Name: _____

Class: _____



UNIT 3: MUSIC

The Power of Music



Music has been a fundamental part of human culture for thousands of years. It exists in every society, connecting people across time and space. From ancient tribal drums to modern digital beats, music has evolved in countless ways, yet its impact remains the same—it moves us emotionally, mentally, and even physically.

One of music's most powerful effects is its ability to influence emotions. A slow, soft melody can bring feelings of calmness or sadness, while an upbeat rhythm can make people feel joyful and energized. This is why music is often used in movies, advertisements, and therapy sessions. Studies have shown that listening to music can reduce stress, improve mood, and even help people concentrate.

Music also plays a role in shaping identity and culture. Different genres, such as rock, classical, jazz, and hip-hop, reflect various traditions and histories. For example, blues music originated from African American communities in the southern United States and tells stories of struggle and resilience. K-pop, a genre from South Korea, has gained worldwide popularity, blending catchy melodies with impressive dance performances.

Furthermore, learning to play an instrument or sing can have many benefits. It enhances memory, discipline, and creativity. Musicians often express their thoughts and emotions through their art, creating songs that inspire and connect with others.

Whether we listen to it for enjoyment, relaxation, or motivation, music is a universal language that has the power to bring people together and enrich our lives in countless ways.

LIVEWORKSHEETS

Task 1: Match the Words with Definitions

1. Melody (n)	a. The pattern of beats in music
2. Rhythm (n)	b. A category of music with a specific style
3. Instrument (n)	c. A series of musical notes that sound pleasing together
4. Genre (n)	d. A tool used to create music, such as a piano or guitar

Task 2: True or False

1. Music has been a part of human culture for thousands of years. _____

2. An upbeat rhythm can make people feel sad and depressed. _____

3. Blues music comes from African American communities in the southern U.S. _____

4. Playing an instrument does not improve memory or discipline. _____

5. Music is a universal language that connects people worldwide.

LIVEWORKSHEETS

Task 3: Choose the Best Answer for These Questions

1. Why is music often used in therapy?

A. It helps people feel more stressed.

B. It has been shown to improve mood and reduce stress.

C. It is only used to entertain patients.

2. Which of the following is an example of a music genre?

A. Painting

B. Jazz

C. Poetry

3. How does learning to play an instrument benefit a person?

A. It improves memory and creativity.

B. It makes people dislike music.

C. It has no effect on the brain.

LIVEWORKSHEETS