

StartUp 3
Reading

Unit8 – Lesson4
Page96

Have your Ss look at the picture. Convey the meaning and try to elicit the word. Then practice the pronunciation chorally and individually.



Teach the form of the word. Then ask some concept checking questions.



MOOD

Have your Ss look at the picture. Convey the meaning and try to elicit the word. Then practice the pronunciation chorally and individually.



Teach the form of the word. Then ask some concept checking questions.



RHYTHM

Have your Ss look at the picture. Convey the meaning and try to elicit the word. Then practice the pronunciation chorally and individually.



Teach the form of the word. Then ask some concept checking questions.



BEAT

Have your Ss look at the picture. Convey the meaning and try to elicit the word. Then practice the pronunciation chorally and individually.



Teach the form of the word. Then ask some concept checking questions.



HEART RATE

Have your Ss look at the picture. Convey the meaning and try to elicit the word. Then practice the pronunciation chorally and individually.



Teach the form of the word. Then ask some concept checking questions.



RELEASE

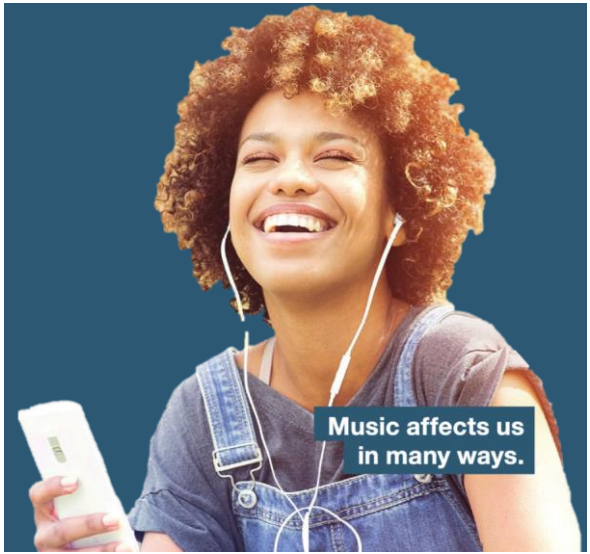
MATCH WITH THE RELATED WORD.

___	1. brain, endorphin, body	a. stress
___	2. beat, heart rate, repeated sound	b. piece
___	3. worry, tension, pressure	c. translate
___	4. emotion, feeling, attitude	d. hormone
___	5. drawing, statue, painting	e. release
___	6. change, turn, remake	f. mood
___	7. let go, unleash, free up	g. rhythm

Have your students make sentences about each picture using the words they have learned. Focus on accuracy.

A PREVIEW Look at the title and the photograph. What do you think the blog post is about?

The **Power** of Music



LISTEN TO THE AUDIO CAREFULLY.

8-21

What is the article mainly about?

a. Music can have a powerful effect on our bodies and minds.
b. The best way to relax and have a good time is to listen to music.
c. Slow, quiet music is the only kind of music that can help people who are upset.

Have your Ss listen to the audio and answer the question. Check the answers in class.

Have your Ss scan the text to answer the questions. Check the answers in class.

We all know that music affects our moods. It can make us feel great joy or make us think of our saddest moments. Soft music can calm an upset baby. And singing along to loud music can help someone get rid of stress or anger. But why? Why does music have this powerful effect?

Scientists have learned that music affects both our bodies and brains. Our hearts beat at the same speed as the rhythms we hear. For example, fast music makes our hearts beat faster and slow music makes our hearts beat more slowly. Our brains translate these different heart rates into emotions. So, a loud, fast rock song can make us feel like we have more energy, and a slow, classical violin piece can make us feel calmer and less stressed.

Music also affects the hormones in our bodies. Studies have shown that when we listen to slow, quiet music, our bodies produce fewer stress hormones and more of the hormones that make us feel happy. But it's not only calm, quiet music that makes us feel good. Loud, fast music can move a small part of the ear which then tells the brain to release endorphins. Endorphins can make us feel positive and happy. More endorphins are released at higher volume levels. The louder the music, the higher the level of endorphins.

Other studies have shown that listening to almost any kind of music can help people who suffer from short-term pain, such as a large cut or burn, or from a long-term illness, such as heart disease. Music can help in two ways: It can trigger the release of endorphins which, in addition to making us feel happy, can also reduce our pain levels. And, more simply, it can help us to think about something other than the pain we are feeling. However, scientists do believe that we have to like the music in order for it to have a positive effect.

So, the next time you're sad and you want to feel happy, or you're in pain and you want to feel better, listen to your favorite song. Music really *can* help you feel better. Now *that's* music to your ears!

READ THE ARTICLE. CIRCLE THE ANSWER.

1. Our hearts beat ___ the sounds we hear.
   a. faster than b. slower than c. at the same speed as
2. The brain produces ___ when we listen to slow music.
   a. fewer stress hormones b. more stress hormones c. fewer positive hormones
3. ___ music moves a part of the ear which tells the brain to release endorphins.
   a. Loud and slow b. Loud and fast c. Soft and slow
4. Someone who is in pain should listen to ___ .
   a. their favorite song b. any kind of music c. nothing at all

Have Ss identify the correct meaning. Go over the answer as a class.



C FOCUS ON LANGUAGE Reread lines 20–25 in the article. Think about the words *trigger* and *that's music to your ears*. Then circle the correct answers.

1. In this sentence, the word *trigger* means ___ .
   a. part of a gun b. to make something happen c. to move something with a finger
2. The expression *that's music to your ears* means ___ .
   a. that's a great song b. that's good news c. that's terrible news

WHAT WAS THE ARTICLE ABOUT? RETELL THE MOST IMPORTANT IDEAS. USE YOUR OWN WORDS.

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Have your Ss tell the summary of the text in breakout rooms.


afaq
1. Do you agree or disagree with the author of the article?
2. Did you learn something new? What did you learn?
Have your Ss answer the questions in the breakout rooms.
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READ THE TEXT AND UNDERLINE ANY NEW WORDS YOU DO NOT KNOW.

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AS HOMEWORK USE A DICTIONARY TO LOOK UP THE WORDS AND LEARN THEM.