

## REDESIGN MY BRAIN. EPISODE 1: MAKE ME SMARTER (2013)

### WARM-UP ACTIVITY

SNOWY LANDSCAPE. I'm here to \_\_\_\_\_ an incredible mental **feat** that has never been **attempted** before.

It's called Blind Rapid \_\_\_\_\_

WHISPERING- The average person can only hold about \_\_\_\_\_ things in their working mind at one time.

How does he manage to hold more things in his mind? (key words to remember)

What does the player's wife say to him at home?

"Your brain is \_\_\_\_\_ in low energy the rest of the time"

### BRAIN PLASTICITY TO THE TEST

How long does the researcher think it'll take to make Todd smarter? \_\_\_\_\_

How many thoughts a day do humans have? \_\_\_\_\_

Now enjoy the documentary. Try to jot down **key words**  
**to remember the experiments.**

### ACTIVITY AT HOME

*Whenever you watch documentaries, TV series, movies/films, remember...*

- To try and jot down the sound of something you don't understand. You need to experience the joy it is to say it then a few times and suddenly realize what it could be, even if you don't know the word and you need to look it up in the dictionary.
- Try to catch common-occurrence sentences (useful language) and their equivalents in Spanish (to train in avoiding literal translation)

#### Task now

- **Find the sentences** I wrote in Spanish (functional translation) in the documentary as you watch this again and again at home.
- Complete the gapped sentences, too.
- And answer the questions.

#### A. Thinking speed

1. Dos horas con la cabeza metida en esa máquina
2. Nadie me ha dicho... Nobody told me...
3. El cerebro está diseñado para mejorar con el uso
4. Todavía se puede mejorar
5. Le doy a la barra espaciadora
6. What's juggling good for? \_\_\_\_\_

7. Puede hacer juegos malabares con casi todo
8. Porcentaje de aciertos
9. That's a \_\_\_\_\_ impressive brain power going on there
10. Ayuda si lo dices
11. Para librarte de esa tercera pelota
12. Six \_\_\_\_\_ and Six \_\_\_\_\_ which is a Qualify
13. ¡¡¡Casi!!!
14. Half an hour ago I \_\_\_\_\_ thought that to be impossible
15. Antes de pasar al siguiente paso
16. Practice is \_\_\_\_\_

### B. Attention

1. A todo el mundo se nos da bastante mal prestar atención
2. You can think of it as your \_\_\_\_\_
3. What's *blinking*?
4. Todavía puedes mejorar
5. Magicians manipulate attention and \_\_\_\_\_ better than anyone
6. It's been years since we \_\_\_\_\_ anybody
7. That's how we can \_\_\_\_\_ what you're looking at
8. I want you to \_\_\_\_\_ any card you like
9. Because the ten of clubs is the card I \_\_\_\_\_ underneath the salt shaker
10. How you \_\_\_\_\_ your attention
11. I make a silly \_\_\_\_\_ there
12. Some of the magicians that we work with... they \_\_\_\_\_: when the public laughs time stops and then the magician can do anything. They can \_\_\_\_\_ magical murder.
13. Notice how he \_\_\_\_\_ the cards and your \_\_\_\_\_ is going to follow the motion....
14. Visually you saw it but you were not \_\_\_\_\_ of it.
15. What our research is showing is that attention is far more about suppressing distractions than it is about \_\_\_\_\_ what you are paying attention to
16. Why does he say "Sneaky magicians"?
17. Multitasking is a \_\_\_\_\_
18. There's another reason why we \_\_\_\_\_
19. You don't realize how complicated and \_\_\_\_\_ driving is until you think about it
20. In which ways is driving challenging?
21. Loss of vision throughout our lives: data
22. We just don't see with our eyes. We see with our brains.  
Implications:
23. You're \_\_\_\_\_ to spot the sign with your peripheral vision
24. We see very strong effects in retraining peripheral vision ability, occurring within an hour or two of training. And in six or seven hours it's \_\_\_\_\_ you're back in your ability twenty years in life
25. Recuperar 20 años de capacidad en menos de un día...

### C. Memory

1. You have \_\_\_\_\_ things to remember in \_\_\_\_\_ seconds

2. ¡Por poco!
3. Pero sí que me acuerdo de una hamburguesa
4. How many items did he remember? \_\_\_\_\_
5. What's the human average? \_\_\_\_\_
6. I'm pretty curious to know what he's got \_\_\_\_\_
7. Rumour has it that you actually memorized \_\_\_\_\_
8. Vocabulary: Baraja – palos: A full \_\_\_\_\_ of playing cards has \_\_\_\_\_ cards. The suits are diamonds, \_\_\_\_\_, hearts, \_\_\_\_\_
9. Explain how we can work on our memory to memorize a full deck of cards
10. How many locations does Todd need to memorize the deck?
11. This is really doing my head \_\_\_\_\_
12. Improvement in his thinking speed
13. Improvement in his attention
14. The thing I'm most amazed about is how quickly this all happened. My scores have almost doubled in only a \_\_\_\_\_ period. I must say I was skeptical when you...
15. The World Memory Championship: It's a \_\_\_\_\_ event drawing over \_\_\_\_\_ mental athletes from all walks of life and more than \_\_\_\_\_ countries
16. One can memorize almost \_\_\_\_\_ numbers in \_\_\_\_\_ min
17. Another can memorize about \_\_\_\_\_ decks in \_\_\_\_\_
18. Champion: I think I could but you know  
Todd: Why \_\_\_\_\_?  
Champion: Exactly!
19. It's day 2 of the competition. And having witnessed the mental \_\_\_\_\_ this seems to take on everyone else, I hope I'm \_\_\_\_\_ because the moment has finally arrived.
20. Stage 1 accomplished, but I'm not \_\_\_\_\_ yet
21. Te quedan 2
22. ¡Estoy absolutamente encantado con poder hacerlo!
23. Out of \_\_\_\_\_ billion people, I'm now \_\_\_\_\_ in the world for card memorization.

#### 24. Conclusions

25. "After one month of training..." (take it down as a dictation)

SPEAKING. Now work on re-telling, and then on a monologue about this documentary. Use an outline. Don't write it down.

WRITING. Then write an article about the human mind or a review of this documentary for a newspaper or magazine.