

Dreamaplay Worksheets

Thank you for your support. Check back for more new books, games and activities.
Let us know if you have questions or suggestions.

Quick Start

1. Pick your favorite game or activity and print your favorite pages. Worksheets are designed to be printer-friendly. There may be some color, but you can print a black and white version.
2. There are simple instructions on each page. For more in-depth instructions and an explanation of the concept, please see the corresponding activity on our website.

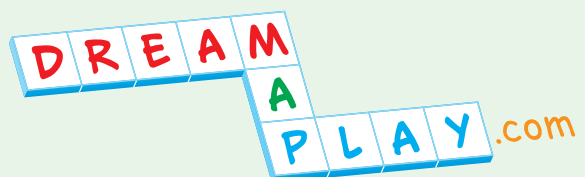
Contents

Game/Activity	Page	Website (long description)
Bridge the Gap	2-4	Dreamaplay.com/bridge-the-gap/

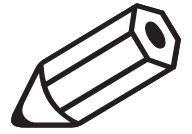
From Dream to Reality

We're dedicated to teaching kids how to dream and how to turn those dreams into reality using our formula: Dream it! Map it! Play it!

These activities expand one small step each.
To learn the whole process, please visit our website:



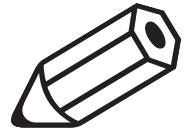
Bridge the Gap (Part 1: Logic.)



Instructions: After you have a dream, you need a map or plan of how to make your dream real and overcome any obstacles along the way. In this example, we are giving you the pretend dream to get the treasure and avoid the sharks, but the process of making a plan will be similar for any dream you might have. All you need to do is brainstorm an idea and break it down into simple steps. Try to make at least 3 steps. You may draw your solution or describe it using words.

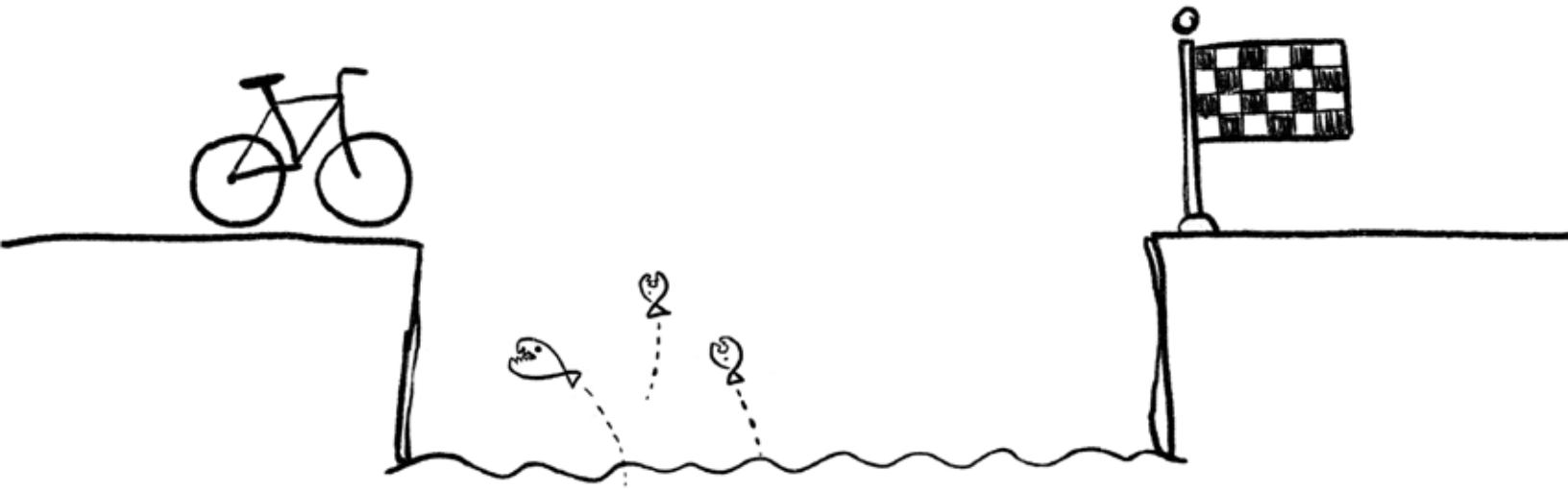


Bridge the Gap (Part 2: Emotions. Simple.)

