

SUPPLEMENTAL RESOURCE

Sleep Contributes To Health, Performance And Safety!

Pre-Reading Activities

- Review the meaning and illicit understanding of the following words: guardian, dream, nightmare, mare, leap, weep, stare, glare and story.
- The following definitions are meant to assist you with your reading of this book:
 - A guardian is someone who guards, protects or preserves; someone that watches over.
 - A dream is a series of thoughts, images, and sensations occurring in a person's mind during sleep.
 - A nightmare is a frightening or unpleasant dream.

Post-Reading Activities

- Consider the following: Are nightmares real? Where do they actually exist? Discuss how a nightmare is happening in a person's mind during sleep.
- Practice "poofing" the nightmare away.
- Replace the negative image with a positive image – Visualize something positive; create a picture in your mind in detail, with colors. (Can you draw a picture of a good memory? A place you'd like to travel to? An activity you enjoy doing? What makes you feel happy?)
- Make a physical record of a positive image – draw it, paint it, or make a collage. Place the artwork bedside to re-presence the positive image if awoken by a nightmare. (Join in and create your own!)
- Make a picture frame for the positive image created. Select items from within the home or venture out on a field trip to collect items (leaves, twigs) to glue to a picture frame. The frame can be made of something as simple as popsicle sticks or some other material (be age appropriate).
- Write about the positive image; suggest they carry it with them to serve as a reminder.
- Select one of the characters in the book as a comfort companion (a stuffed animal, picture, charm, blanket, etc.) to serve as a reminder of the guardian of dreams, the mare, the courageous rabbit, the comforting teddy bear or simply keep the book standing bedside.
- Talk about it; use whatever tools are available to move forward to a good night's sleep and a healthier life. For example, one After-School Program Coordinator used 'Guardian of Dreams' to guide a child in overcoming his fears, to find courage to participate in his favorite activity. "...it came to my attention that one of our third graders was refusing to participate in swimming lessons with his group, despite his love of the water. After talking to him, it was revealed that... part of that fear was connected to his frequent nightmares. I reminded him of Wendy's story and we practiced "poofing" his bad dreams and fears away, like the rabbit does in the book. After thinking about Wendy's words, he was able to find the courage...and participate in his favorite activity again."

For downloadable vocabulary definitions, learning aids and fun exercises, please visit the Resources section at www.whitetulippublishing.com. Share your own suggestions by writing us at info@whitetulippublishing.com.

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