

## Lesson 31

## 1 TOPIC QUESTION

今日のトピック

# What was the nicest dream that you can remember?

覚えている中で、一番素敵な夢は何ですか？

## 2 ARTICLE

記事

Directions: Read the following article aloud.

課題：以下の記事をはっきりとした声で音読しましょう。



## Your Nice Dreams

Most of us have had many dreams during our lifetimes and will continue to do so for the rest of our lives. In most instances, these dreams are of a nice or calm nature and they are said to take place in a very short period of time just as we are drifting off to sleep or just before waking up from sleep. Sometimes the dreams can reflect pleasant events that we have experienced during the day.

In dreams, it is as if we can see and talk to people that are part of our normal day to day life. We can dream that we are reliving wonderful experiences that we have had such as a great vacation. We might dream that we are revisiting a place or event that we enjoyed at sometime in the past.

Quite often, we will have a dream that includes a person or people that we have known in the past and who have passed away. Most often if this happens it is because we have had wonderful experiences with that person or people. The dreams sometimes seem as if they are just views of something that we would like to experience such as visiting an interesting place or a far away land.

## Lesson 31

## 3 VOCABULARY

語い

Directions: First repeat after your tutor and then read aloud by yourself.

課題: 先生の後が続いてくり返した後、今度はひとりで発音してみましょう。

**calm** 穏やかな

**lifetimes** 一生涯

**pleasant** 楽しい

**reliving** ~を追体験する

**nature** 特質

**wonderful** 素晴らしい

**experience** 経験

## 4 QUESTIONS

質問

Directions: Read the questions aloud and answer them.

課題: 質問を声に出して読んだ後、答えてみましょう。

1. At what point in our sleep pattern do dreams occur?
2. What are some things we dream about?
3. Do we dream about people in nice dreams and why?
4. Do you think that dreams have meanings or are trying to tell us something?