

**Mom:** What's the matter, Joey? Why aren't you in bed?

**Joey:** I had a bad dream! A **monster** was chasing me, and it was trying to bite me!

**Mom:** Calm down! It was just a **nightmare**.

**Joey:** Why do I always have nightmares? Is there **something wrong** with me?

**Mom:** Don't **panic**. There are lots of **reasons** why some people have nightmares. Maybe you have nightmares because you have a lot of school **pressure**.

**Joey:** I know that things that happen during the day can **influence** my dreams. I just wish that my dreams were fun, not scary.



- ❖ Why do people have nightmares? What usually happens in nightmares?
- ❖ What are some reasons that people might panic?
- ❖ Do you have a lot of pressure? What gives you pressure?
- ❖ What are some things that influence your behavior?
  - What are some good influences?
  - What are some bad influences?

*Fill in the blanks below with words from the dialogue above.*

There's \_\_\_\_\_ with my motorcycle; it won't start!

Many people \_\_\_\_\_ when they feel an earthquake.

Steve has a lot of \_\_\_\_\_ because he has an important test tomorrow.

My mother doesn't want me to play with Roger, because she says he is a bad \_\_\_\_\_ on me.

A \_\_\_\_\_ was chasing me in my \_\_\_\_\_!

