



dreamdo
SCHOOLS

TEACHER GUIDE

CONTENT

Foreword.....	4
What is Dreamdo Schools?.....	6
Examples	7
Dreamdo Mindset.....	10
Dreamdo Schools Program Structure.....	12
Edu.dream.do	14
Dream exercise.....	16
Do exercise.....	18
Do, document & share.....	20
Did - Wrapping up.....	22
Join a global network.....	23
FAQ.....	24
Contact us.....	29

FOREWORD

**SAKU TUOMINEN,
FOUNDER OF DREAMDO SCHOOLS**

Dare to dream! Follow your passion! Make it happen!

All these slogans have been overused and commercialised to such an extent that they often ring hollow. And yet, the basic message behind them has never been more important.

If you ask a young child what they dream about, their answers are unconstrained and wildly ambitious: they want to be astronauts, private detectives, fireworks designers; travel around the world or swim with dolphins. But these thoughts tend to be forgotten or discarded by teen years. When we study old people's regrets, the biggest one is not something they did. It's almost always something they did not do.

In 2012, together with our team, we set out on a long journey to find a solution to this problem. How could we encourage people to do things that are meaningful for them, to follow their dreams without making it a fluffy, empty cliché?

We wanted to build something that would help people to dream and do without the nonsense. Our approach has been bold and hands-on - we sought to create something that we, the dreaming sceptics, would love using ourselves. After a long process of building, changing, assembling, deleting, going to square one and doing it all over again, we created what is now Dreamdo Schools.

The basic idea of Dreamdo Schools is really really simple: we want to encourage children around the world to do great, meaningful projects in one semester. By doing something new and daring, children learn the skill of dreaming and doing, as well as cooperating, problem-solving and completing a project. We all know famous examples of people who made their dreams happen why can't it be our children?

We are fully aware of the harsh realities of many schools: the tight schedule, the crowded curriculum and the amount of work and the high quality standards that are required from teachers today. That's why we built something simple and easy to use. A web service that is quick to learn and a Teacher Package that contains all the right materials that are easy to use without compromising on quality of the content.

Our own dream is to build Dreamdo Schools into a global movement. Help thousands of students on all continents do something they never thought they could do. We firmly believe that believing in the potential we all have can leave an impression for a lifetime.

Thank you so much for being part of this revolution. It means a lot to us.

Dare to dream! Follow your passion! Make it happen!

WHAT IS DREAMDO SCHOOLS?

Dreamdo Schools is a biannual program that helps school classes all over the world do great projects in one semester. Participating in the program is free and any students from 7-19 years-old can take part. Any teacher and their students, anywhere in the world can join the program and become a part of a global network of teachers and students who dream and do.

Dreamdo Schools is aimed at inspired teachers who want to connect with other teachers and classes around the world to share their projects and learn from each other. Student projects can be used as part of a normal curriculum or as a complementary extracurriculum activity. There is no restriction on the theme of the project, as long as it is something students themselves decide to do.

All participating classes form an international network of students and teachers who showcase what can be done in one semester and inspire each other by example.

All the materials in the Dreamdo Schools Teacher Package can be reused for future projects.

EXAMPLES

There is an infinite number of meaningful projects your students can do. Which one would your class make a reality first?

ARRANGE A THEMED
CARNIVAL OR A FANCY
DRESS BALL.



FIND AND GO TO THE BEST
CANDY SHOP EVER.





GO ON A HIKE TO LEARN ABOUT NATURE AND SUSTAINABILITY.



HOST AN AMATEUR PHOTOGRAPHY EXHIBITION.



MAKE SOMETHING FOR YOUR NEIGHBOURHOOD.

ARRANGE A NEW SPORTS
TOURNAMENT LIKE
QUIDDITCH.



LEARN TO DO
PAPIER-MÂCHÉ.



EXPLORE A LOCAL LAKE OR
RIVER ON A RAFT.



DREAMDO MINDSET

Our mindset defines what choices we make in life. A fixed mindset means we think we are either good or bad at something and there is no helping it. A growth mindset, discovered by world-renowned Stanford University psychologist Carol Dweck, helps a person to realise that anything is possible. Whether you believe you can't learn how to juggle, or you believe you can - you are right. That's how powerful a mindset is.

Dreamdo Mindset combines the growth mindset and motivational findings developed by Dr. Heidi Grant-Halvorson (Associate Director of the Motivation Science Centre at the Columbia Business School), with the skills of dreaming, doing and remembering. All of these three are skills that we can be either bad, okay or brilliant in, depending on how much effort and study we've put into them.

