

LESSON 4

READ ABOUT THE POWER OF MUSIC



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Ever wonder why loud music makes you feel good? Scientists have the answer.

1 BEFORE YOU READ

- A PAIRS** Discuss. What kind of music do you like? Say why.

I really love...



- B VOCABULARY** ▶ 08-20 Listen. Then listen and repeat.

a **mood**: the way a person feels at a certain time

stress: a feeling of worry that stops a person from being able to relax

a **rhythm**: a regular, repeated pattern of sounds

beat: to make a regular movement or sound

translate: to change something into another form

heart rate: the number of times the heart beats in a minute

a **piece**: something that someone has made, written, or drawn

a **hormone**: something the body makes that helps you to grow and change

release: to let something go into the body, air, water, soil, etc.

>> FOR PRACTICE, GO TO PAGE 157

2 READ

- A** Read the Reading Skill.

- B** ▶ 08-21 Listen. Read the article. As you read, stop and ask yourself these questions. *Do I understand what I just read? Do I need to reread anything? Do I need to look up any words?*

READING SKILL

Ask and answer questions

Asking questions while you read helps you understand the text. As you read, stop and ask questions about the text. Do you understand what you are reading? Do you need to look up any words?

The Power of Music

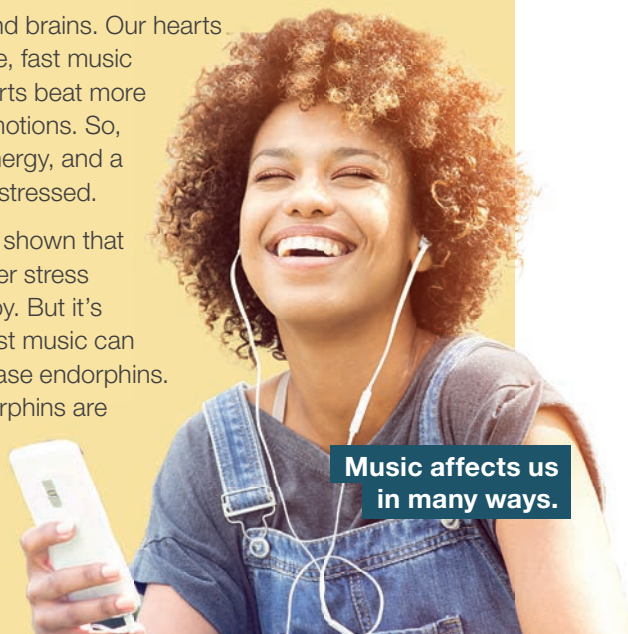
We all know that music affects our moods. It can make us feel great joy or make us think of our saddest moments. Soft music can calm an upset baby. And singing along to loud music can help someone get rid of stress or anger. But why? Why does music have this powerful effect?

Scientists have learned that music affects both our bodies and brains. Our hearts

- 5 beat at the same speed as the rhythms we hear. For example, fast music makes our hearts beat faster and slow music makes our hearts beat more slowly. Our brains translate these different heart rates into emotions. So, a loud, fast rock song can make us feel like we have more energy, and a slow, classical violin piece can make us feel calmer and less stressed.

- 10 Music also affects the hormones in our bodies. Studies have shown that when we listen to slow, quiet music, our bodies produce fewer stress hormones and more of the hormones that make us feel happy. But it's not only calm, quiet music that makes us feel good. Loud, fast music can move a small part of the ear which then tells the brain to release endorphins.

- 15 Endorphins can make us feel positive and happy. More endorphins are released at higher volume levels. The louder the music, the higher the level of endorphins.



Music affects us in many ways.

Other studies have shown that listening to almost any kind of music can help people who suffer from short-term pain, such as a large cut or burn, or from a long-term illness, such as heart disease.

20 Music can help in two ways: It can trigger the release of endorphins which, in addition to making us feel happy, can also reduce our pain levels. And, more simply, it can help us to think about something other than the pain we are feeling. However, scientists do believe that we have to like the music in order for it to have a positive effect.

25 So, the next time you're sad and you want to feel happy, or you're in pain and you want to feel better, listen to your favorite song. Music really *can* help you feel better. Now *that's* music to your ears!

3 CHECK YOUR UNDERSTANDING

A Which statement best describes the main idea of the article?

- a. Music can have a powerful effect on our bodies and minds.
- b. The best way to relax and have a good time is to listen to music.
- c. Slow, quiet music is the only kind of music that can help people who are upset.

B Read the article again. Circle the correct answers.

1. Our hearts beat ___ the sounds we hear.
 - a. faster than
 - b. slower than
 - c. at the same speed as
2. The brain produces ___ when we listen to slow music.
 - a. fewer stress hormones
 - b. more stress hormones
 - c. fewer positive hormones
3. ___ music moves a part of the ear which tells the brain to release endorphins.
 - a. Loud and slow
 - b. Loud and fast
 - c. Soft and slow
4. Someone who is in pain should listen to _____.
 - a. their favorite song
 - b. any kind of music
 - c. nothing at all

C **FOCUS ON LANGUAGE** Reread lines 20-25 in the article. Think about the words *trigger* and *that's music to your ears*. Then circle the correct answers.

1. In this sentence, the word *trigger* means _____.
 - a. part of a gun
 - b. to make something happen
 - c. to move something with a finger
2. The expression *that's music to your ears* means _____.
 - a. that's a great song
 - b. that's good news
 - c. that's terrible news

D **PAIRS** What is the article about? Retell the most important ideas in the article. Use your own words.

The article is about how music...

Find out about other ways music affects people.



4 MAKE IT PERSONAL

A Think about the article you just read. Answer the questions.

1. Do you agree or disagree with the author of the article?

2. Did you learn something new? What did you learn?

B **PAIRS** Discuss your answers in 4A.

I agree with the author. I think...