feel in your body when you think about this dream now? Has it changed? Colour in the parts of your body that are affected. Write what happens in the bubbles.



# YOUR THOUGHTS NOW

What are your thoughts about your new dream?

- Are you in charge of your dream now?
- Do you understand that dreams are just your imagination?
- Do you think this dream really could happen?
- Can dreams hurt you?



# HELPING YOURSELF

## DO

- Make a worry or dream doll, tell all your worries to your doll before you go to sleep and pop your doll under your pillow.
- Make a dream catcher and catch all those scary dreams.
- Decorate a pillowcase with happy thoughts. Read those happy thoughts before you go to sleep.
- Some relaxation exercises before you go to bed on a night
- Have a nice milky drink to help you relax and sleep better.
- Watch happy films or read happy books.
- Some exercise during the day so you feel physically tired
- Go to bed at a reasonable time. (Your mum or dad know best!)
- Imagine you are a superhero and you have the ability to change scary dreams into happy dreams. Use your power! If you wake up during a bad dream, remember your superpower..
- Have a warm relaxing bath before bed.
- Use a cuddly toy to cuddle and keep close to you.
- Talk about your dreams to someone. It helps to share them and makes you realise they are just in your imagination.
- Talk to someone if you are worried about anything. When we are worried, we can feel stressed and might have trouble sleeping
- Visit a doctor if your dreams are affecting your everyday life there might be something they can do to help you.
- Get into a comfortable position in bed.
- Spray the room with 'Monster spray'.
- Leave a night light on if that helps.
- Turn the light on and off several times. All those things in your room don't change when you turn off the light. They are still there. What is there the light is there in the dark. Remember that!
- Put some socks on if you get cold feet. Warm feet will help you get to sleep quicker.
- Practise visualisation – imagine your happy place in your mind. Go to that place in your imagination as you are going to sleep.
- Go to the toilet before getting into bed. You don't want your full bladder to wake you up in the night.
- Have a bedtime routine and stick to it every night. Bath, snuggle with a book, warm milky drink.

## DON'T

- Watch scary films or read scary books.
- Go to bed feeling angry, stressed or worried – share your feelings.
- Don't eat food just before bed. It might make it more difficult to sleep properly.
- Think about scary things as you are laid in bed. Use your superhero powers to change those thoughts to more pleasant ones.
- Drink caffeinated drinks such as Cola, Coffee or tea. Caffeine will stop you sleeping properly.
- Play on computer games before bed. Put them away 2 hours before bedtime.

# RELAXATION EXERCISES TO TRY

## Smell and relax

You need to find something lovely to smell to practise this exercise. Use a piece of chocolate, perfume, vanilla pod, lavender, anything at all that you like the smell of. Close your eyes and use your nose to smell the item you have chosen. Take the smell deep into your nostrils and think about how wonderful it is, how calm and relaxing it is. It might give you lovely memories. Think about those memories as you smell the item. Breathe in long and slow through your nose. Then breathe out through your mouth. This will help you feel relaxed and calm. Remember this exercise when you are feeling upset, angry, worried or scared. Imagine you have your favourite thing to smell in front of you and smell it as you calm yourself down. Breathe in and out 5 times.

## Worry bubbles

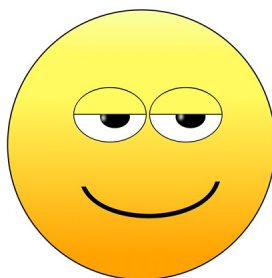
If you are worrying about things then use bubbles to take your worries away. Imagine a worry as you blow your bubbles. Fill the bubbles with your worries and watch them float away. You will now feel calm and relaxed. You don't need to carry these worries around with you.

## Paint it out!

Close your eyes and imagine where the anger/worries or fear is in your body. Choose a colour that you like best and pretend to dip your paint brush into a pot of your calming colour. Paint over all those scary feelings. You now feel calm.

## Use your senses

Lay down or sit in a comfortable chair. Think about your hearing, close your eyes and listen to the sounds around you. What can you hear? Fill your mind with the sounds. Don't think about the sound just listen to it. Feel yourself relax as you fill your mind with the sound. Stay like this for 5 minutes. You will feel yourself becoming calmer and calmer.





# COLOUR THE DREAM CATCHER

