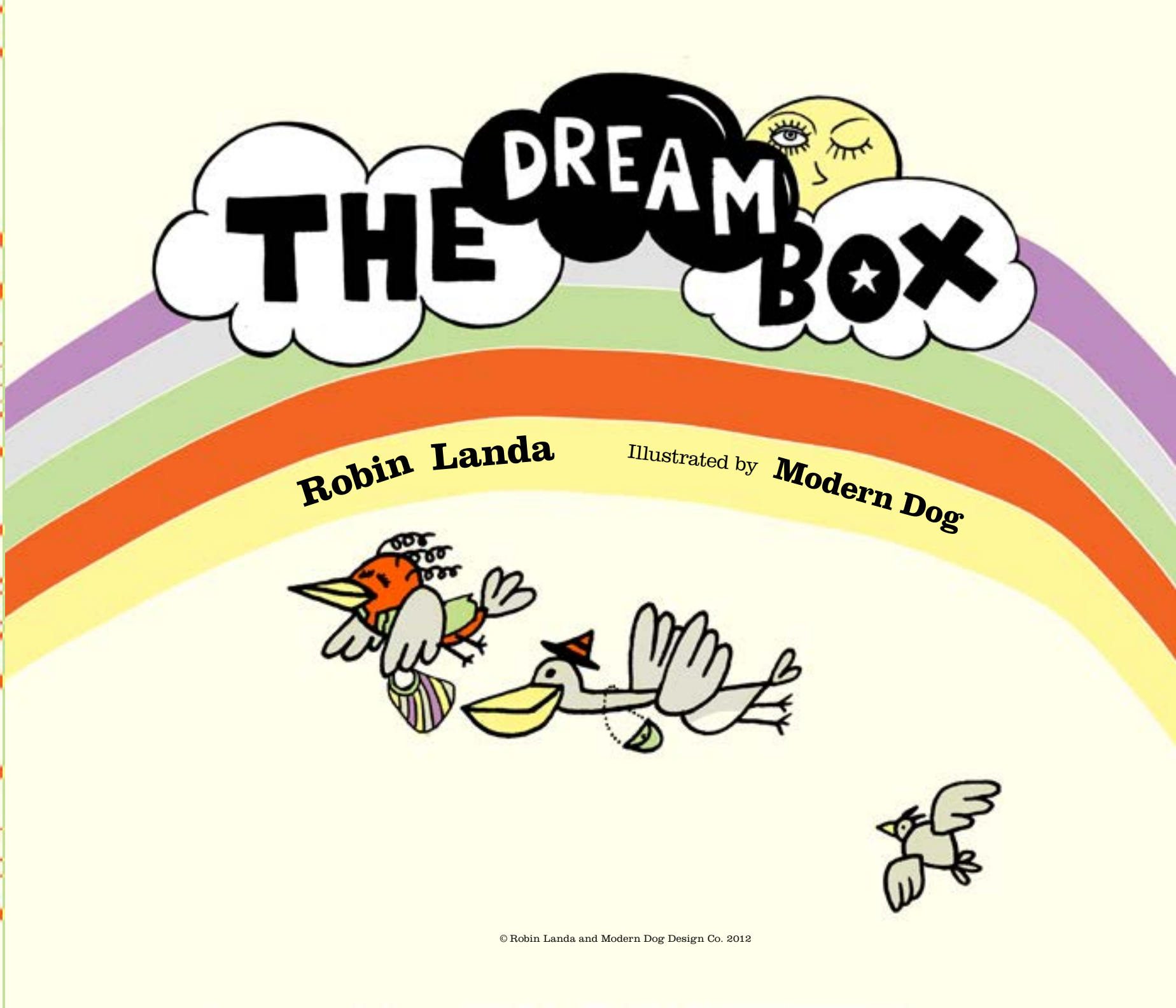


THE DREAM BOX



Robin Landa

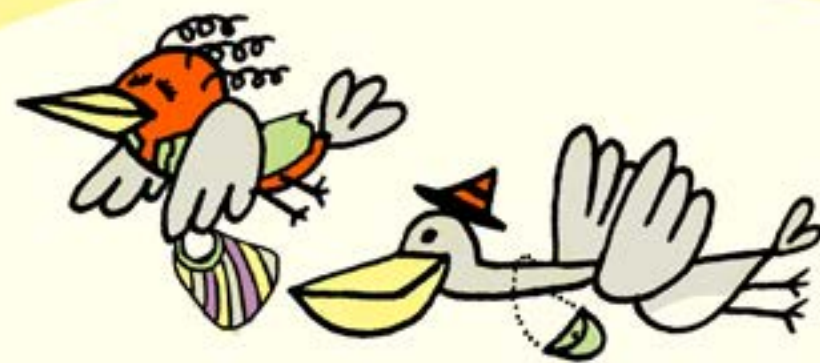
Illustrated by **Modern Dog**



THE DREAM BOX

Robin Landa

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Dedicated to

Rosie Strassburger



BLAM!

Shwoo
Schwat
Shwoo
Schwat



Running from a ninja frog in his sleep, Alex fell to the floor.

Staying awake all night listening to his father's snores was far better than having that dream again.

