

Developing a sense of belonging and also a community connection are two important aspects to consider when it comes to be a good citizen.



We are going to listen to a great musician talking about the benefits of singing in an "a capella group"



1. What inspired the creation of the a capella group mentioned in the text?

- a) Shared interest in dancing
- b) Mutual love for singing
- c) Camping experiences

2. How did the a capella group evolve over time?

- a) It remained a small, exclusive group
- b) Members focused on individual singing skills
- c) It expanded to include people with varying musical experiences

3. According to the author, what are some benefits of singing?

- a) Increased sleep quality
- b) Improved cooking skills
- c) Physical, psychological, and civilizational benefits

4. What are the three activities highlighted in the Scandinavian study for a healthy and happy later life?

- a) Camping, painting, and reading
- b) Singing, dancing, and camping
- c) Swimming, hiking, and gardening

5. What are the physiological benefits of singing mentioned in the text?

- a) Improved digestion
- b) Enhanced lung utilization
- c) Reduced heart rate

6. What does the author describe as one of the great feelings when singing in a group?

- a) Achieving personal fame
- b) Immersion of the self into the community
- c) Singing solo to stand out

7. What is emphasized as crucial for a successful singing evening?

- a) Advanced vocal training
- b) Strict adherence to a starting time
- c) Solo performances

8. According to the text, what type of songs works best for a capella singing?

- a) Instrumental pieces
- b) Songs with complex melodies
- c) Word-rich and vowel-rich songs based on basic chords

