

NAME: \_\_\_\_\_ Class: \_\_\_\_\_

# The Power of Music

Music is a universal language that has existed for thousands of years. It plays a vital role in human life, not only as a form of entertainment but also as a tool for communication, healing, and cultural expression. Every country has its own traditional music, reflecting the lifestyle and values of its people. In recent years, scientists have studied how music affects the brain. Research shows that listening to music can help reduce stress, improve memory, and even boost learning. For example, some students find it easier to concentrate when they listen to classical or instrumental music while studying. Music also connects people. A song can bring back memories, express emotions, or help people understand each other better. For this reason, music is often used in therapy to support people with mental health issues. Whether it's pop, rock, jazz, or folk, music has the power to influence our emotions and behavior. It can make us happy, help us relax, or even inspire us to take action. That's why music remains one of the most powerful forms of art in the world.

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**TASK 1: TRUE or FALSE** Write T (True) or F (False) for each statement.

1. Music has only existed for the past few hundred years.
2. Traditional music shows the culture of a country.
3. Music can improve both mental health and memory.
4. People often feel more stressed after listening to music.
5. Music can help people understand each other.

**TASK 2: MULTIPLE CHOICE** Choose the best answer (A, B, C, or D) for each question.

1. What is the main idea of the passage?
  - Music is only for entertainment
  - Music is used in science and technology
  - Music has many important roles in our lives
  - Music helps people learn foreign languages

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**TASK 2: MULTIPLE CHOICE** Choose the best answer (A, B, C, or D) for each question.

2. According to the passage, what kind of music may help students concentrate?

- A. Pop music
- B. Rock music
- C. Classical or instrumental music
- D. Traditional folk songs

3. How can music affect our behavior?

- A. It makes people eat more
- B. It can inspire people to take action
- C. It makes people more tired
- D. It makes people dislike art

4. Why is music used in therapy?

- A. It helps people sleep more
- B. It makes people dance
- C. It supports people with mental health problems
- D. It helps people write better