15 Imagine That!



Pre-Reading

Think about the following questions.

1. Where do you like to sit and do nothing but think or daydream?
2. When was the last time you went there and did this?
3. Which of your chores or routine duties require little or no attention when you do them?

Vocabulary Preview

Write the letter of the word or phrase with the same meaning as the underlined word or phrase.

a. boring and seeming without end	d. different; unique
b. doing; in the process of	e. good; right
c. near; close	f. words or language

1. ___ There are many different <u>terms</u> used for the word "snow" in other cultures.
2. ___ I don't like washing the dishes. It is such a <u>tedious</u> chore.
3. ___ If you listen carefully, you can hear the <u>distinct</u> songs of different kinds of birds.
4. ___ She is working on a difficult math problem. She is <u>engaged in</u> deep thought.
5. ___ There are no coffee shops in our <u>immediate</u> area. We'll have to walk a few streets over to find one.
6. ___ When someone greets you, the <u>appropriate</u> thing to do is greet them in return.

LIVEWORKSHEETS

Imagine That!

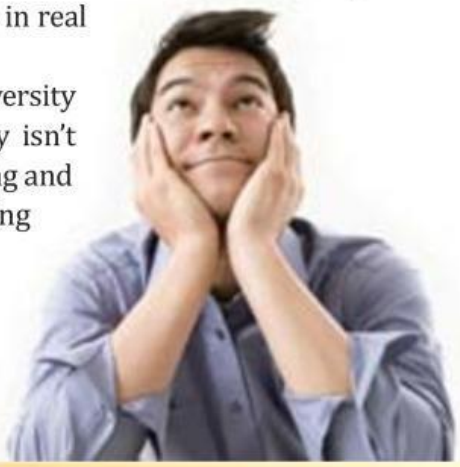
Track 29

People who **daydream** are often thought of in negative terms, such as being lazy or not doing what they should be doing. However, scientists who study the brain have learned many interesting things, especially from studying the brains of daydreamers. In fact, far from being a waste of time, some scientists believe that daydreaming is a healthy and useful activity for all of our brains.

In order to study the brain, scientists use special devices that scan the brain and show pictures of which parts of the brain are active at certain times. When a person is daydreaming, the device will show a distinct **pattern** of activity in the brain called the "**default**" **mode** of thinking. In the default mode, the top or outside part of the brain is very active. Actually, several regions of the brain are interacting in this mode. Some scientists describe this mode as a time when the brain focuses on itself rather than focusing on the environment around the person. Typically, this occurs when a person is doing simple, tedious work or performing routine actions that don't need much attention, like walking to school or cooking simple foods. People tend to daydream during such activities.

The importance of daydreaming lies in developing both creative and social skills. When the mind is not engaged in dealing with one's immediate situation or problem, then it is free to **wander**. A time of wandering allows the mind to create things. New inventions may be imagined, or possible solutions to a problem can be planned. For example, solutions for problems in **relationships** with other people may come to mind. In fact, most daydreams involve situations with others. Perhaps these are daydreams based on memories of the past, or daydreams of what might be in the future. In either case, daydreams help us develop the appropriate skills we can use in real interactions with others.

As **neurologist** Dr. Marcus Raichle of Washington University explains: "When you don't use a muscle, that muscle really isn't doing much. But when your brain is **supposedly** doing nothing and daydreaming, it's really doing a **tremendous** amount." During the so-called "resting state" the brain isn't resting at all!



Reading Time _____ minutes _____ seconds 366 words

1 *daydream*: to think or imagine with one's eyes open

8 *pattern*: a design of natural or accidental origin

9 *default*: the action or way of working when no specific choices or options are set

9 *mode*: a state; a way

17 *wander*: to go off or travel without a planned end destination

19 *relationship*: a connection as friends or family members

24 *neurologist*: a doctor who studies the brain and nerves

26 *supposedly*: apparently; probably

27 *tremendous*: great; huge

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Reading Comprehension

Choose the best answer.

1. What question is the main focus of this reading?
   a. Can daydreams reduce the hours we sleep?
   b. How is daydreaming different from sleeping?
   c. Who daydreams more, men or women?
   d. Why is daydreaming good for people?

