



Lesson 9: Sleep and dreams 2.3 Hobson & McCarley's activation synthesis theory of dreaming

Learning objective	To gain knowledge and understanding of sleep and dreams
Lesson objectives	By the end of the lesson, learners will be able to: <ul style="list-style-type: none"> • Explain the role of brain regions involved in dreaming • Describe the activation synthesis theory of dreaming • Apply knowledge of the activation synthesis theory of dreaming to novel scenarios
Vocabulary	n/a
Previous learning	Learners have studied key concepts in sleep and dreams.

Plan

Activities	Resources
Beginning (5 mins)	Brain regions in dreaming video: www.youtube.com/watch?v=2W85Dwxx218 Research resource on activation-synthesis: www.verywellmind.com/what-is-the-activation-synthesis-model-of-dreaming-2794812
Middle (50 mins)	
End (5 mins)	

Reflection and evaluation

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Reflection:

Summary evaluation:

What two things went really well? (Consider both teaching and learning.)

- 1.
- 2.

What two things would have improved the lesson? (Consider both teaching and learning.)

- 1.
- 2.

What have I learned from this lesson about the class or individuals that will inform my next lesson?

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