Dreaming is a way of testing the things we want to do, a way of making prototypes of alternative futures. To dream consciously means being free to dream of many things, fully aware that we will not have time to do all of them. But when we get the feeling that one of these dreams is something we really want, we should be ready to give up one thing and to seize another. Taking one small step, it would soon be too late to stop.

Dreaming alone is not enough, however. Doing is truly something that defines you. The art of doing includes the ability to find joy in

everyday tasks, like finding ways to make cooking your daily meal a little more enjoyable. But it also means doing difficult things and finding happiness through learning, developing, and growing.

This kind of doing may feel frightening, but the fear will go away if we remember one key thing: what is important is not reaching every single goal, but the journey, and the lessons and the joy we find during that journey. In other words, the journey is not worthless even if you sometimes fail to reach the destination.

The art of remembering is about how we experience the things that have happened to us. Many people think that a good life should focus on the future, that you shouldn't live in the past. But at the same time, the past to a large degree defines what we are like and how we see our lives. Are we happy or unhappy? Confident and enthusiastic, or dried up and bitter?

Contrary to what people often think, the past is not a constant. The past can be changed, just like the future, because it is essentially a set of interpretations. Our memories have layers and they change every time that we think of them. Positive remembering makes the original memory more positive, while negative remembering makes it more negative.

Dreamdo Mindset is about learning the art of all three: dreaming, doing and remembering, and accepting the fluctuations in them as a part of life. We can be in turn happy and unhappy, inspired and anxious. One day it might feel like nothing will amount to anything, while the next day everything seems to work. And that is precisely how things should be. Without contrasts, nothing feels like anything. Of course, none of this is easy, but that is only good news, because a good life is not an easy life. It is a lived life.

PROGRAM STRUCTURE

Dreamdo Schools program runs twice a year: in the autumn and spring school semesters. The program lasts 4 months at a time and encourages school classes around the world to do great student-driven projects. Any class or student group, anywhere in the world can join.

The call for teachers and educators starts a few months before the official start of the program. That is when the applicants need to sign up for the Program on our website (<http://edu.dream.do>).

Closer to the start of the program, all the signed up applicants receive an email notifying them of the next steps. In broad terms, the program is split into three parts.

- 1) In the first phase, school classes plan their projects, benchmark and improve their initial project ideas and get to know other participants in the program.
- 2) In the second phase, students take the first steps in making their projects happen and share them with others.
- 3) In the third phase, students complete their projects and share their experience with other classes around the world. Detailed instructions for each step are sent to teachers by email from the Dreamdo Schools team.

WHAT HAPPENS AT EACH OF THESE STEPS?*

September / January:

Class decides what they will do and creates a page for their dream project on <http://edu.dream.do>.

October / February:

First steps are taken and the class starts sharing their progress on Dreamdo Schools website with posts, pictures, videos and links.

November / March:

Class continues doing and showing progress.

December / April-May:

Class finishes the project, shares the outcome and celebrates what they've accomplished.

*If your school semester does not fit into these months exactly, you can still take part in the program as long as your class commits to finishing their project by the set deadline.

EDU.DREAM.DO

Dreamdo Schools digital platform is where school classes taking part in the program connect. Each class has a project page where they document their ideas and progress. Teachers have profiles and can privately message each other, while students can use the platform through a student code given to them by the teachers. To get started, you need to sign up for the upcoming season of the program at <http://edu.dream.do>. Once all of the participants are confirmed, you will get an email from our team notifying you of the next steps.

Before the start of the program, teachers will need to create a project page for their student's project and introduce themselves and their students. Give your project page a name that concisely describes the idea of the project and add a description with more details. You can post any kind of content to your project page: photos, videos, text, and links. Our system will automatically generate student codes that you can share with your students. That way they can also edit their project page and explore all the other exciting projects school classes around the world are doing.

You can download free Teacher Materials from our website and use our platform on any device: computer, tablet, and mobiles.

SET UP A DREAM PAGE
FOR YOUR CLASS ON

[HTTP://EDU.DREAM.DO](http://edu.dream.do)

Remember your logins:

email:

password:

DREAM EXERCISE

The **purpose** of this exercise is to help your class brainstorm ideas for their dream project together. At the end of this exercise, the class should agree on one final idea for the Dreamdo Schools project and commit to it by creating a digital page for it on [http:// edu.dream.do](http://edu.dream.do).

