Consciousness Foldable

Materials Needed:
✓ 1 12x18 piece of construction paper
✓ 18 rectangular strips to fit inside the pockets
✓ Notes from Book - Module 15 (Pages 203-222) OR Mr. Sichak’s Website
✓ Coloring Utensils
✓ Scissors
✓ Glue/ or Stapler

Directions:
1. Fold a 12x18 (construction paper) into four equal columns.
2. Fold the bottom of the sheet about 4 inches up.
3. Glue/Staple both ends of the sheet so that it becomes a pocket holder.
4. Cut out 18 rectangular strips.
5. Label each of the four categories on the folded pocket. Then insert the number of strips into the pockets as follows:
   A. Stages of Sleep (5 strips)
   B. Sleep & Deficits (6 strips)
   C. What Do We Dream (2 strips)
   D. Why Do We Dream (5 strips)

Each strip needs a definition/explanation and a colored picture
Titles are in bold and the strip information is below

Stages of Sleep (5)
- Stage 1
- Stage 2
- Stage 3
- Stage 4
- REM

Sleep & Deficits (6)
- Why We Sleep
- Sleep Deprivation Effects
- Sleep Apnea
- Sleepwalking / Sleep Talking
- Narcolepsy
- Other Sleep Disorders

What do we Dream (2)
- Dream and Lucid Dreams
- Topics of Dreams and Manifest Content

Why do we Dream / Sleep
- Wish Fulfillment
- Information Processing
- Physiological Functions
- Activation Synthesis
- Cognitive Development