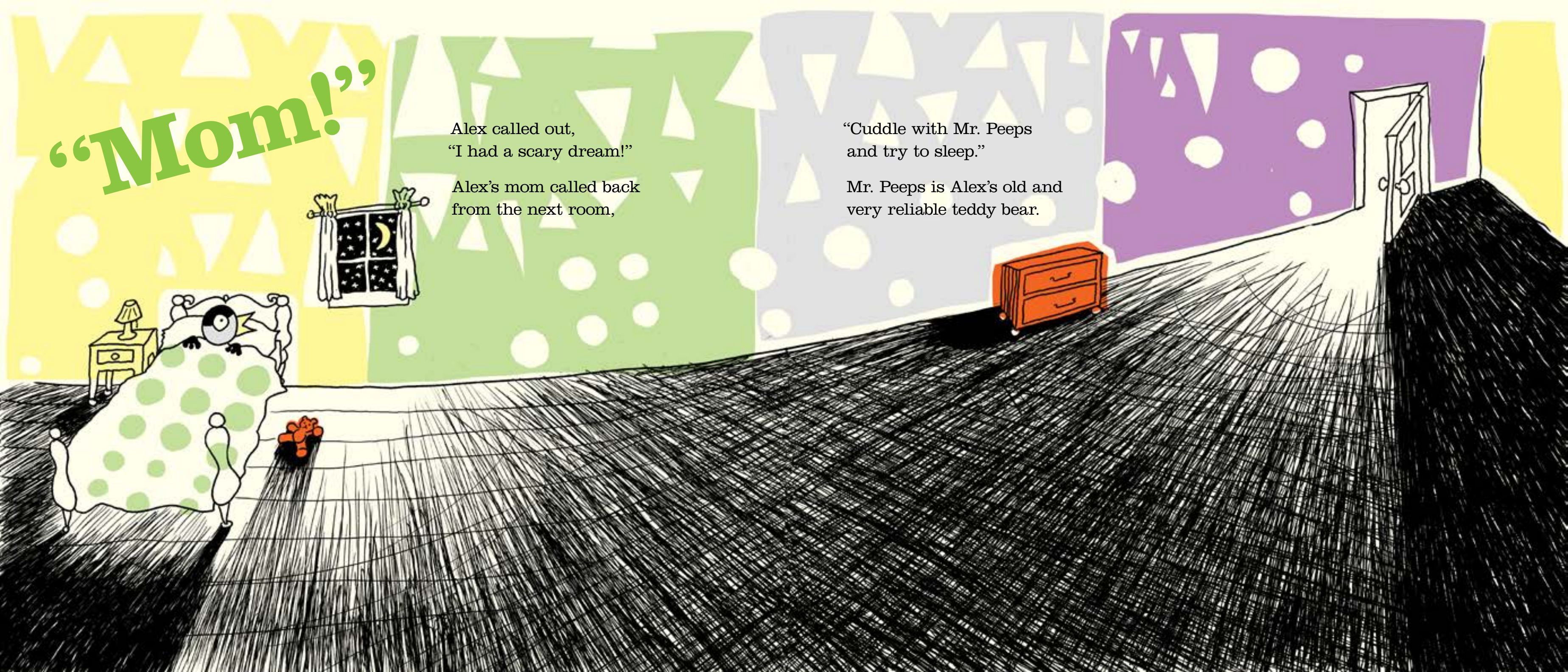
“Mom!”

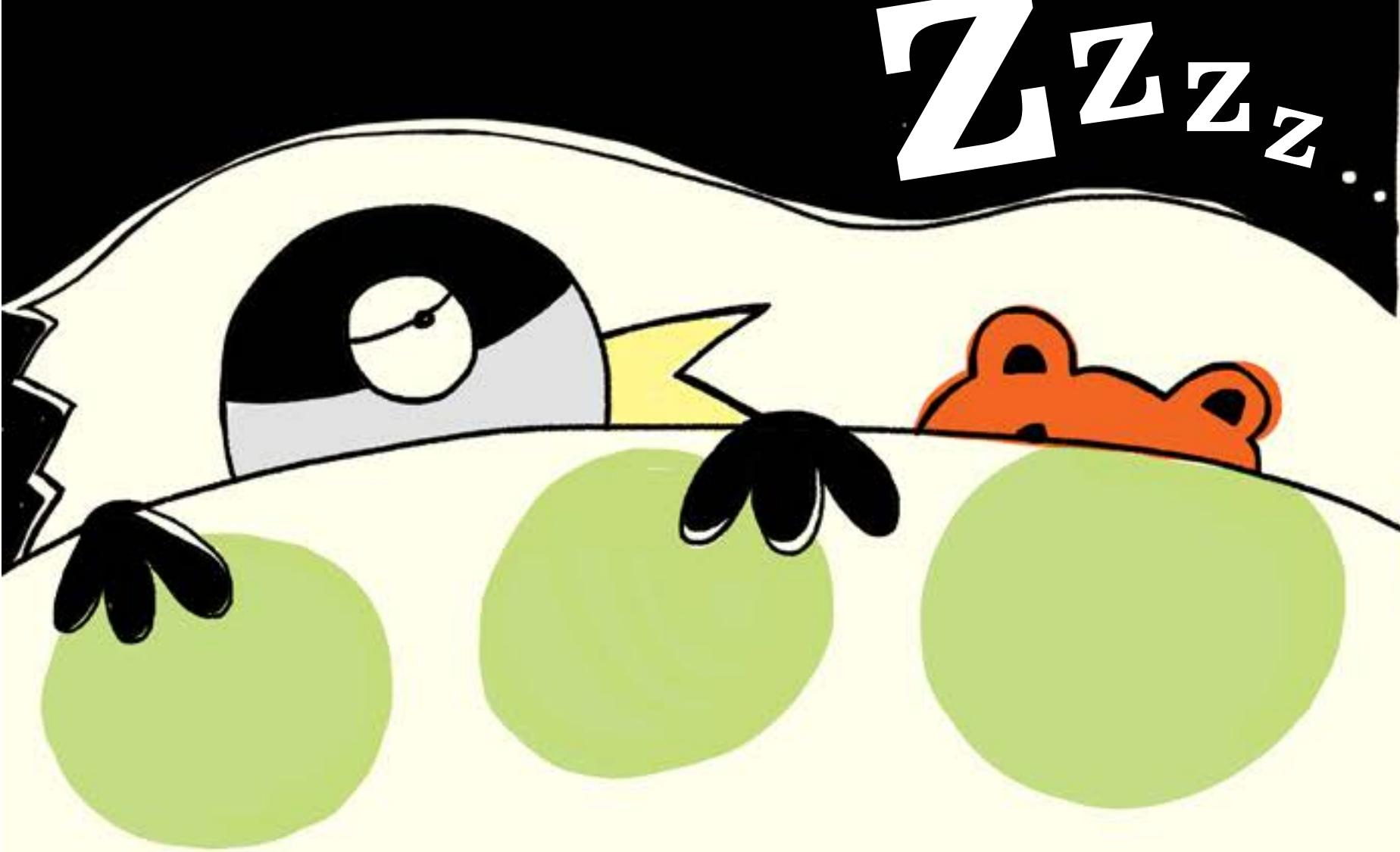
Alex called out,
“I had a scary dream!”

