



Task Title: Dream Journal

OALCF Cover Sheet – Learner Copy

Learner Name: _____

Date Started: _____

Date Completed: _____

Successful Completion: Yes ☐ No ☐

Goal Path: Employment ☐ Apprenticeship ☐

Secondary School ☐ Post Secondary ☐ Independence ☒

Task Description: The learner will keep a dream journal for five days and will write a paragraph describing one of their dreams.

Main Competency/Task Group/Level Indicator:

- Communicate Ideas and Information/Write continuous text/B2.2
- Communicate Ideas and Information/Complete and create documents/B3.1a

Materials Required:

- Pen/pencil and paper and/or digital device

Learner Information

Keeping track of your dreams can be an interesting form of self-discovery.

Note: Though everyone dreams, some people are unable to remember dreams at all. If you do not remember dreams, ask your instructor for a different task.

Scan the “Dream Journal Chart”.

Dream Journal Chart

Day 1 Dream Notes
Day 2 Dream Notes
Day 3 Dream Notes

Day 4 Dream Notes
Day 5 Dream Notes

Task Title: DreamJournal_I_B2.2_B3.1a

Work Sheet

Task 1: Fill in the Dream Journal Chart for the next five days.

Answer: No written response required here.

Task completed: Yes: ☐

Task 2: Write a paragraph describing one of the dreams you had.

Answer: