

The power of music

What is music? Music is a form of entertainment. The word “music” comes from “mousike” meaning *art of the Muses*. In Ancient Greece, the Muses were the goddesses* of music, poetry, art and dance.

1. Read about some of the positive effects of music in our lives. Match the numbers to the corresponding letters in this grid to build full ideas. Leé sobre algunos de los efectos positivos de la música en nuestra vida. Uní los números con las letras correspondientes para construir ideas completas.

Benefits of music

1)	Music affects your emotions in a very positive way.
2)	Music contributes to health because it reduces stress.
3)	Music helps your memory.
4)	Music also helps old people remember.
5)	Music helps you be more intelligent and get better academic results. Do you sing or play an instrument?

a.	Now you have a strategy for your next difficult exam!
b.	Then you are probably a very good and creative student.
c.	For example, listening to her favourite songs from times when she was a girl, helps my 83 year old mother remember her early life.
d.	To calm down after a difficult day, listen to some good music, sing along and move your feet.
e.	When you listen to music you feel more excited, happy and full of joy.

* Goddesses: diosas.

2. More benefits of music. Using the words in the box, complete the text. Más efectos positivos de la música. Usando las palabras en el recuadro, completá el texto.

helps - songs - you - quiet - are you - finally - your - listening to - before - always

1) having sleep problems? Music 2) you sleep. A little Mozart
3) bedtime is the answer. 4) music also reduces physical pain.
Favourite 5) or classical or meditative music 6) help people feel
better. 7) , music also helps you eat less. The next time 8) sit down
for lunch or dinner, listen to some 9) music. The difference in 10)
appetite is enormous!