



Dare to Dream

CONQUER FEARS



RESPOND to the book *Good Night Thoughts* by thinking about some images and ideas that race through your mind when you are trying to fall asleep. Dreams can startle, tickle, or scare us into waking up or make us toss and turn in our sleep. When we realize dreams are our imagination in action and that they cannot harm us or others, our mind and body can relax.



CREATE two dream sketches. Remember images that have danced through your mind as you tried to rest. Did some frighten you like the scary dreams in the story—falling from a cloud, popping the world, or overflowing toilets? Next draw a dream that balances the fear with joy. Do you remember happy thoughts like those in the book—hugging animals, listening to donuts sing, and holding hands with people who love you? What images have helped calm your brain?



PRESENT your dream sketches to family members and talk about facing fears, embracing joy, and calming your mind.



CONNECT this activity with other ways to calm your mind as you move through your day. Does softly singing a comforting song or thinking of cool, calming colors help relax your body and mind? You can put your imagination into action by intentionally thinking about positive experiences such as strolling along a creek, smelling freshly baked cinnamon buns, or lying down on a sun-soaked beach.

Note for teachers and parents:

For more creative inspiration and hands-on explorations go to [Crayola.com/CreativityWeek](https://www.crayola.com/CreativityWeek)
To share student artwork on social media please post using [#CrayolaCreativityWeek](https://twitter.com/CrayolaCreativityWeek)



**Penguin
Young
Readers**

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Learning

Imagination in Action
Thinking Sheet

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