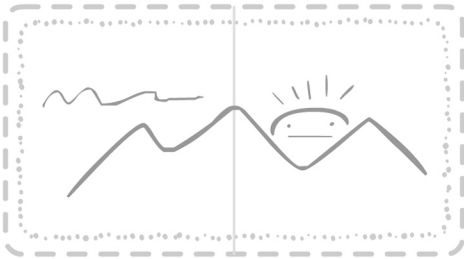


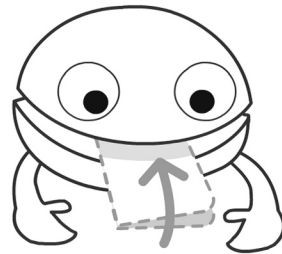
**1** Print this PDF



**2** Draw what you would dream at night



**3** Cut it out, fold it and place it into a Happy Oniro (\*)



(\*) You can also place it under your pillow

**4** Write on a "nightmare paper" what scares you



**5** Roll it up and give food to the Hungry Nightmare (\*\*)



(\*\*) You also can place it under the pillow of the bed of your parents

### YOU NEED...



Paper



Printer



Scissors

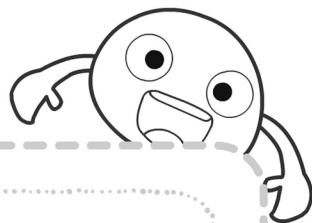


Crayons



Pencil

Draw your dream here →



A large rectangular area for drawing, defined by a dashed outer border and a dotted inner border.

Draw your dream here →



A large rectangular area for drawing, defined by a dashed outer border and a dotted inner border.



**ATTENTION!**



Cut it out, fold it and place it into a Happy Oniro (\*)

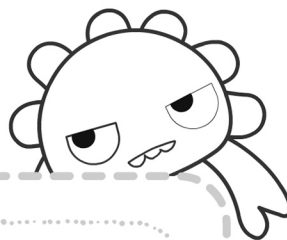
(\*) You can also place it under your pillow

Write a fear here: 



To eat:

Write a fear here: 



To eat:

Write a fear here: 



To eat:

Write a fear here: 



To eat:



**ATTENTION!**



Roll it up and give food to the Hungry Nightmare (\*\*)

(\*\*) You also can place it under the pillow of the bed of your parents