

00.00  
**HOUR**  
MIDNIGHT

# DREAM- LAND

NIGHT  
BOOK

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Almost everyone dreams five to seven dreams every night. The length of a dream varies from a few seconds to half an hour. A special dream is the lucid dream, in which you are aware that you are dreaming. Remembering your dreams is difficult and does not work for everyone. You have the biggest chance to remember it when you wake up during your paradoxical sleep. Writing down your dreams can help with remembering your dreams. Despite the fact that there is already been written and thought a lot about reading, we do not really understand the content and purpose of dreams.



NIGHT  
BOOK

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*Dream ideas*

## NIGHT THOUGHTS



Handwriting practice lines on page 10, consisting of 20 horizontal, slightly wavy lines.

Handwriting practice lines on page 11, consisting of 20 horizontal, slightly wavy lines.

## NIGHT WATCH KIWI

**SCIENTIFIC NAME:** *Apterygiformes*  
**HABITAT:** *New Zealand*  
**SIZE:** *comparable with a chicken*  
**FEEDS WITH:** *fruit, worms and insects*

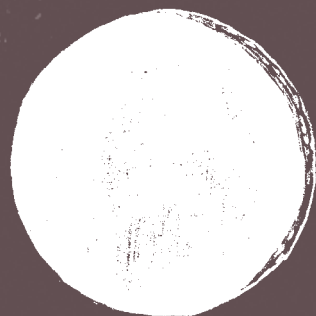
The kiwi, which is originally from New Zealand, is a strange bird comparing to other birds. This flightless bird can in comparison to most other birds smell very well, has feathers which have a lot in common with hair and has, according to Kiwi rearcher Hugh Robbertson, a very good memory. A kiwi that is tricked by a sound recording of another kiwi does not get fooled by it again and is able to remember it for up to five years.



## NIGHT WATCH JERBOA

**SCIENTIFIC NAME:** *Dipodidae*  
**HABITAT:** *the desserts from Africa, Mid-Europe, Asia and China*  
**SIZE:** *55-134 gram*  
**FEEDS WITH:** *insects, plants, seeds*

It is difficult to find water in the dessert. Therefore, it is a good thing that the Jerbo a is a desert rodent which never needs to drink a sip of water. Plants and insects supply the moisture it needs. Jerboas seek shelter for the heat during the day in burrows, and move around during the cool nights.



*The night: la nuit*

# THE NIGHT

Because the earth turns around the sun, it's always dark somewhere. But that does not mean by definition that it's night. And vice versa; for periods it won't be dark at the polar circle at all. On the planet Mercury, it takes 44 days from noon before it's midnight. And calculated from midnight, it takes 44 days before it's noon again.



**SCIENTIFIC NAME:**

*Mola mola*

**HABITAT:** *aall oceans with  
a soft up to tropical climate*

**FEEDS WITH:**

*jellyfish*

# MOONFISH

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The names of the Mola mola differ as day and night. Due to its round gray shape and rough skin, we know this fish like lunar fish. And because they are often seen sunbathing just below the water surface, their English name is sunfish. Germans call it simply Schwimmender Kopf (swimming head). And we are talking about an incredibly big head. A moonfish weighs on average a ton and measures 1.8 meters.



# STARRY STARRY NIGHT

NIGHT  
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You can see during a clear night stars that stand aproxemitley 30 billion (30.000.000.000.000.000) kilometers from us. By comparison, on earth, your vision is limited to around twenty kilometers in most circumstances. Because the stars we see are so far away and their lights take many years to reach us, it may be that stars we can still see disappeared thousands of years ago.

*Drawing*

**DRAW YOUR DREAMS**



# THE ODOR OF THE NIGHT

Your senses are very different than during daytime when you wander through woods or along flower fields at night. Your view is less, and you smell other things. There is a group of plants that bloom especially at night. In order to be able to attract insects as effectively as possible, many night plants smell more vigorously than species that bloom during the day. And those plants make a special night bouquet.

## NIGHT BOUQUET NIGHT JASMINE

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**SCIENTIFIC NAME:**

*Cestrum nocturnum*

**HABITAT:** Originally  
West India, now in tropical  
areas worldwide

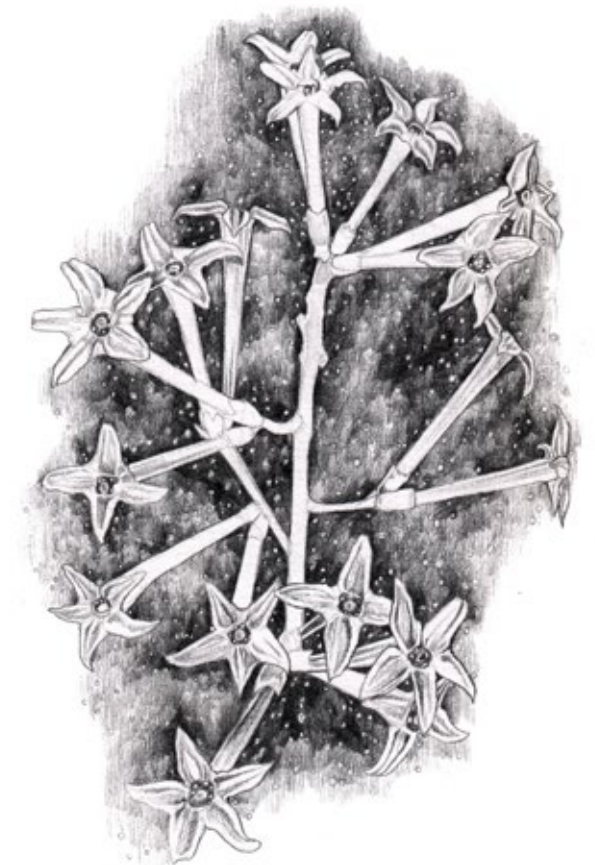
**SIZE:** up to 4 meters high

**FLOWERING MONTHS:**

from April to September

**USED FOR:** garden plant,  
perfume

*Cestrum nocturnum*, also called the lady of the night, is a green bushy plant with white tubular formed flowers. There are about two hundred kinds of jasmine, but only the night jasmine has closed its flowers during the daytime. These flowers open at night and spread out a heavy sweet smell. The night-jasmine smells the strongest of all jasmine species. It's best to travel to tropical or subtropical resorts if you want to enjoy this smell, because that's where the night jasmine feels most pleasant.



The name jasmine comes from the Persian word yasmin, which means gift of God. No wonder Yasmin is also a popular girl name.