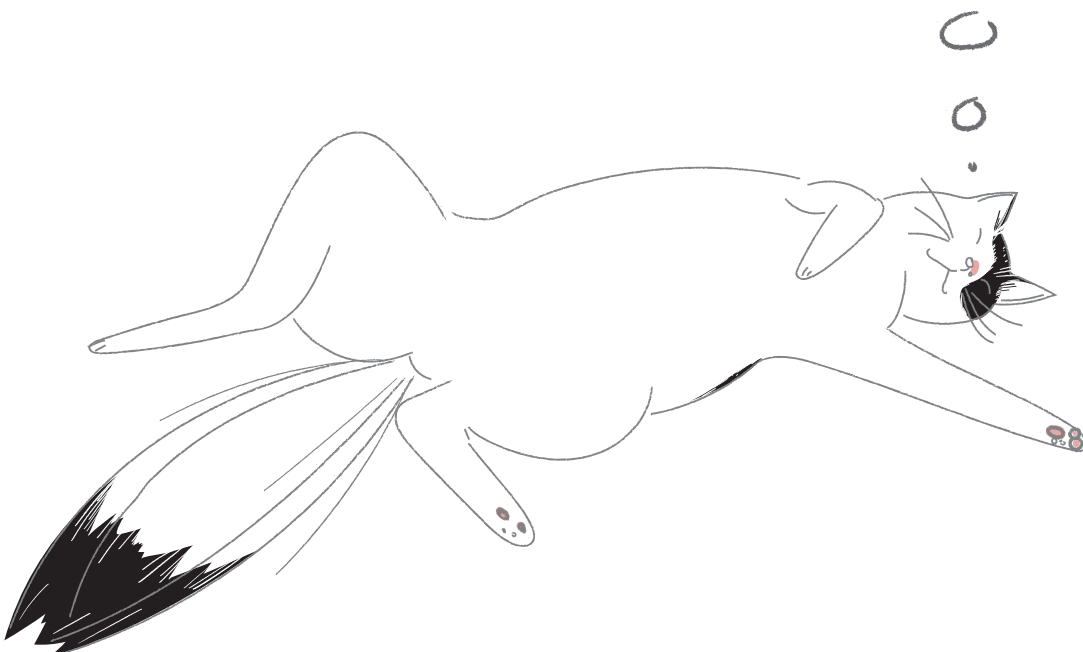


The Magic of Sleep

Written and illustrated by
Vicky Woodgate

Day 3



The Magic Of Sleep

by Vicky Woodgate

Let's record your dreams.

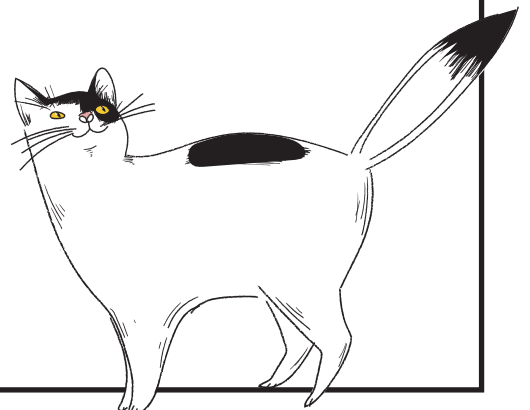
Write down what you can remember
or draw what you saw or felt.

Keep the worksheets by your bed with a
pen or pencil. Make some notes when
you wake up, you could draw a picture
of what you saw later.

What happened in your dream?

Type of dream

- ☐ Funny ☐ Boring ☐ Scary
☐ Recurring ☐ Weird ☐ Exciting

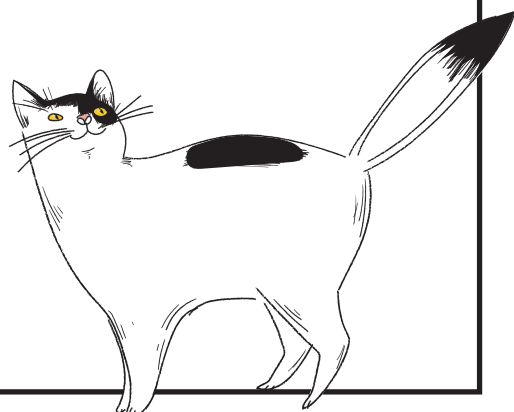


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Draw your dream

How did it make you feel?

- ☐ Happy ☐ Scared ☐ Worried
☐ Surprised ☐ Joyful ☐ Sad



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The Magic of Sleep

If you can't remember your dream lets
give mimi cat a hat, any style will do!
Oh and she needs finishing too!

