1. Day 1 - Watch the whole movie (?) – subtitles in Portuguese;
2. Choose the first 2/3 minutes (1st scene) and watch only that (the subtitles in English);
3. Write down any word/phrases you don’t know; (stop)
4. Look up on the dictionary the meaning of those words (don’t write them);
5. Review the vocabulary (read the words) and watch the scene again (with English subtitles);
6. Review the vocabulary again quickly;
7. Watch the scene again (3rd time) – reapeat this 3x, 4x, 5x (as you wish).
8. Day 2 you watch the scene again (with subtitles off) – listen very carefully.
9. Review your vocabulary again (with no translation) – relax;
10. Play the scene again with no subtitles as many times as you wish (3x,4x,10x…)
11. Day 3 you work on your pronunciation;
12. Play the same scene – play one sentence and pause.
13. Repeat the sentence – try to copy the actor’s pronunciation;
14. Play the next sentence (and do the same);
15. Use the same emotion of the actors (pretend you are on that situation);
16. Pay attention to how the actors are saying those words;
17. Repeat this as many times as you wish;
18. Day 4 – still scene 1 – speak the sentences at the same time of the actors (no pause this time) – you can do this with subtitles in English;
19. Do this 5x, 6x…10x.
20. Day 5 – still scene 1 – speak the sentences at the same time with no pause and no subtitles – use their same voice, use their same emotion, use their same gestures.
21. Do this 10x (or more).
22. Optional: on Day 6 you do this again and record yourself.
23. Listen the scene again (no talking);
24. Listen to yourself;
25. Compare yourself to the actors. How close are you? Do you sound like them? Do you have the same rhythm? Do you have the same pronunciation? Does the emotion sound the same? Is the speed the same? Notice what’s different. You know what to do to improve.
26. Relax. Don’t be upset. Just be cool. Now you are ready to scene 2.

You will make big improvements. After some movies, (TV shows) you are going to understand them more effectively.