

UNIVERSIDAD SIMON BOLIVAR
INSTITUTO DE LENGUAS EXTRANJERAS-ILE
LEVEL 5
UNIT 8

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?*

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.

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