

# *dream* *log*

## Questions to think about:

- *What happened in your dream?*
- *Are your dreams in colour?*
- *Do you have a sense of time in your dreams?*
- *What emotions did you have in your dream?*
- *How many different dreams can you remember from last night?*
- *Did you know the people in your dream?*
- *Have you carried on a dream you had from another night?*

## Notes

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Draw your dream