Alex’s mom called back
from the next room,

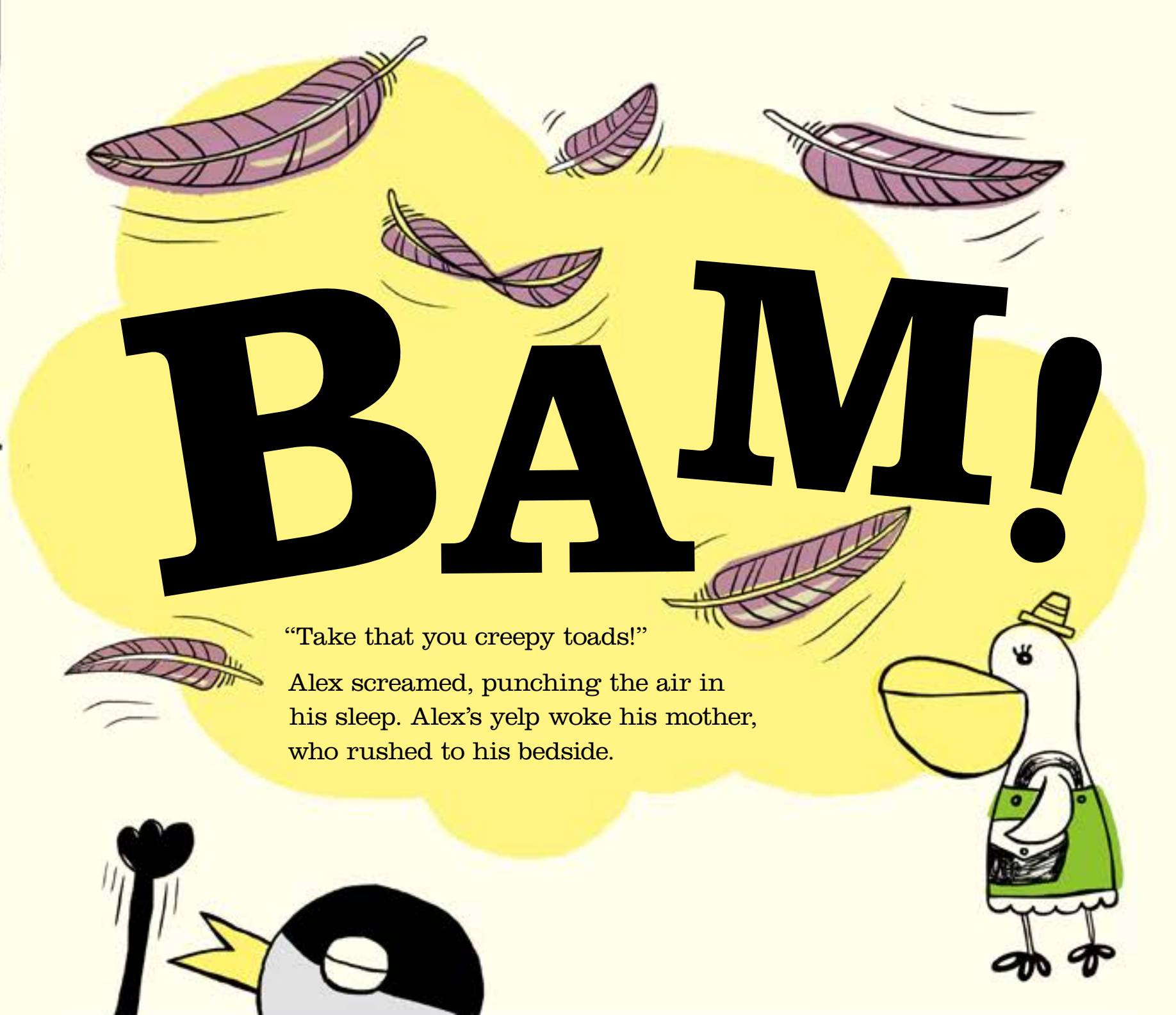
“Cuddle with Mr. Peeps
and try to sleep.”

Mr. Peeps is Alex’s old and
very reliable teddy bear.





Alex snuggled into the pillows with Mr. Peeps, imagining his father's snores were the sound of his teddy bear's heart beating in time with his. Soon, he fell back asleep.



"Take that you creepy toads!"

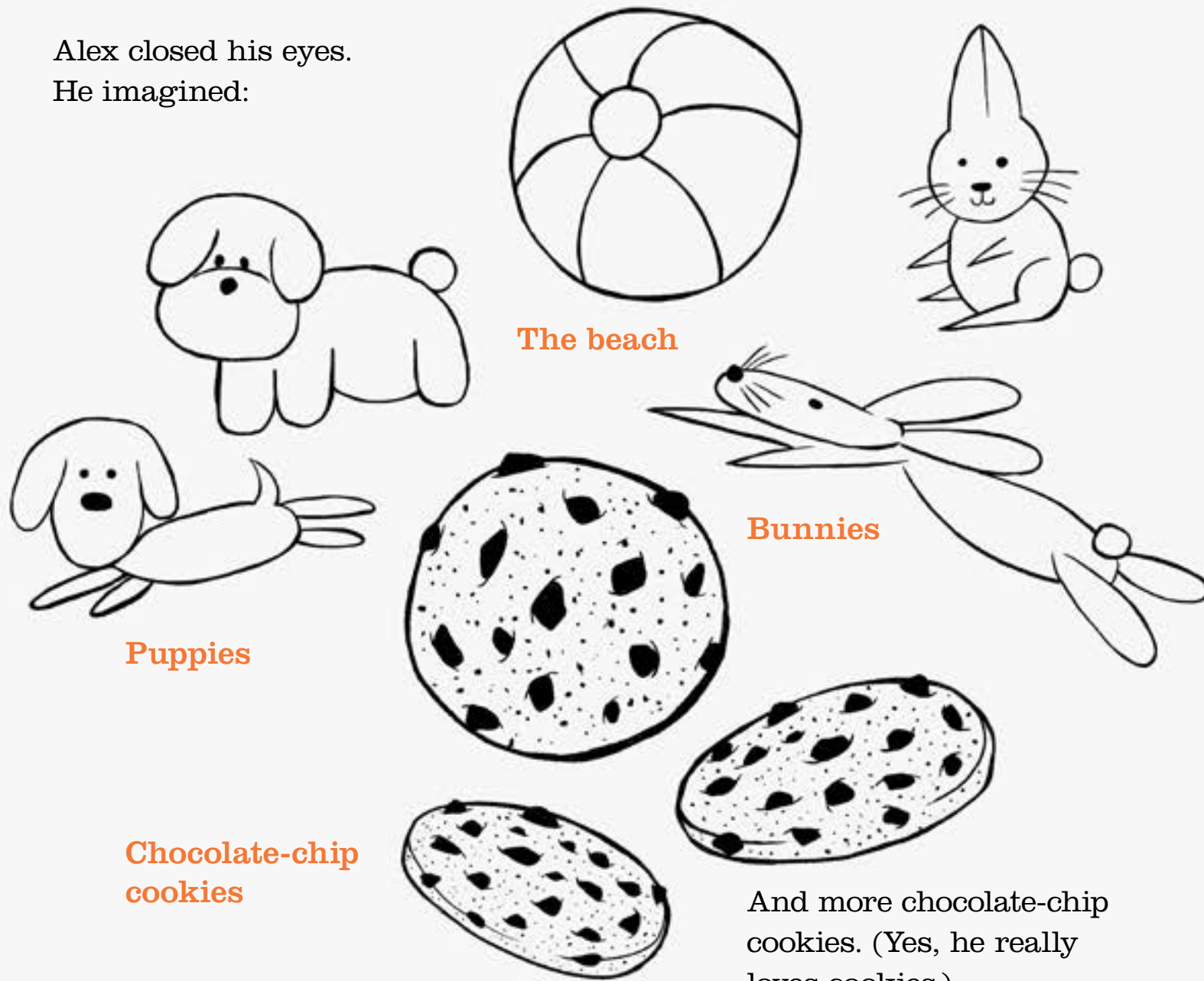
Alex screamed, punching the air in his sleep. Alex's yelp woke his mother, who rushed to his bedside.



