

S19-1 Listening

1. Would you do it?
2. So what I want to do today is tell you a story
3. I know that our brains that is the thing in our head right now
that is the most complex structure known to humankind
4. And it's going to illustrate two key areas
5. but a few years ago, I did something very unusual in science
6. I was actually at the height of all the memory work that I was
doing
7. I didn't move my body at all
8. And I went on a river rafting trip by myself, because I had no
social life
9. I said I'm never going to feel like the weakest person on a
river rafting trip again
10. And a thought went through my mind
11. So this is the point in the talk where everybody says that
sounds so interesting, Wendy, but

Grammar 1

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1. You will have a lot of benefits if you go there.
Going there will be _____
2. Society - social
I had an active _____ life when I was at college.
3. I have a lot of stress in my life
My life is very _____
4. These actions will bring you success.
These actions will make you _____.
5. Care - careful
Please, be _____.
6. Use it to protect your knees.
Use it for your knees _____
7. I need to decide what to do.
I need to make a _____
8. She has a lot of activities in her life.
She is very _____.
9. He gave me an explanation for this rule.

10. He always helps.

Vocabulary

retain	from	amount	improve	brand	do
mood	myself	gained	membership	stairs	maintain

1. You don't need to protect me _____ anybody.
2. I _____ so much weight.
3. I want to _____ my social life and go out more.
4. I decided to _____ an experiment and see how many days I can do without food.
5. I did it _____ myself. Nobody was helping me.
6. Emotions help you _____ memories for longer.
7. I don't need a _____ new car.
8. After I lost 10 pounds, I'm trying to _____ my weight.
9. Such _____ of sugar is dangerous for your health.
10. If you get a club _____, you get a discount for all the events.
11. She is always in a good _____.
12. I always take _____. That helps me maintain my weight.

Speaking

1. Tell us about your experience with physical activities. Does it influence your mental abilities?
2. What do you know about the lifestyle of modern teenagers? Does it help to improve their brain power?
3. What changes are you ready to make to have a stronger and more powerful brain?

The full video will be in the chat