

# Welcome to Today's Class!

## Today's Topic: Lucid Dreaming

Dreaming is a natural part of sleep when the mind creates images, emotions, and stories that often feel real. Lucid dreaming happens when a person becomes aware that they are dreaming and can sometimes control what happens in the dream.

### Agenda:

1. Review the video and vocabulary
2. Breakout room discussions
3. Large group wrap-up



# Watch & Learn



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Tech

## How Lucid Dreaming Works

### Key Vocabulary:

1. involuntary
2. whilst
3. volitional
4. teleporting
5. far-fetched
6. phenomenon
7. objectively



[https://www.youtube.com/watch?v=qH-MGqokk\\_Y](https://www.youtube.com/watch?v=qH-MGqokk_Y)

# Let's Talk: Discussion Questions

1. Have you ever had a dream that felt real? What do you remember about it?
2. Do you usually remember your dreams when you wake up?
3. Do you believe dreams have meaning or are they just random thoughts?
4. If you could control your dreams, what would you choose to dream about?
5. Do you think dreams reveal our true desires or fears? Why or why not?