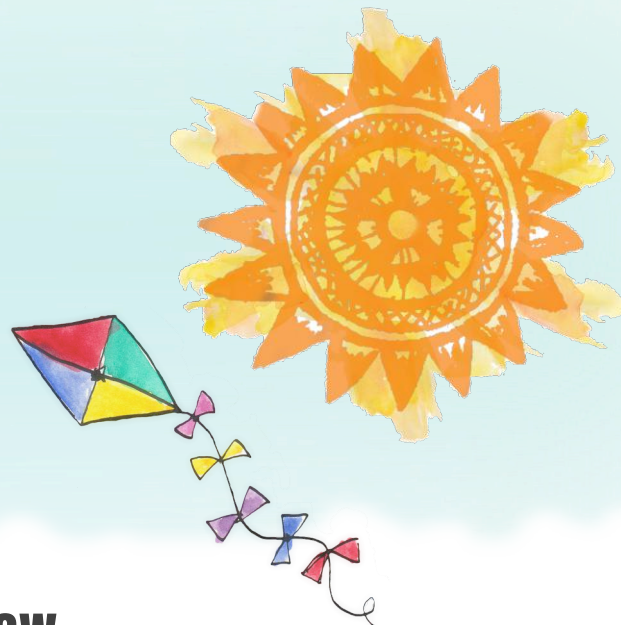


NATHALIA

EDUCATIONAL GUIDE FOR "PESADILLAS"



overview

'Pesadillas' is a song about nightmares and how our minds occasionally like to play tricks on us. With a catchy melody and silly lyrics, the song makes light of bad dreams and reassures children that being afraid is completely normal.

TARGET AGE: 6-10

PURPOSE

Informative
Narrative ✓
Reflective ✓
Expressive

LANGUAGE

English
Spanish ✓

PRIMARY CONCEPTS

- *Real vs. Illusion*
- *Coping Skills*

INCLUDED IN THIS GUIDE:

LANGUAGE COMPONENT

- *Lyrics and Translation*
- *Spanish Vocabulary*
- *Listening/Word Categories*
- *Unscramble*

PSYCHOLOGY COMPONENT

- *Dream Facts*
- *Scavenger Hunt*

ART COMPONENT

- *Drawing A Monster*



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EDUCATIONAL GUIDE FOR "PESADILLAS"



Lyrics

A veces tengo pesadillas de hormigas
 Más grandes que una ardilla
Y me van persiguiendo y yo corriendo
 Hasta que me despierto
Pesadillas de monstruos y fantasmas
 Debajo de mi cama
Escucho el búho que ulula y me asusta
 Y no puedo dormir oh no
Oh-oh, oh-oh, no me puedo dormir oh no
A veces sueño con brujas que me embrujan
 Y me llevan lejos
 Y me levanto llorando
Sin saber que es lo que estaba soñando
Como es que veo sombras que se transforman
 En esta noche oscura
Y me despierto temblando y gritando
 Que no me puedo dormir oh no
 Que alguien venga a chequear
 Que no hay nada debajo de mi cama
Y que prendan la luz que esta al lado de mi almohada
Y entre abrazos me digan que es un mal sueño y ya
 Esta canción de pesadillas
Que por la noche da vueltas en mi cabeza
Y yo me quedo cantando, tarareando
 Que no me puedo dormir, oh no
Prendan la luz, que me abracen fuerte

Translation

Sometimes I have nightmares of ants
 Bigger than the size of squirrels
I dream they are chasing me and I'm running
 Until I wake up
Nightmares of monsters and ghosts
 Under my bed
I hear the owl hooting and it frightens me
 And I can't go back to sleep oh no
Oh-oh, oh-oh, I can't go back to sleep oh no
Sometimes I dream about witches bewitching me
 And they take me far away
 I wake up crying
Not knowing what I was dreaming about
How is it that I see shadows transforming
 In the dark of the night
And I wake up shivering and yelling
 I can't go back to sleep oh no
I hope someone comes and checks
 That there's nothing under my bed
And turns on my night light next to my pillow
And hugs me and tells me it's just a bad dream
 Now this song about nightmares
At night, is spinning around in my head
 And I lay singing and humming
 'Cause I can't go back to sleep, oh no
Put on the light and hug me tight