2. Which of the following is NOT involved in daydreaming?
   a. One's immediate environment
   b. Several regions of the brain
   c. The "default" mode of thinking
   d. The outside part of the brain

3. What does the brain focus on in the default mode?
   a. A person's immediate situation
   b. Appropriate relationships
   c. Itself
   d. Routine actions

4. According to the reading, which of the following would NOT be a result of letting the mind wander?
   a. A job that needs close attention
   b. A new invention
   c. A solution to a problem
   d. A way to act in a relationship

5. What does Raichle mean by the quote used in the reading?
   a. The brain develops one's muscles.
   b. The brain and our muscles both need rest.
   c. The brain is a lot like a muscle.
   d. The brain is different than a muscle.

Idiomatic Expressions

Find these idioms in the reading.

- **be thought of** [to be considered; to be seen as]
  When computers first came out, they were thought of as just machines for scientists to use.
- **tend to** [to usually appear to; to be more likely to]
  During the 1940s, American movies tended to have more plots related to World War II.
- **come to mind** [to think of; to have the idea or inspiration]
  I tried to remember what we needed from the store, but nothing came to mind.

Fill in the blank with one of the above idioms. Change its form if necessary.

1. Teenagers are not yet adults, so they should not _____ as such in terms of the law.
2. We need a good topic for our project. If anything _____, let me know.
3. At the gym, I've noticed that younger people _____ use the exercise bikes more than older people.

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Summary

Read the sentences from the reading passage. Paraphrase the sentences to create a summary of the passage.

a. When a person is daydreaming, the device will show a distinct pattern of activity in the brain called the "default" mode of thinking.

b. In the default mode, the top or outside part of the brain is very active. Actually, several regions of the brain are interacting in this mode.

1. a + b: In the default mode, _____
_____.

c. Some scientists describe this mode as a time when the brain focuses on itself rather than focusing on the environment around the person.

d. Typically this occurs when a person is doing simple, tedious work or performing routine actions that don't need much attention, like walking to school or cooking simple foods.

2. c + d: In the default mode, _____
_____.

e. When the mind is not engaged in dealing with one's immediate situation or problems, then it is free to wander.

f. A time of wandering allows the mind to create things.

3. e + f: In the default mode, _____
_____.



Listening

A Great Idea

Track 30

Listen to the dialog. Check True or False for each sentence.

	True	False
1. The people are talking about something that has not been invented yet.	☐	☐
2. The man read about a person who got in trouble for daydreaming at work.	☐	☐
3. The idea for this invention came from a problem at church.	☐	☐

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Discussion

Discuss the following questions.

1. What is a past event that you sometimes imagine could have happened differently?
2. What do you imagine your life will be like in five years from now?
3. What is a problem that you are still trying to solve?

Grammar

What as a Relative Pronoun

What can be used as a relative pronoun. It is used without its antecedents and has the meaning of *the thing which* or *anything that.*

People who daydream are often thought of in negative terms, such as being lazy or not doing (that / what) they should be doing.
Perhaps these are daydreams based on memories of the past, or daydreams of (what / which) might be in the future.

Writing

Write your own short paragraph by answering the questions below.

Solving a Problem

(1) What is a problem that you are still trying to solve? **(2)** When did this problem first occur? **(3)** Why do you need to solve this problem? **(4)** What makes it difficult to solve this problem?

Example

A problem that I am still trying to solve is my slow computer. The slowness of my computer first occurred after I updated my computer's operating system. I need to solve this problem because it takes too long for my computer to open programs. The fact that I don't have the money to buy more memory for my computer makes it difficult to solve this problem.

LIVEWORKSHEETS

Vocabulary and Idiom Review

A. Choose the best word or phrase to fill in the blank.

1. Before he _____ researching his essay, he listed some questions he needed to answer.
a. engaged in b. passed down c. set about d. tended to

2. Does the company have any _____ plans to hire new people?
a. cautious b. default c. distinct d. immediate

3. If you ask that question in class, I'm sure it will _____ a lot of discussion.
a. daydream b. generate c. speculate d. wander

4. Making a dress with all of those beads must be a very _____ job.
a. appropriate b. striking c. tedious d. tremendous

5. People who often have strange feelings in their hands or feet may need to see a _____.
a. molecule b. neurologist c. property d. routine

6. The singer's last album _____ as the best work of his career.
a. is thought of b. comes to mind c. faces up to d. stocks up on

7. When I am in my study _____, I can sit at my desk studying for hours.
a. mode b. pattern c. relationship d. terms

B. Choose the correct form of the word to fill in the blank.

8. Be sure to _____ change the water in the fish tank.
a. routines b. routine c. routinely

9. I can't see a big _____ between the two brands of inline skates.
a. distinction b. distinct c. distinctively

10. This will be a formal dinner, so please dress _____.
a. appropriate b. appropriately c. inappropriate

LIVEWORKSHEETS