

[https://www.ted.com/talks/kenneth\\_chabert\\_why\\_your\\_life\\_needs\\_novelty\\_no\\_matter\\_your\\_age/c](https://www.ted.com/talks/kenneth_chabert_why_your_life_needs_novelty_no_matter_your_age/c)

### **Watch TED talk video**

#### **1. Do the quiz;**

#### **What is the speaker's main argument in the TED Talk?**

- a. Novelty is important for people of all ages to experience in their lives.
- b. Older people should avoid new experiences to avoid cognitive decline.
- c. Younger people need novelty more than older people do.
- d. Novelty is only important for creative people.

#### **What does the speaker mean when he says we should "embrace the novelty of the familiar"?**

- a. We should try new things in familiar places.
- b. We should appreciate the value of familiar experiences.
- c. We should seek out familiar experiences to avoid cognitive decline.
- d. We should avoid familiarity in favor of new experiences.

#### **How does engaging in new experiences benefit cognitive function and memory?**

- a. It stimulates the brain and increases neural connections.
- b. It helps to prevent cognitive decline.
- c. It allows the brain to relax and restore itself.
- d. It has no effect on cognitive function or memory.

#### **According to the speaker, why is curiosity important for a fulfilling life?**

- a. It helps people become more creative.
- b. It leads to new experiences and learning opportunities.
- c. It is a sign of intelligence.
- d. It is a trait that only certain people possess.

#### **How does the speaker suggest we can prioritize novelty in our lives?**

- a. By seeking out new experiences regularly.
- b. By avoiding familiar experiences.
- c. By only engaging in activities we already enjoy.
- d. By focusing only on work and responsibilities.

#### **2. Answer the questions:**

1. Have you ever felt like your daily routine has become stagnant and unfulfilling?

2. Do you think seeking out new experiences and trying new things is important for personal growth?
3. Have you ever noticed a positive impact on your mood or motivation after experiencing something novel or exciting?
4. How do you think a lack of novelty can impact a person's mental and emotional wellbeing?
5. In what ways do you incorporate novelty into your life?
6. Have you ever encountered someone who seemed addicted to novelty-seeking behavior? How did this behavior impact them?
7. Can you think of examples of how novelty-seeking behavior has led to innovative ideas or advancements in society?
8. How do you balance the desire for novelty with the need for stability and routine in your life?
9. Do you think that incorporating more novelty into your life could lead to greater happiness and satisfaction?
10. How can travel and exploration provide opportunities for novelty and personal growth?
11. Older people do not need novelty in their lives: agree or disagree?

### **3. Complete the sentences:**

1. The key to a long and fulfilling life is to....."
2. "Novelty can come in....."
3. "Engaging in new experiences can improve....."
4. "We must embrace....."
5. "It's important to prioritize....."
6. "When we become too comfortable in our routines, we risk....."
7. "Curiosity is essential to maintaining a sense of ....."
8. "By prioritizing novelty and exploration, we can keep....."
9. "As we age, it's important to actively combat cognitive decline through ....."

### **4. An imaginary interview with Kenneth Chabert (complete Kenneth's lines)**

Interviewer: Kenneth, can you tell us a little bit about yourself and your background?

Kenneth Chabert: Of course. I'm a writer and speaker..... I grew up....., but I've always had a curiosity and desire to..... I've worked in a variety of fields, from finance to education, but I always come back to the idea of novelty and creativity as key ingredients for a fulfilling life.

Interviewer: Your TED Talk on the importance of novelty has been very popular. What inspired you to give that talk?

Kenneth Chabert:.....

Interviewer: You talk about the benefits of novelty for our brains. Can you explain that a bit more?

Kenneth Chabert: Sure. When we engage in new experiences, our brains.....  
.....

Interviewer: You also talk about the importance of curiosity. How can people cultivate that quality?

Kenneth Chabert: One way to do that is..... Another way is to.....

Interviewer: What advice do you have for people who want to incorporate more novelty into their lives but don't know where to start?

Kenneth Chabert: Start small. ....