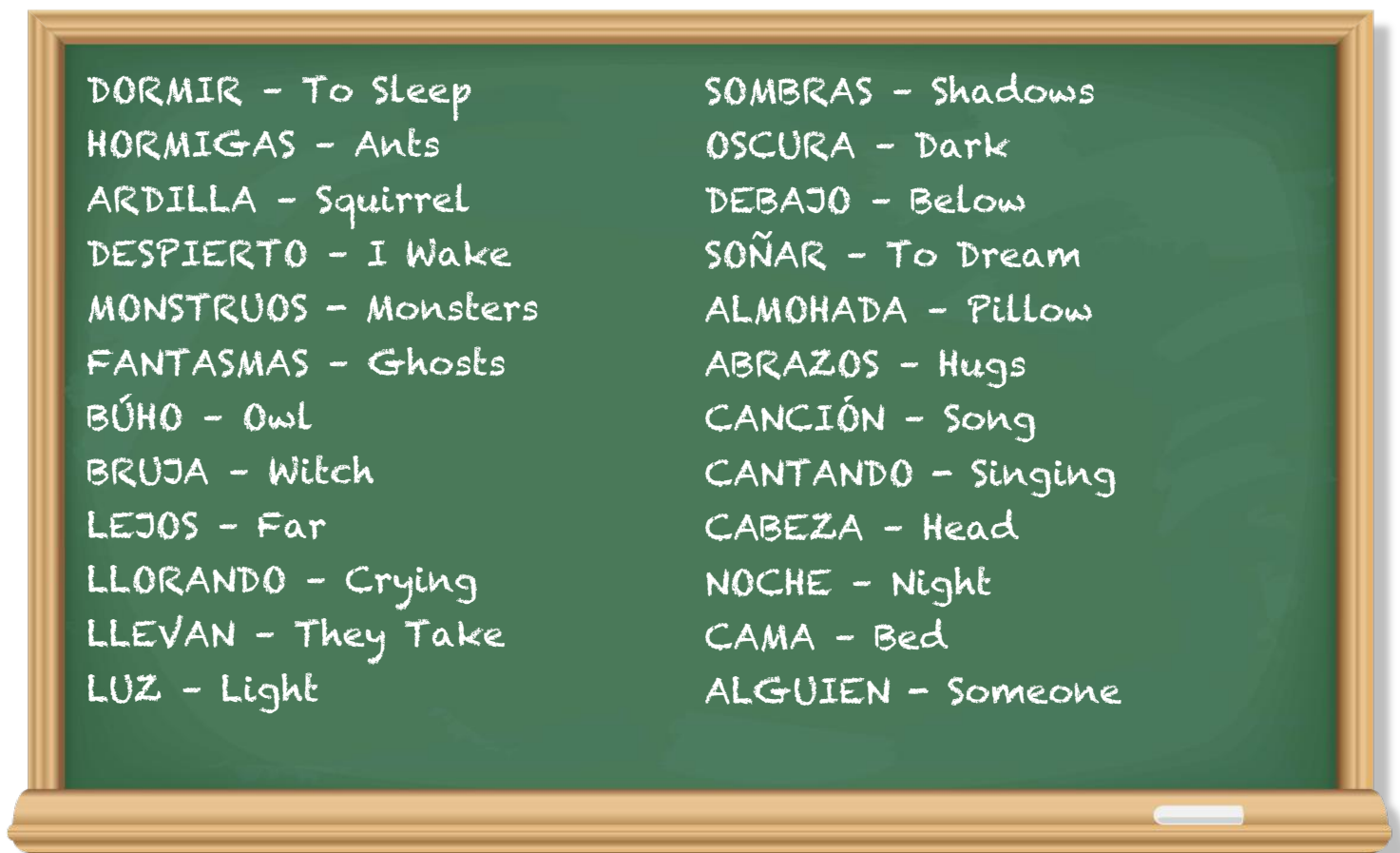
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spanish Vocabulary



Review key Spanish vocabulary from 'Pesadillas' by sounding each word out.



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Listening



Listen to the song and tally how many times you hear NATHALIA sing each word. You may have to listen more than once.

PESADILLAS _____

CAMA _____

DORMIR _____

SOMBRAS _____

Word categories



Cross out the word in each group that does NOT belong with the others.