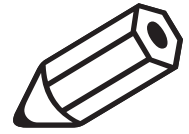


Instructions: This exercise is like the last except now we are going to add an emotion. Pick any emotion. Practice feeling that emotion in your body. When you are ready make a new plan. **Example:** If we try feeling silly, we may come up with the plan to use our ears to fly to the other side. **Bonus:** On another piece of paper, try feeling sad or mad and making a plan.

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Your emotion.



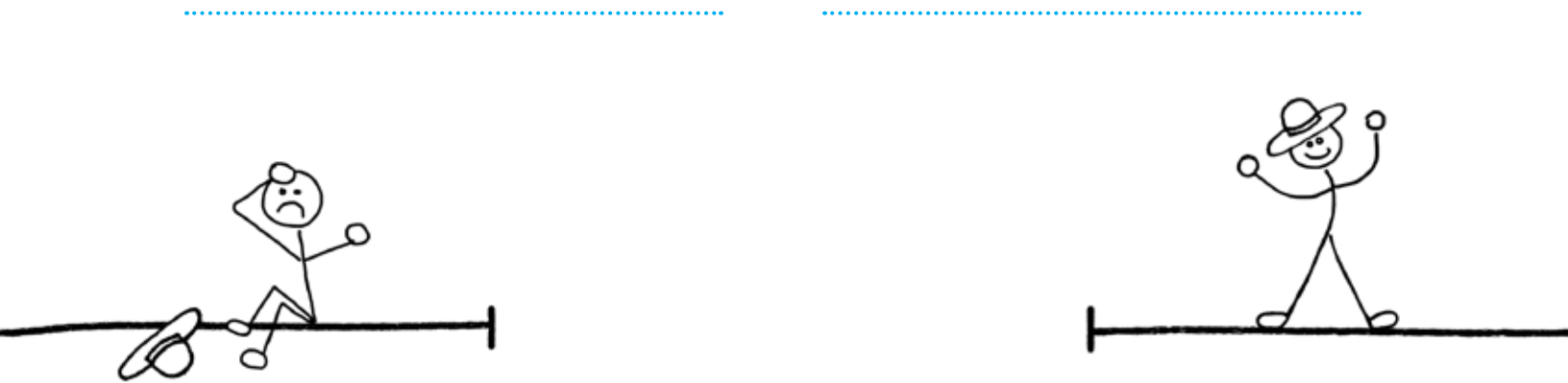
Bridge the Gap (Part 3: E-motivations. Advanced.)



Instructions: Sometimes going from A to B can be intimidating or full of unknowns. In part 1, we used logic to help plan our steps. In part 2, we played with emotions to see how it influenced our plan. This time we are going to find an emotion to help motivate us and bridge the gap. First, start by writing down your dream.

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Your dream.

1. On the left, write down the emotion that you feel right now. We are using the example of being frustrated that we don't know how to make our dream real. That's what the boulder represents. We need to find a way around this emotional obstacle.
2. On the right, write down how you imagine you will feel when you achieve your dream. This might be a feeling like accomplishment or pride.



3. You have just defined your gap, the difference between who you are and who you want to be. How difficult would you rate getting from one side to the other? At the moment, it might even seem impossible.
4. Now the fun part. Let's build a bridge. Let's say you want to go from sad to happy. Obviously, you don't know how, or you would already be doing it. So, we need to find an in-between emotion — a bridge emotion — that can take us from one side to the other. An easy way to do this is to remember a time when you were living your dream, and you felt really good. What was that emotion? For example, maybe you succeeded at something unexpected and felt hopeful. Hope might be your bridge emotion. However, you might be thinking, "Well, I don't feel hopeful now." But remember, your history says that if you keep trying, you will succeed. And, your past successes, no matter how small, are all evidence that you are one step closer to your dream. So, maybe your bridge emotion is now faith or patience. You will know you found your bridge emotion if it feels like an aha moment that makes you want to get up get going.

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Your bridge emotion.

5. **Bonus.** To help you remember this tool, draw your bridge above, and explain why you chose this emotion. How are you a different person now?

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Why this emotion sparks your passion.
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