Duration: 45 min

Introduction for the students: We are all born dreamers, but when we grow up many lose that ability. Yet when you think of the most fun things in life and the people you admire the most, they are often connected to dreams. They might not appear like it, but dreaming and doing are skills like writing, reading or riding a bike, so you need to learn and practice them. Without dreams, the best acts in our lives are left undone.

Your class is about to embark on a semester-long adventure with Dreamdo Schools. You will determine what kind of project you'll do and you'll be in charge of making sure it actually happens. As a result, you'll do something meaningful and have unforgettable memories. With the help of this exercise, you will take the first step to joining the Dreamdo Schools challenge by dreaming out loud all together.

Materials you'll need: Dream board, Dream cards and (optional) post-it notes.

How to set it up:

1. Put up the Dream board on your classroom wall or spread it on a table so the whole class can see it. Split the class into groups of 3-5 people and divide the Dream cards evenly between the groups.
2. Ask the students to go through the cards in groups and start thinking of the dreams that they'd like to do altogether. They should write their ideas on the post-it notes and put them at the top of the board marked Dream.
3. Once all the groups have put up their post-it notes on the board, go through them all together to discuss which dreams would be easy to do and which ones would be hard. Can easy dreams be turned into harder but more fun ones?
4. Next, ask everyone which dreams they would like to do or think are possible to do in the next four months. Move those ideas into the middle of the board marked Do.
5. Finally, out of the ideas in the Do category, discuss which project would you like to concentrate on. You can choose only one, so which one will it be? Move that one post-it note into the Did section of the board.
6. Once the final idea is decided, the class needs to commit to it by creating a page for the project on <http://edu.dream.do> with the help of the teacher.

DO EXERCISE

The **purpose** of this exercise is to visualise what needs to be done to make the dream project happen and determine when and who would do the various tasks. At the end of the exercise, the class will have a board that they would update as they progress with the project.

Duration: 45 min

Introduction for the students: Dreaming alone is not enough - you also need to make your dreams come do. You can find an infinite number of excuses why you can't or won't work on your dreams: there is no time, you're too busy, other people are better suited to do it than you...To avoid falling into that trap, you need a plan that is realistic but also pushes you to start doing regardless of any obstacles. Are you ready to take charge of your dreams coming do?

Materials you'll need: Do board, Do cards and (optional) post-it notes.

How to set it up:

1. Put up the Do board on your classroom wall or spread it on a table so the whole class can see it. Deal out the Do cards, one card per student.

2. Students read out loud the question on their cards one at a time and offer their answers. The whole class discusses the answer and whether the task is easy or hard.
3. Once everyone agrees on the answer, the student writes it on the post-it note and puts it at the top of the board marked Dream either in the Easy or Hard column depending on the task.
4. The class goes through the all cards until you think you've covered all the main aspects of making this dream project happen.
5. Now take a closer look at the hard tasks - can they be split into smaller tasks? Discuss with the class how to split them and into what tasks, write them on the post-it notes and add them to the board in the Dream section.
6. Next, give the class 15 min to do one of the easy and quick tasks that they've outlined. Move the post-it note with that task into the middle of the board marked Do while the class is working on it. Once the task is done, move the note to the bottom of the board marked Did.
7. The exercise is over but the project has only begun! Keep the board on your classroom wall and go through the tasks weekly: which ones is the class currently working on? Which ones are done? Move the post-it notes into the appropriate slots on the board to help visualise your progress.
8. Don't forget to update the project's page on <http://edu.dream.do> to document the process and keep all the important materials related to the dream in one place.

DO, DOCUMENT & SHARE

“Take care of all your memories. For you cannot relive them.” - Bob Dylan

Once the project is in the doing stage, go weekly through the Do board to remind the students what things need to be done, what is currently in progress or what they've done already. Celebrate together each completed task with applause and add a photo, video, note or link about it to the project's digital page on <http://edu.dream.do>. This will remind students later how they made the project happen, help them to visualise their progress and enable them to share their experience with other students around the world.

To post on the dream page, students get a code from the teacher, which is generated automatically through the Dreamdo Schools platform.

The teacher can keep the parents in the loop by sharing with them the link to their class' dream page.

**WHAT ARE THE MILESTONES FOR YOUR STUDENT'S
PROJECT TO HAPPEN?**

In September / February we should...

In October / March we should...

In November / April we should...

In December / May we should...

DID – WRAPPING UP

Once the class completes their project, the excitement will be in the air! Having done something great together brings satisfaction like nothing else.

To share your dream project with the rest of the school, you can organise an event where the students present what they've done and how.

