

TASK: OUR CHILDHOOD & ADULTHOOD DREAMS



All participants



10-15 min

It is interesting to start the topic devoted to dreams by comparison of dreams most children have, and how and to what extent these are different in adulthood.

Open the floor to the participants by inviting them to think for a minute or two about their own dreams and how they change in time – what they dreamt of while they were younger and now, if and why dreams change. What did they want to be when they grow up? What they became/dream of becoming in present day?



Then look at world-wide commonly reported dreams kids have and those of the adults (as per [Tutorial-2](#)). Comment on one single dream that remains, *i.e. being rich* and conclude the discussion by stating that we are all familiar with dreaming big, especially as kids but that sometime in adulthood we tend to let go of our big dreams for various reasons, e.g. being afraid, due to low self-esteem, or other barriers we face.

It is assumed that the group will be moved by the topic as all of us had dreams when we were young we gladly share and even make fun of when we are adults. If participants are silent, give them an impetus to talk by sharing and comparing your own dreams in childhood and adulthood.



The purpose of the task is to get participants active involvement in the subject matters from the onset. This activity will smoothly get you and the group of participants into your next key topic – dreaming big and why it matters.