“Mom, this time I dreamed about triple-eyed toads who wanted to turn me into their dinner!”

“There are neither ninja frogs nor triple-eyed toads in this known universe—I assure you. Now, try thinking of nice things to help you have sweet dreams, my love. We all have to get some sleep,” Alex’s mom advised patiently.

Alex closed his eyes.
He imagined:



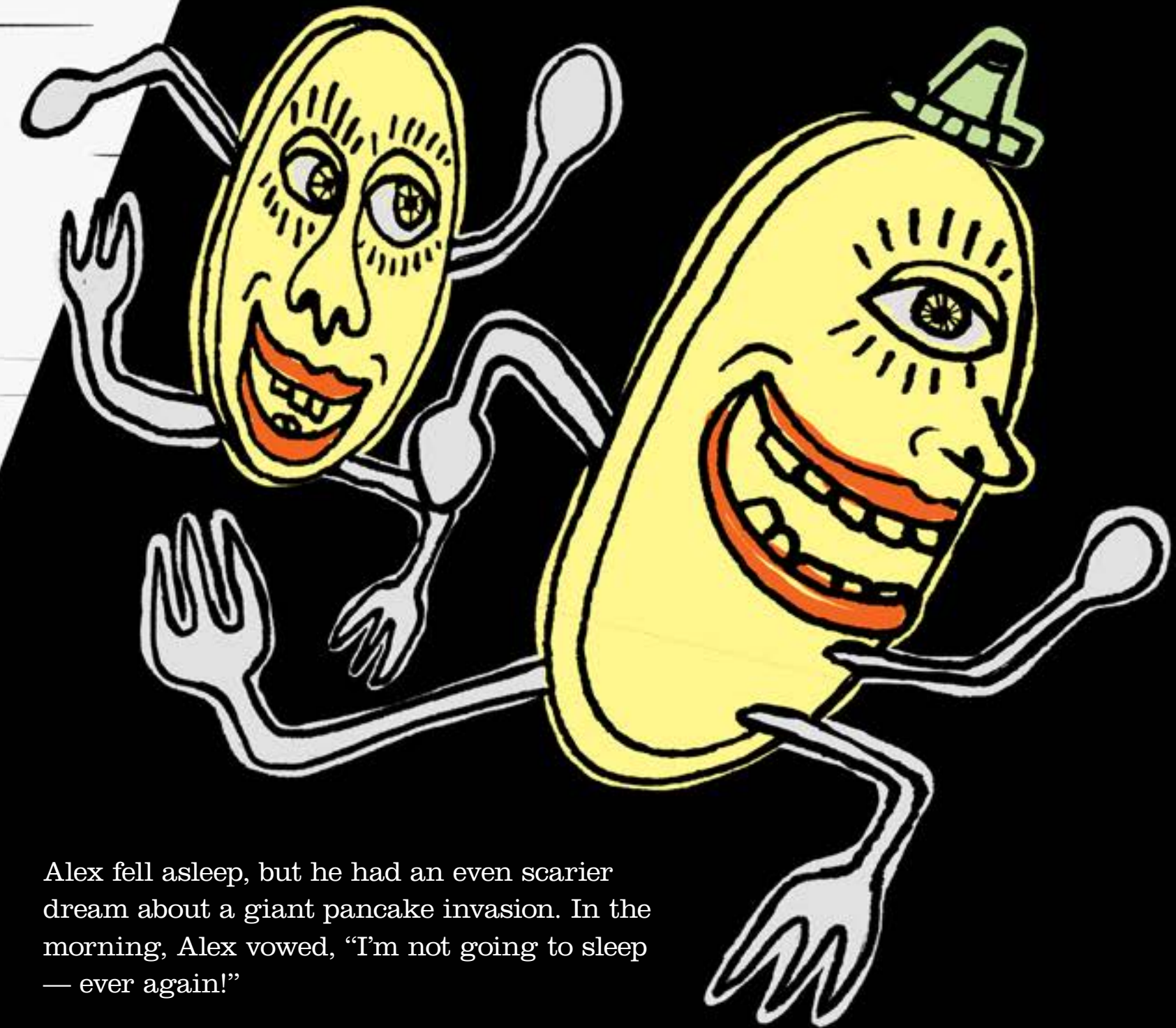
The beach

Bunnies

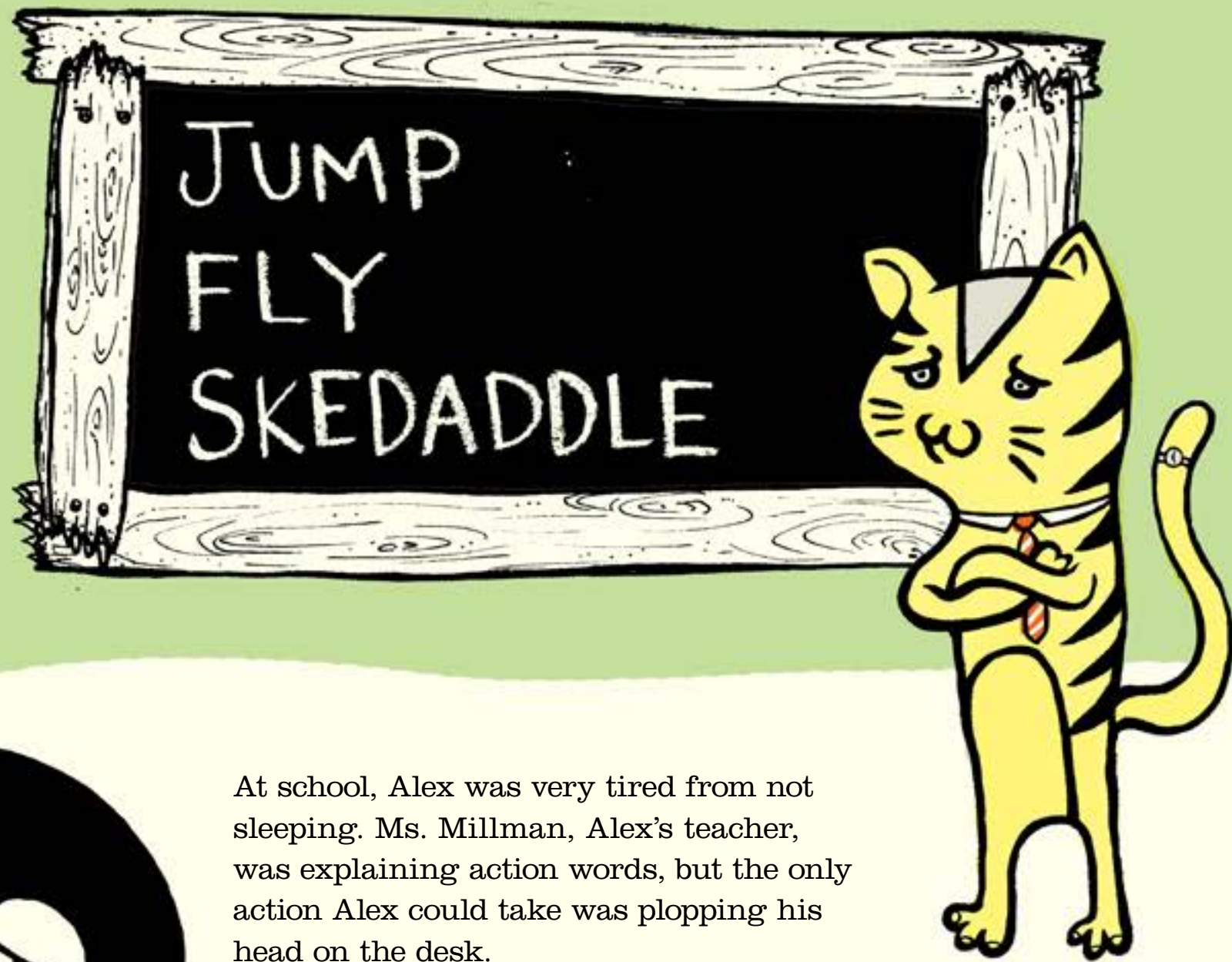
Puppies

Chocolate-chip
cookies

And more chocolate-chip
cookies. (Yes, he really
loves cookies.)



Alex fell asleep, but he had an even scarier
dream about a giant pancake invasion. In the
morning, Alex vowed, “I’m not going to sleep
— ever again!”



At school, Alex was very tired from not sleeping. Ms. Millman, Alex's teacher, was explaining action words, but the only action Alex could take was plopping his head on the desk.



Gently, Ms. Millman nudged Alex awake and whispered, "Alex, please get some sleep tonight."