1. A) CAMA
B) LEJOS
C) ALMOHADA

2. A) FANTASMAS
B) MONSTRUOS
C) CABEZA

3. A) CANCIÓN
B) GRITANDO
C) LLORANDO

4. A) ARDILLA
B) BÚHO
C) LUZ



EDUCATIONAL GUIDE FOR "PESADILLAS"



Unscramble



Unscramble each Spanish vocabulary word.

1. OECHN

Hint: The moon comes out during this time.

2. UZL

Hint: I put this on at night so I'm not so scared.

3. RBUAJ

Hint: One year, I dressed up like this for Halloween.

4. HSOAGRMI

Hint: They live in colonies and work very hard.

5. RABOZAS

Hint: People give these to show affection.



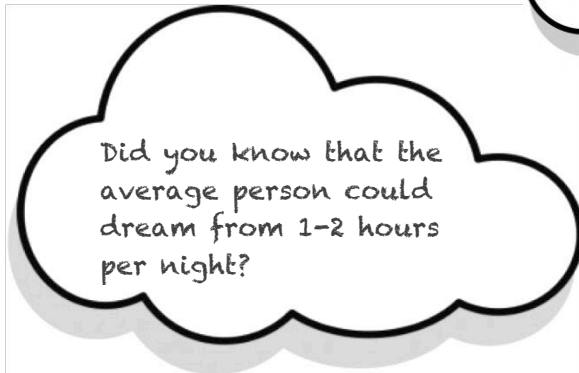
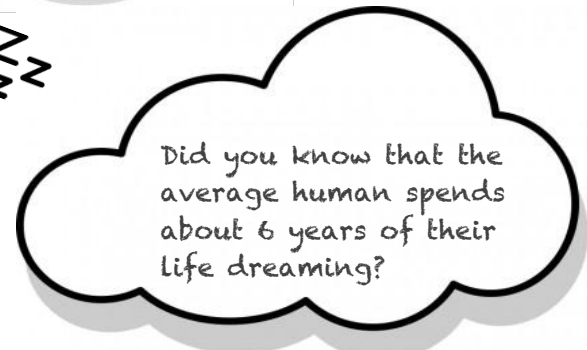
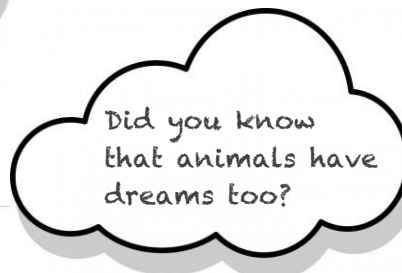
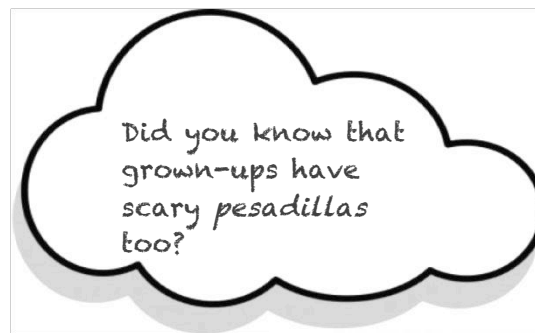
EDUCATIONAL GUIDE FOR "PESADILLAS"



Dream Facts




Here are some fun facts about *sueños* (dreams) that you may not have known.



EDUCATIONAL GUIDE FOR "PESADILLAS"



Scavenger Hunt

 Sometimes our mind likes to play tricks on us. In the song *Pesadillas*, Nathalia sings about some of the things that frighten her in the middle of the night. Can you spot some of the spooky figures in the image below? Circle each one.



