

UNIT 3: MUSIC

The Power of Music in Our Lives

Music plays an important role in people's lives, especially for teenagers. It is more than just entertainment; it is a powerful way to express emotions and connect with others. Many students listen to music while studying, relaxing, or hanging out with friends. Different types of music, such as pop, rock, classical, and hip-hop, allow listeners to choose what matches their mood and personality.

One important benefit of music is its ability to reduce stress. After a long day at school, soft or calming music can help students feel relaxed. In contrast, energetic songs can motivate people during exercise or sports activities. Research also shows that learning to play a musical instrument improves concentration, memory, and creativity.

Music also brings people together. Concerts and music festivals create opportunities for individuals to share experiences and build friendships. Even online, fans from different countries can connect through their favorite artists and songs. In addition, music is often used in cultural celebrations, making it an important part of traditions around the world.

However, it is important to choose music wisely. Some songs may contain negative messages or inappropriate language. Therefore, students should select music that has a positive influence on their thoughts and behavior.

In conclusion, music is a meaningful part of everyday life. It not only entertains but also supports emotional well-being, learning, and social connection.

Name: _____ Class: _____

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Part A: Match the words with their correct definitions

Express

A. The ability to focus your attention

Concentration

B. To encourage someone to do something

Motivate

C. A belief or custom passed down over time

Tradition

D. To show feelings or thoughts

Influence

E. The power to affect someone's behavior or ideas

Part B: True/False

1. Music is only a form of entertainment.

T

F

2. Listening to music can help reduce stress.

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F

3. Playing a musical instrument can improve memory.

T

F

4. Music festivals help people build friendships.

T

F

5. All songs have positive messages.

T

F

Name: _____ Class: _____

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Part C: Multiple Choice Questions

1. What is one benefit of soft music?
A. It increases stress
B. It helps students relax
C. It makes people angry
D. It reduces memory

2. Energetic music is useful when people _____.
A. sleep
B. study quietly
C. exercise
D. read books

3. Learning an instrument can improve _____.
A. laziness
B. creativity
C. sadness
D. boredom

4. Music festivals allow people to _____.
A. feel lonely
B. avoid others
C. build friendships
D. ignore traditions

5. Students should choose music that _____.
A. has negative messages
B. contains inappropriate language
C. positively influences them
D. makes them tired

THE END!