Walking home from school
with his Grandma Jill, Alex
described his nightmares.
“When your mom was a little
girl, I told her: Happy thoughts
lead to pleasant dreams,”
chirped Grandma Jill.

Alex smiled politely but thought,
That didn’t work.

Alex was determined to stay
awake forever.



“Alex, sweetheart, this has to stop!
You are going to be very tired by
the time you’re a grown-up!”

In the morning, Alex’s mom found him
flopped on the floor, surrounded by his
favorite toys and books.



That night was his parents’
annual Valentine’s Day party.

One by one, the guests piled
their coats on Alex’s bed.

ACK!

Alex jumped away from the bed when he saw one of the coats move! Alex's cat, Miss Jeepers, emerged.



Alex joined the party.

“Dear, how is school?” asked his Aunt Dee.

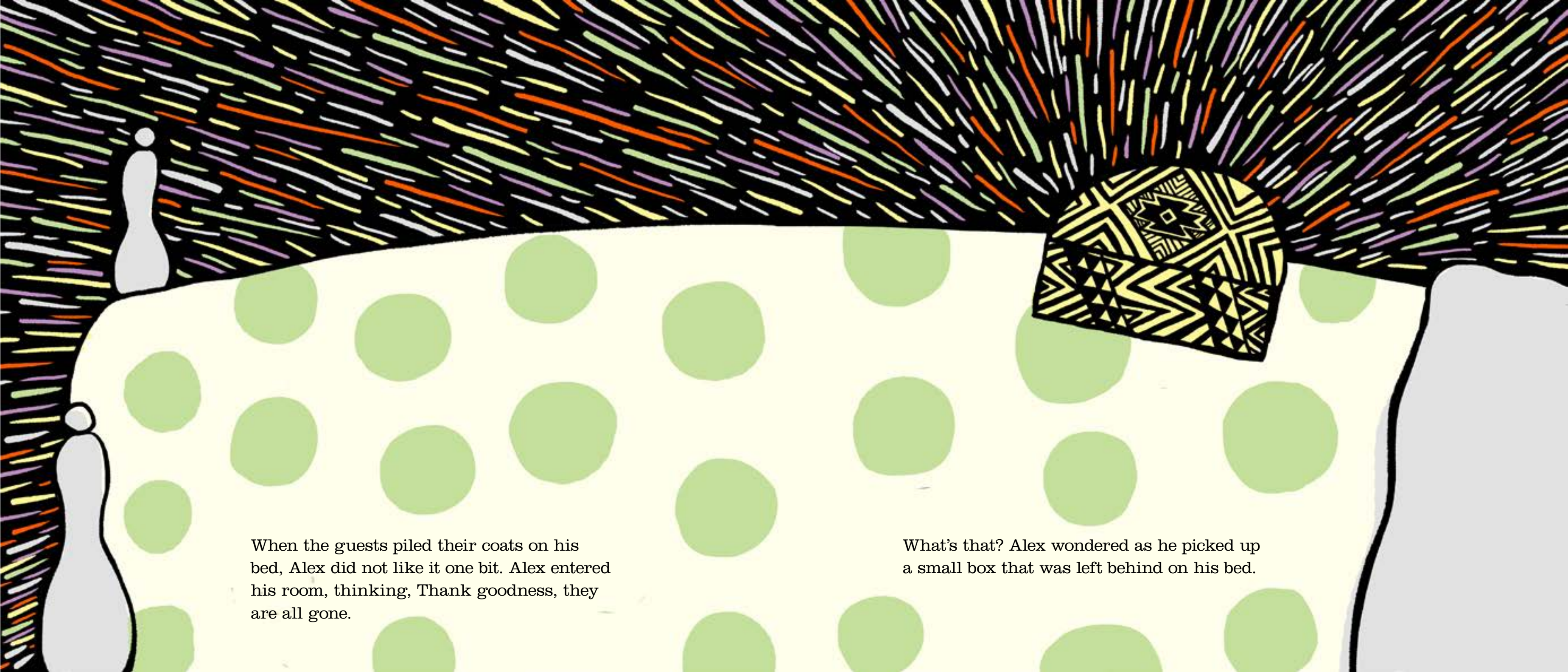
“They must work children harder these days because you look very tired!”