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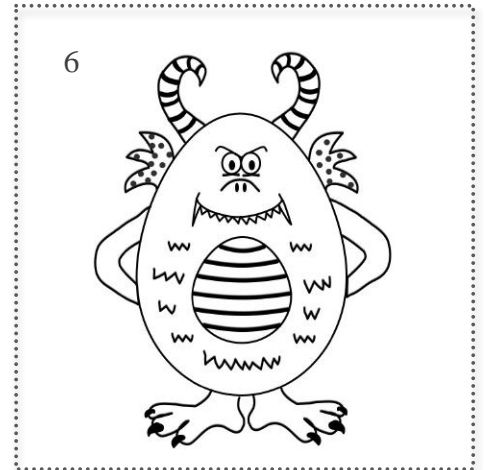
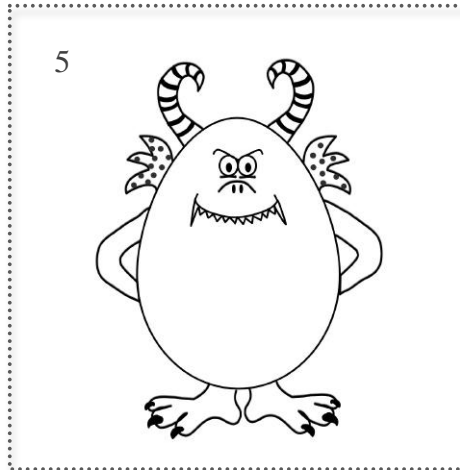
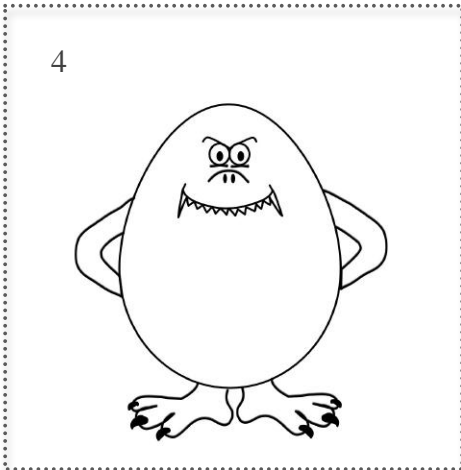
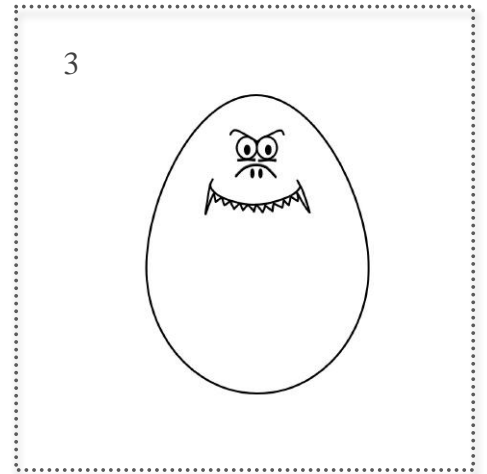
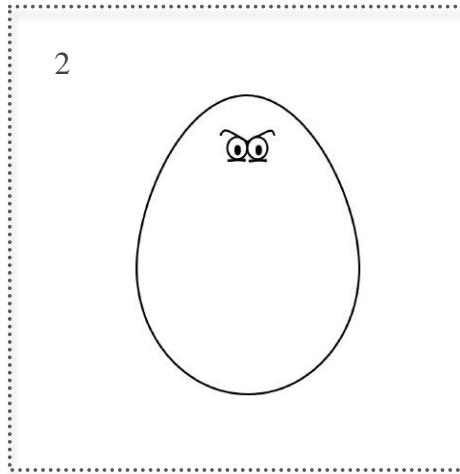
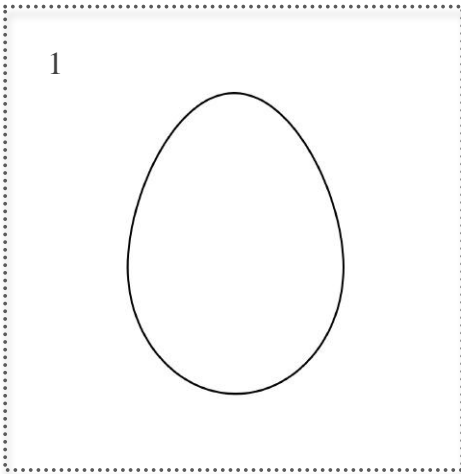
EDUCATIONAL GUIDE FOR "PESADILLAS"



Drawing A Monster



On a blank piece of paper, follow the steps below to learn how to draw a silly *monstruo*.



EDUCATIONAL GUIDE FOR "PESADILLAS"



Answer Key

PESADILLAS

DORMIR

CAMA

SOMBRAS

1. A) CAMA
~~B) LEJOS~~
C) ALMOHADA

2. A) FANTASMAS
B) MONSTRUOS
~~C) CABEZA~~

4. A) ARDILLA
B) BÚHO
~~C) LUZ~~

3. ~~A) CANGIÓN~~
B) GRITANDO
C) LLORANDO

1. N O C H E

2. L U Z

3. B R U J A

4. H O R M I G A S

5. A B R A Z O S

