Vocabulary and Listening • Music, mood and health

I can identify a speaker's tone and purpose.

1 **Read the blog and match eight of the blue words with definitions 1-8.**

1. go faster → .....
2. make better → .....
3. make louder → .....
4. become happier → .....
5. make less → .....
6. make more → .....
7. become more relaxed → .....
8. prevent concentration → .....

2 **Listen to situations 1-4, and for each one choose a word from box A and a word from box B to identify the speakers' mood and purpose.**

A

angry	energetic	happy	patient

B

argument	discussion	explanation	instructions

Situation 1	Situation 2
Situation 3	Situation 4

3 **Listen again and choose the correct answer.**

1. The teacher wants Keving to...
   a. slow down b. speed up c. stop
2. The man wants the boy to...
   a. turn down his music b. relax
   c. take off his headphones
3. The dentist says endorphins can help to ... pain.
   a. reduce b. increase c. stop
4. The mother wants her son to...
   a. practice less b. practice more c. stop practising

The Surprising Stuff Blog

Music, mood and health

When we turn on the radio and hear a good song, we cheer up, but scientific studies have shown that music affects our brains and bodies in many more ways.





1 If you turn up the volume and sing along to your favourite songs, it's good for your heart and health. But if other people can hear the music from your headphones, you should turn down the volume – it could cause you hearing problems.

2 If you listen to fast music while you work out, it can improve your fitness, and help you to speed up your running. But you mustn't listen to music when you're cycling because it could distract you and cause an accident.





3 Listening to music can help you to concentrate on your homework. But it's better without lyrics, so turn off the rap and start playing something more melodic.

4 Music therapy reduces anxiety and helps people to calm down. Relaxing music slows down your heart and breathing. It can also help reduce pain.





5 Learning to play an instrument can increase your IQ, because you have to use both sides of your brain.



Did you know?

Different colours can affect our moods. Orange, for example, can make us feel energetic and enthusiastic.

Find out how other colours affect us.

LIVEWORKSHEETS