



## The Benefits of Reading Books

### Vocabulary Bank:

**knowledge** (kiến thức) – **imagination** (trí tưởng tượng) – **grammar** (ngữ pháp) – **relax** (thư giãn) – **creativity** (sự sáng tạo) – **vocabulary** (từ vựng) – **important** (quan trọng) – **culture** (văn hóa) – **reduce stress** (giảm stress) – **comfortable** (thoải mái)

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**Task:** Complete the paragraph using the words from the vocabulary bank. Each word can be used once only.

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**Reading books is one of the most (1) \_\_\_\_\_ hobbies for students.**

Firstly, it helps us gain more (2) \_\_\_\_\_ about science, history and (3) \_\_\_\_\_.

Moreover, reading improves our (4) \_\_\_\_\_ and (5) \_\_\_\_\_.

In addition, it is a good way to (6) \_\_\_\_\_ after school because it helps us (7) \_\_\_\_\_ and feel (8) \_\_\_\_\_.

Finally, books can open our (9) \_\_\_\_\_ and increase our (10) \_\_\_\_\_.

**In conclusion, reading brings many benefits to our life.**

## The Benefits of Listening to Music

### Vocabulary Bank:

- reduce anxiety (giảm lo âu)
- boost concentration (tăng khả năng tập trung)
- broaden horizons (mở rộng tầm nhìn)
- inspire creativity (truyền cảm hứng sáng tạo)
- regulate emotions (điều chỉnh cảm xúc)
- relieve stress (giảm căng thẳng)
- improve memory (cải thiện trí nhớ)
- social connection (kết nối xã hội)
- positive energy (năng lượng tích cực)
- cultural understanding (hiểu biết văn hóa)

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**Task: Complete the paragraph using the words from the vocabulary bank. Each word can be used once only.**

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**Listening to music brings many benefits to our life.**

Firstly, it can (1) \_\_\_\_\_ and (2) \_\_\_\_\_ after a busy day.

Music also helps us (3) \_\_\_\_\_, which is useful when we are studying or working.

Moreover, it can (4) \_\_\_\_\_ and (5) \_\_\_\_\_, making us more imaginative.

Listening to different types of music can give us (6) \_\_\_\_\_ and improve our (7) \_\_\_\_\_.

In addition, music creates (8) \_\_\_\_\_ among people and gives us (9) \_\_\_\_\_.

Finally, enjoying music from different countries helps us gain (10) \_\_\_\_\_.

