

The Habit of Singing

"Singing exposes you to new types of music, new artists, new sounds, and new ideas."

The article says that singing **exposed** you to new types of music, new artists, new sounds, and new ideas.

1.- Write sentences about what the article says using reported speech.

You can sing in the shower, walking to school, or as you do your homework

It is important to use good breathing techniques.

It also makes your body produce endorphins.

It also produces the hormone oxytocin, which reduces stress.

The hormone oxytocin that reduces stress also lowers anxiety and increases feelings of trust.

TIEMPOS VERBALES

TENSE	DIRECT SPEECH	REPORTED SPEECH
PRESENT SIMPLE	We eat healthy food	She said that they ate healthy food
PRESENT CONTINUOUS	We are eating healthy food	She said that they were eating healthy food
PRESENT PERFECT SIMPLE	We have eaten healthy food	She said that they had eaten healthy food
PRESENT PERFECT CONTINUOUS	We have been eating healthy food	She said that they had been eating healthy food
PAST SIMPLE	We ate healthy food	She said that they had eaten healthy food
PAST CONTINUOUS	We were eating healthy food	She said that they had been eating healthy food
PAST PERFECT SIMPLE	We had eaten healthy food	She said that they had eaten healthy food
PAST PERFECT CONTINUOUS	We had been eating healthy food	She said that they had been eating healthy food
FUTURE SIMPLE	We will eat healthy food	She said that they would eat healthy food