

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
→



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 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

- 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.



3 Listen again and choose the correct answer.



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

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.