Different students can explain the various phases of the process: how it all got started, how they progressed, what obstacles they met and overcame and what was the outcome.

Ask your class: How would we tell the rest of the school about our completed project?

- *make a poster*
- *organise an event / celebration*
- *report on the school radio*
- *report on the school's website*

JOIN A GLOBAL NETWORK

Teachers who are part of the Dreamdo Schools network share an important thing in common - they all want to give a little bit more to their students.

Joining the Dreamdo Schools program means being a part of a global movement of schools and teachers who are doing something great with their students.

Dreamdo Schools unites schools classes around the world who do great projects in one semester. Taking part in the program means not only sharing your own experiences with others, but also being inspired and learning from school classes anywhere on the globe. Doing a student-driven project teaches children that anything in life is possible if they believe, dream and do together.

Tip: You can contact any teacher in the Dreamdo Schools program by logging in on our website, finding the teacher you want to contact and sending them a message.

FAQ

WHAT IS DREAMDO SCHOOLS?

Dreamdo Schools is a biannual program that encourages school classes around the world to do great projects during one school semester. Teachers who join Dreamdo Schools program get access to our online platform where together with their students they can create, document and share their student's projects and discover great projects other schools are doing. In addition, we supply teachers with materials for workshops where students can brainstorm, plan and start doing their dream projects.

DO YOU HAVE A PHYSICAL DREAMDO SCHOOL SOMEWHERE?

No, we don't. Dreamdo Schools is a concept applied to existing schools and educational organizations.

WHO CAN USE DREAMDO SCHOOLS?

Any school, teacher or educational organisation can use Dreamdo Schools. There are no age limits for the students: anyone from primary to high-school age groups can take part.

HOW TO JOIN DREAMDO SCHOOLS?

Applications for Spring and Autumn seasons of the Dreamdo Schools program can be found on our website: <http://edu.dream.do>

DO I HAVE TO PAY SOMETHING TO BE A PART OF THE DREAMDO SCHOOLS PROGRAM?

No. Participating in the Dreamdo Schools program is free of charge. We do not have membership fees. Our Teacher Packages are free for the teacher - we seek corporate and other sponsors to cover the cost of the package and its shipping.

WHAT IS THE TEACHER PACKAGE AND WHY DO I NEED IT?

Dreamdo Schools Teacher Package is a physical box that is sent to the school for free thanks to our corporate and other sponsors. It contains a Teacher Guide, plus Dream and Do cards and boards. The materials are needed for the dreaming and doing workshops where students commit to doing a project of their choice in one semester.

CAN I GET SOME TEACHER MATERIALS ONLINE?

You can easily download for free and print the Teacher Guide, Dream and Do boards and cards from the Teacher Materials section on our website. Dreamdo Schools materials cannot be used for commercial purposes.

WHY ARE YOU DOING THIS?

We want to live meaningful lives and help others do the same. Having bold dreams, saying them out loud and making them happen brings meaning to life and makes the world a better place. We created the Dreamdo Schools program to promote this cause in schools and educational organisations around the globe.

HOW IS THIS FINANCED?

We seek partnerships with foundations and corporations to provide Teacher Packages for free to the schools that are part of the Dreamdo Schools program.

HOW MUCH DOES A TEACHER PACKAGE COST?

Dreamdo Schools Teacher Package is completely free for the school. Dreamdo Schools seeks corporate and other sponsors to cover the cost of the package.

HOW DO YOU PROTECT STUDENTS' PRIVACY?

We take privacy very seriously, which is why students cannot have individual accounts on our website. They can only access and post to their class' project through a code given to them by the teacher.

WHO CAN SEE OUR CLASS' DREAMS ON THE DREAMDO SCHOOLS WEBSITE?

By default, all the projects are visible to everyone. Any project can be made private at any point, which would hide it from everyone else on the service.

HOW CAN THE TEACHER GIVE STUDENTS THE LOGIN CODE?

When the teacher signs into the service and creates a project page, they will have access to an automatically generated code by pressing the “Code for Students” button, located in the centre of the cover image of their project. You can write it out for the class - the same code can be used by all the students.

WHERE IS DREAMDO SCHOOLS FROM?

Our offices are located in Helsinki and Mikkeli in Finland.

CONTACT US

Email:

schools@dream.do

Skype:

[@dreamdosupport](https://www.skype.com/people/@dreamdosupport)

Address:

Merikatu 9
00140 Helsinki
Finland

[HTTP://EDU.DREAM.DO](http://edu.dream.do)