“School is fine, but I’ve been having frightening dreams,” replied a bleary-eyed Alex.



“Oh, my dear, having frightening dreams is awful. I have a feeling you’ll be rid of...”
As Aunt Dee was about to finish her sentence, the smell of freshly baked pie captured her complete attention.





When the guests piled their coats on his bed, Alex did not like it one bit. Alex entered his room, thinking, Thank goodness, they are all gone.

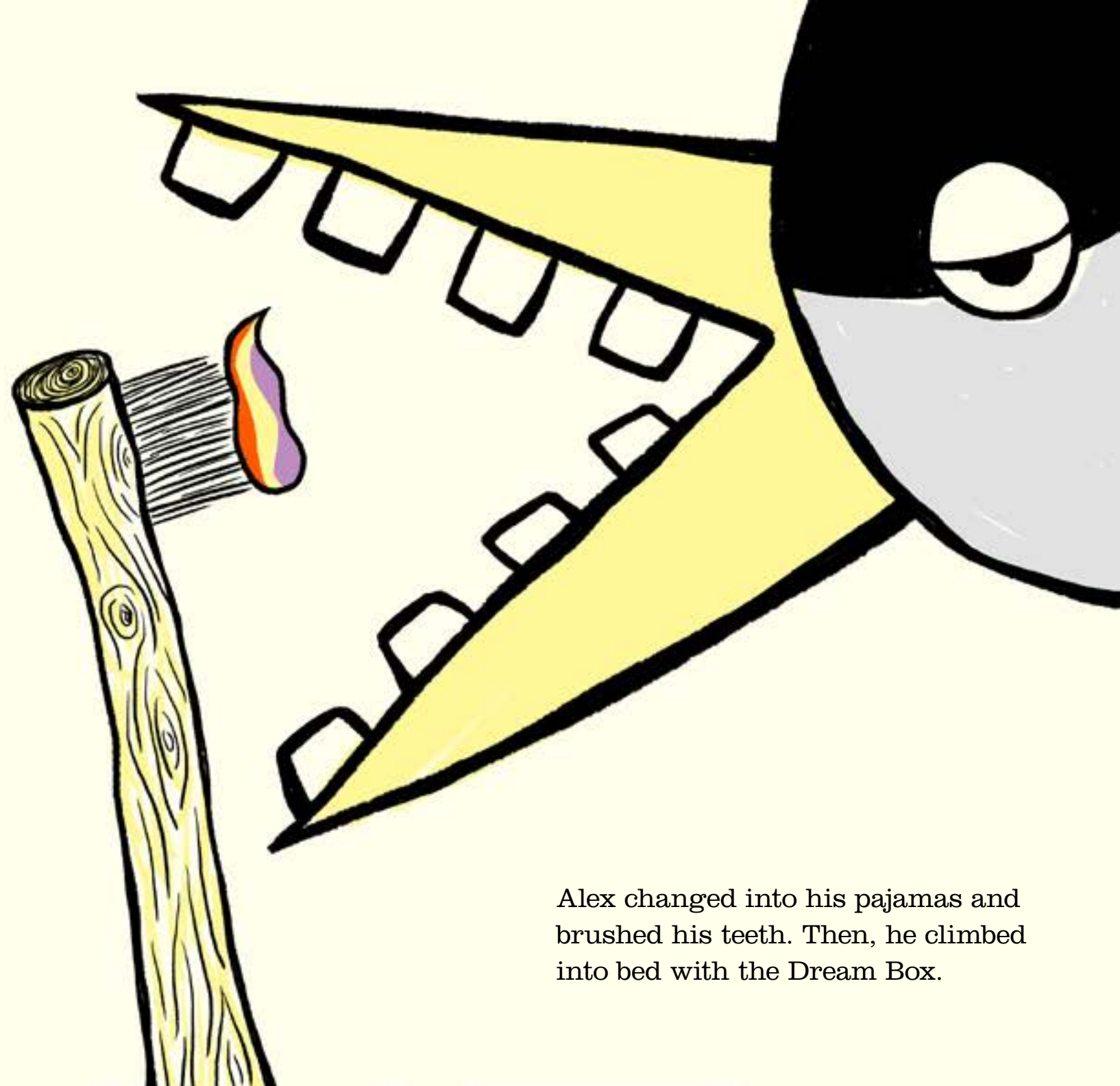
What's that? Alex wondered as he picked up a small box that was left behind on his bed.

There was a note with the box,
which read:

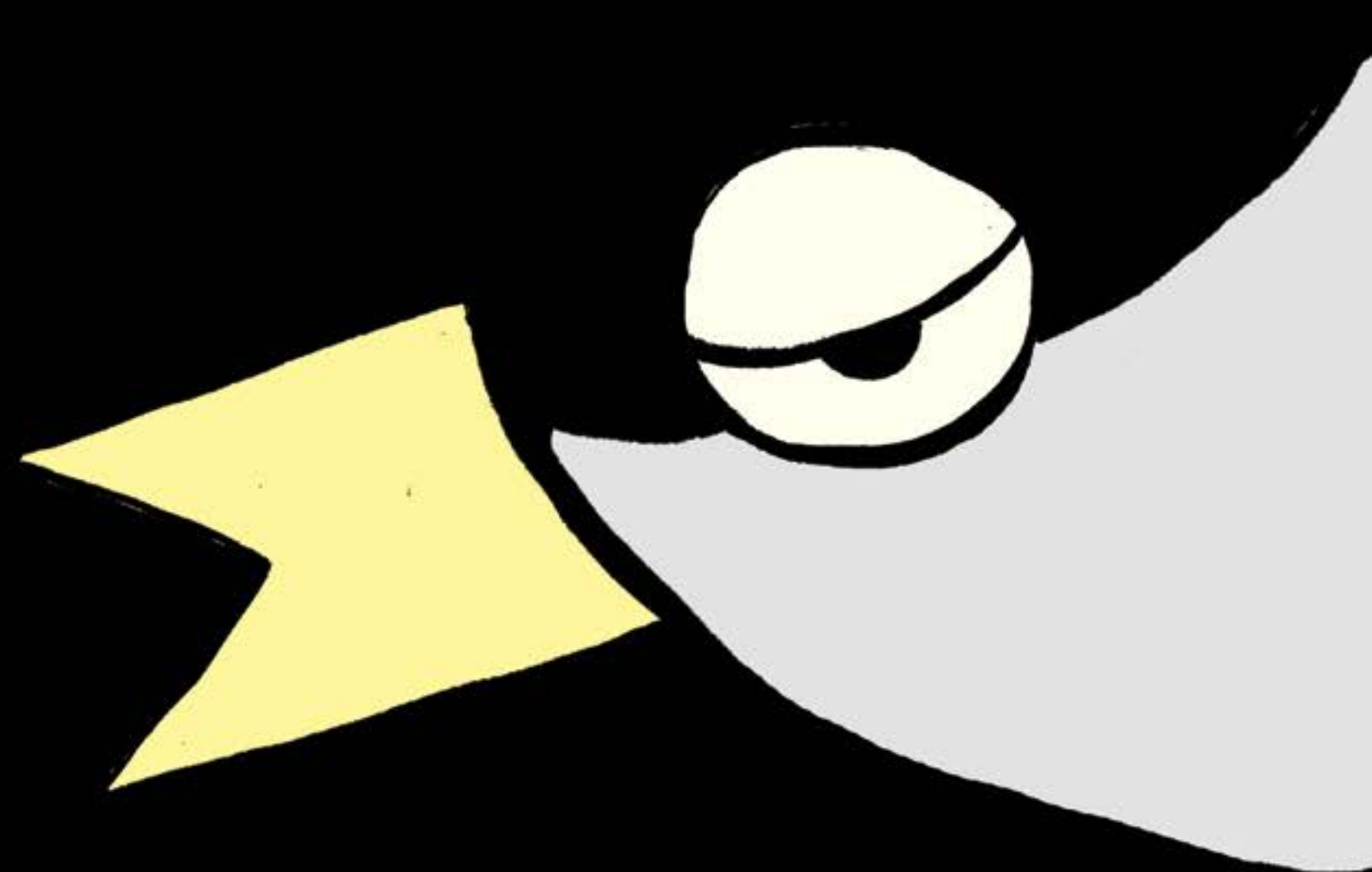
Before you go to sleep,
tell your nightmare
to the Dreambox

Open the
Dreambox
And speak
directly into it.

Quickly close the lid
really tight.
Do this every time it
happens, and your
bad dreams will be gone.

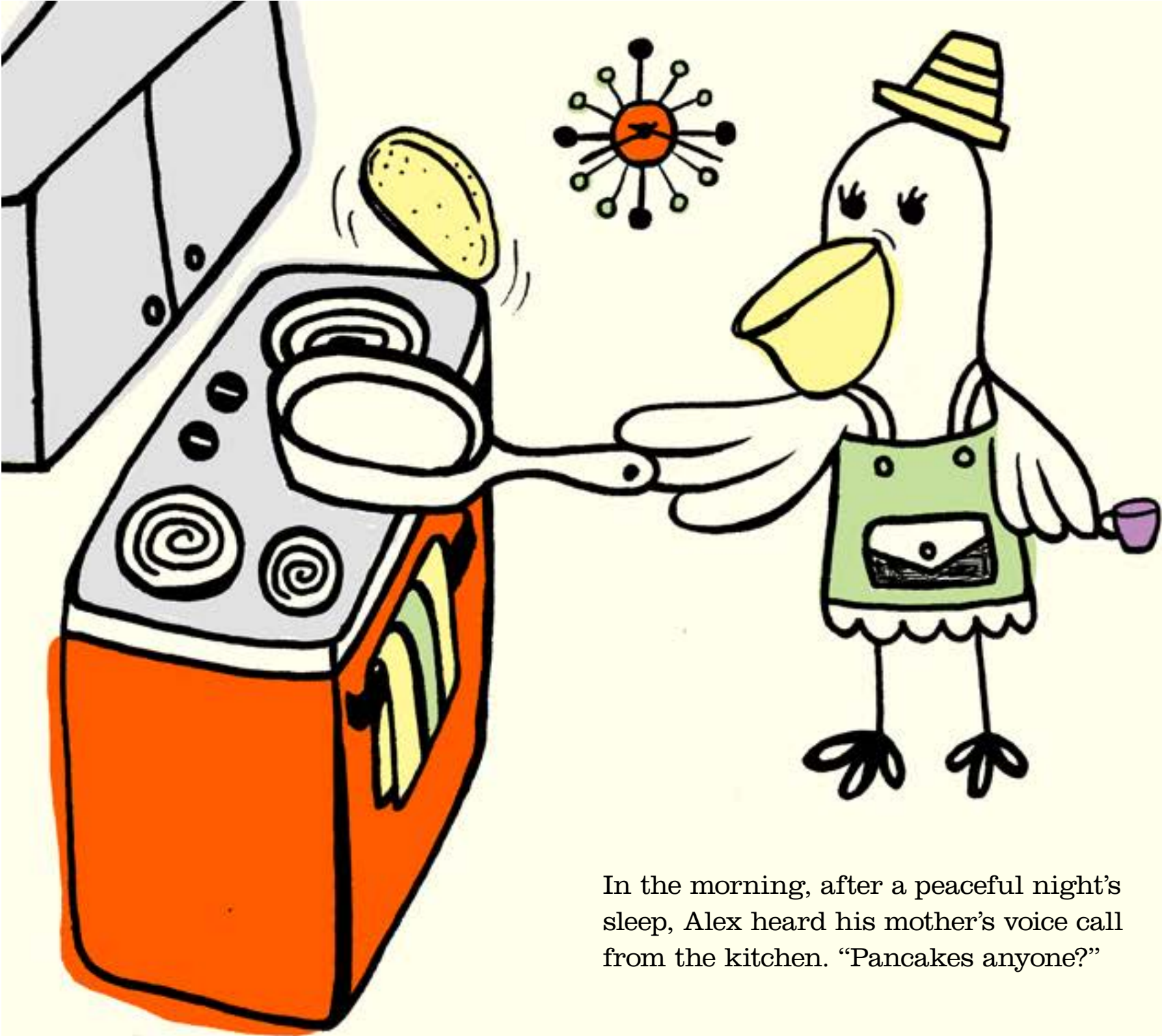


Alex changed into his pajamas and
brushed his teeth. Then, he climbed
into bed with the Dream Box.



