

# How Will You Defeat Your Nightmares?



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**Directions:** Nightmares can be scary, but with a bit of creativity, you can make the spooky monsters of your dreams disappear! Follow the steps below to create your own story about defeating your nightmares:

- 1. Describe Your Scary Dream:** Start by writing about a dream that feels a bit scary. It can be a dream you've actually had or one you just make up!
- 2. Find a Fun Solution:** Think of a really fun and clever way you can make the scary parts of the dream go away.
- 3. Create the Adventure:** Write about all the funny and exciting things that happen in your story as you use your silly solution to defeat your nightmares.
- 4. Draw Your Story:** use the boxes provided to draw pictures of the most exciting parts of your story.
- 5. Give Your Story a Title:** Come up with a fun name for your story and write it in the line provided.



# How I Defeated My Nightmares

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By: \_\_\_\_\_

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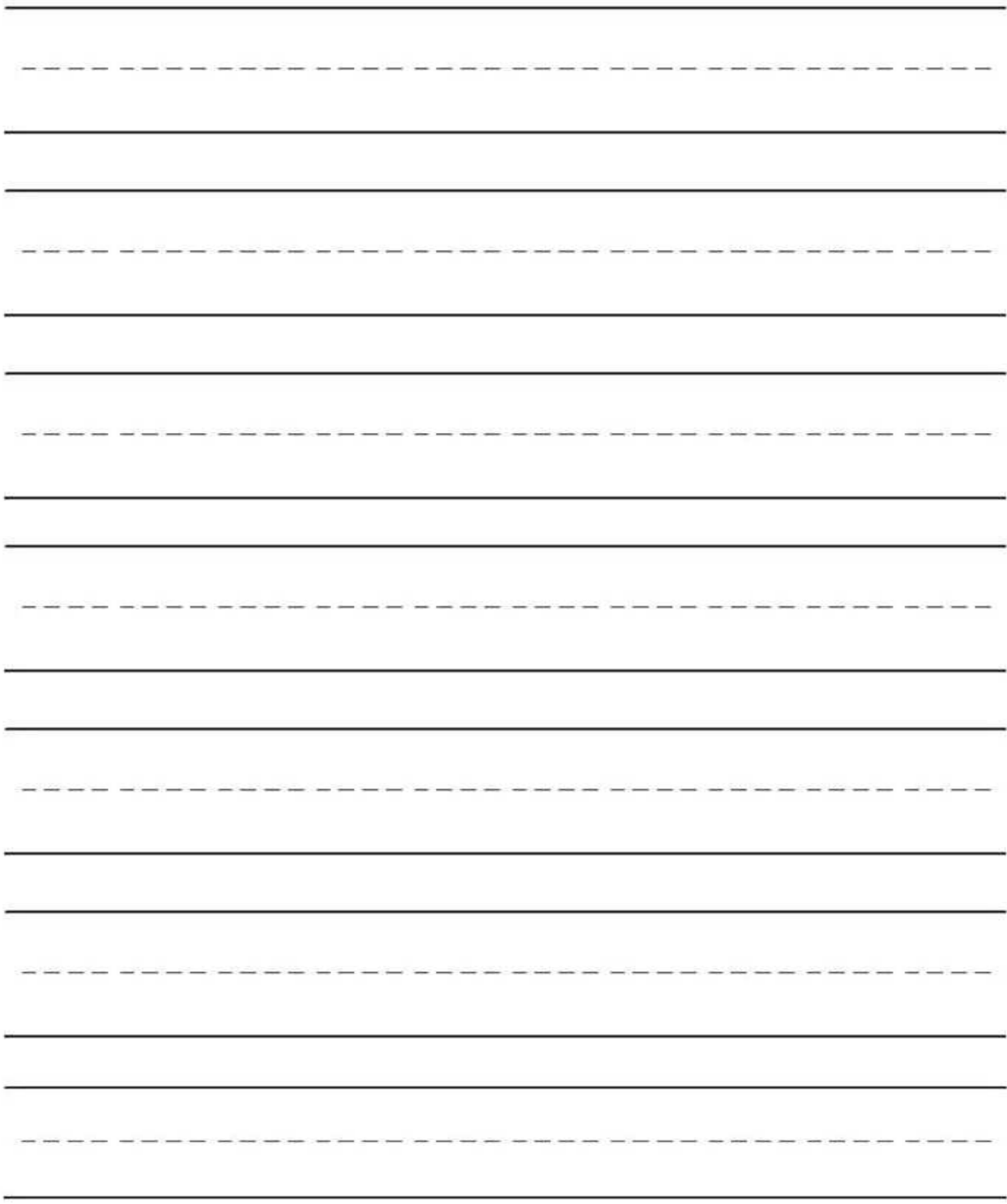
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Handwriting practice lines consisting of five sets of horizontal lines. Each set includes a solid top line, a dashed middle line, and a solid bottom line.

A large empty rectangular box for drawing or free writing.