

Exploring Animal Dreams: A Journey

VOCABULARY WORDS

1. veterinarian: (noun) /ˌvɛt.ər.əˈnɛər.i.ən/ - A person who is trained to provide medical care to animals.
Example: The veterinarian treated the injured dog with care and expertise.
2. figure out: (phrasal verb) /ˈfɪɡjər aʊt/ - To understand or solve a problem.
Example: It took me a while to figure out the answer to the tricky riddle.
3. maze: (noun) /meɪz/ - A complex network of paths or passages, typically designed as a puzzle to be solved.
Example: The children enjoyed exploring the corn maze at the farm during Halloween.
4. control: (verb) /kənˈtrəʊl/ - To have power over something; to manage or influence.
Example: It's important to control your emotions during difficult situations.
5. rely on: (phrasal verb) /rɪˈlaɪ ɒn/ - To depend on someone or something; to trust or have confidence in.
Example: I rely on my alarm clock to wake me up in the morning.
6. based on: (phrase) /beɪst ɒn/ - To be founded or rooted in something; to use as a foundation or starting point.
Example: The decision was based on careful analysis of the data.



The training to become a **veterinarian** takes a long time because it's hard to **figure out** what's wrong with animals when they can't tell us themselves. Scientists have been trying to understand what happens in animals' brains when they sleep, especially when they dream. About sixty years ago, Michel Jouvet showed that cats do dream, especially during a stage of sleep called REM.

Since then, scientists have been studying other animals to see if they also dream. Recent studies suggest that animals do dream, and their dreams might be connected to things they experience when they're awake. For example, scientists studied rats running through **mazes** and found that their brain activity during REM sleep looked a lot like when they were running around in the maze.

Even though we've learned a lot about animal dreaming, there are still many things we don't know. Scientists are still trying to figure out if animals know they're dreaming and if they remember their dreams when they wake up. They're also studying how REM sleep helps animals learn and **control** their emotions.

Studying animal dreaming is really hard because animals can't talk to us, so we have to **rely on** their behavior and brain activity. Some scientists think we should believe animals dream **based on** science, but others aren't so sure. Even with all the questions, studying animal dreams helps us understand how animals think and feel, which is pretty cool!

DISCUSSION

1. If you could communicate with animals during their dreams, what kind of conversations would you have?
2. Imagine you're a scientist studying animal dreams. What kind of experiments would you design to learn more about their dreaming patterns?
3. How do you think animals might experience their dreams differently from humans?
4. If you could enter the dreams of an animal for a day, which animal would you choose and why?
5. Discuss the ethical considerations involved in studying animal dreams. What are some potential challenges scientists might face?
6. Do you believe animals have the capacity to remember their dreams? Why or why not?
7. How might our understanding of animal dreams impact the way we interact with and care for animals in the future?