This is definitely worth a try,
Alex thought. He spoke his
nightmares into the box.

Alex clamped the lid on the box
very tightly and declared,
“**STAY IN THERE, BAD DREAMS!**
Adios ninja frogs, creepy toads, and
giant pancakes!”



In the morning, after a peaceful night's sleep, Alex heard his mother's voice call from the kitchen. "Pancakes anyone?"



"Yes, and make mine giant ones, Mom!"




For several nights, Alex put his nightmares into the Dream Box and now they are gone.

Try it tonight and see.

DEAR READER

To make your own dream box, find any small box, such as a tea carton, or use the cut-out box in this book. Paint or decorate it with stickers, photographs, or drawings.

Your friend,

 Alex



The Dream Box would not have been possible without the generous support of the following people:

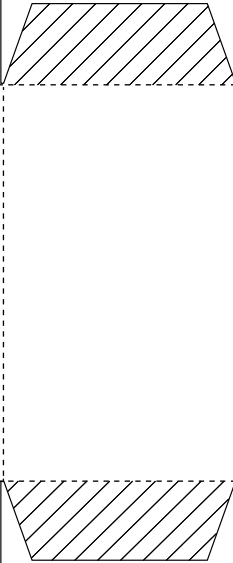
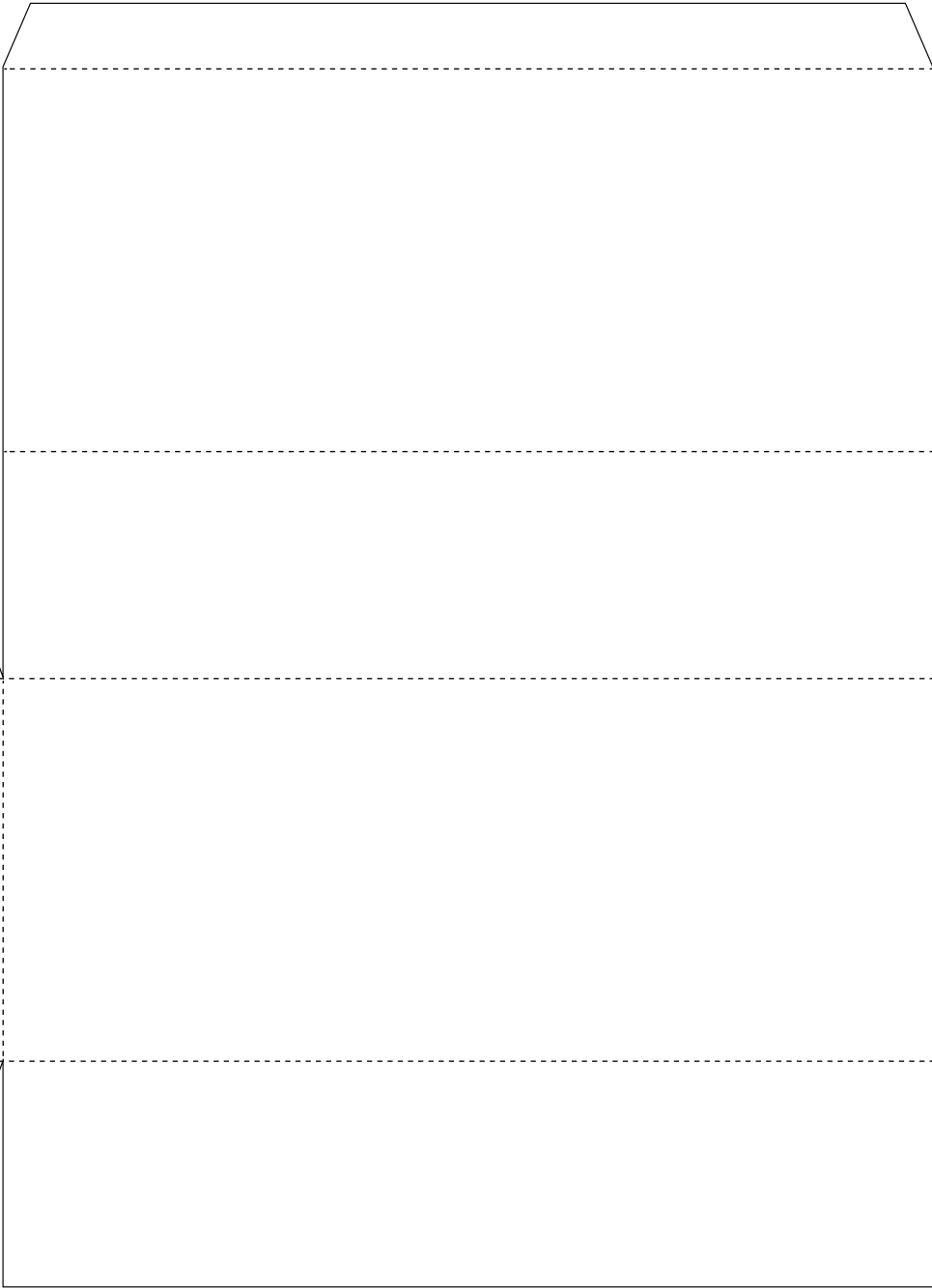
Alice Drueding
Allison E G Laurel
Amanda Sparkle Martinez
Amy Graver
Andrea Harris
Anna Mcallister
April Sather
Barbara Savidge
Bob-Omb Smith
Bobbi Lewis
Brent R. Smith
Brian Corcoran
Carly Keeler Glick
Carrie Ralston
Cat Duke
Christina Cucco
Christopher Simmons
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Debi Cost
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Eric Hillerns
Grace Ullio
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Nicole Velez
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Rachel Lubinski
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Sandy Glass
Sarah Moran
School of Visual Concepts, Seattle
Seunghyun Shon
Steve Hartman
Steve Havas
Taurean Rohn-Hayden
Travis Baechler
Venita Ramirez
Vincent McCambridge
Vittorio Costarella

Dream Box Template



Tip 1

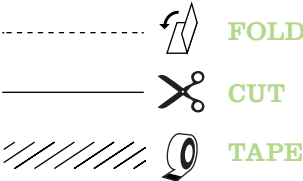
Decorate with stickers!

Tip 2

Ask a friend or adult to help!

Tip 3

Decorate your dream box with crayons & drawings.





- Dr. Jill Bellinson, Clinical Psychologist

