**DAEU #TOPIC 2 MUSIC / DOCUMENT 2 / The Benefits of Music**

Music is a universal language that connects people all over the world. No matter where you come from, music has the power to bring joy, inspire emotions, and create memories. Listening to music has many benefits for both the mind and body, and **it** plays an important role in our daily lives.

Firstly, music can reduce stress. After a long day, listening to calming music can help you relax and forget about your worries. Many people listen to music while exercising or meditating because it helps **them** focus and feel more positive. **It** is also common to play soft music when trying to sleep because it creates a peaceful atmosphere.

Secondly, music improves mood. When you listen to your favorite song, your brain releases chemicals that make you feel happy. This is why many people use music to boost their mood when they are feeling down. It can be especially helpful during hard times, as it provides comfort and encourages optimism. Whether it’s a slow ballad or a fast dance tune, music has a unique ability to change how we feel.

Another benefit of music is that it can help with learning. Studies have shown that listening to music while studying can improve memory and concentration. In schools, teachers often use songs to teach new vocabulary or important concepts. For example, young children learn the alphabet through a song. Music also helps with language learning, as listening to songs in a foreign language can improve pronunciation and vocabulary.

Moreover, playing music is great for brain development. Learning to play an instrument like the piano or guitar teaches discipline and improves coordination. Musicians often have better memory and problem-solving skills. In addition, playing music with others helps build teamwork and communication skills.

Music also brings people together. Concerts, festivals, and community events are great ways for people to enjoy music as a group. Sharing a love for the same type of music can help create friendships and bring different cultures closer.

Finally, music is a powerful form of expression. It allows people to express their emotions and tell stories. Through songwriting, people can share their experiences, dreams, and feelings. For some, it is a way to express what they cannot say with words alone.

In conclusion, music is much more than just entertainment. It has the ability to reduce stress, improve mood, aid learning, and develop the brain. Whether you listen to **it** or play it, music can bring many positive changes to your life.

Psychologymagazine, 8 December 2023, Adele Smith.

1. **Vocabulary search.**

|  |  |
| --- | --- |
| 1. Quelque soit = NO MATTER 2. Amener = TO BRING 3. Quotidien = DAILY 4. Inquiétudes = WORRIES 5. Pendant que = WHILE 6. Paisible = PEACEFUL 7. Cerveau = BRAIN | 1. Libérer = TO RELEASE 2. Être déprimé = TO FEEL DOWN 3. Que ce soit …= WHETHER 4. Competence = SKILLS 5. Amitié = FRIENDSHIP 6. Puissant = POWERFUL 7. Divertissement = ENTERTAINMENT |

1. **Mark the following statements as True (T) or False (F). Justify by quoiting the text.**
2. Music is only used for entertainment purposes. F / “Music is much more than just entertainment.”
3. Listening to music can help people focus during meditation. T / “meditating because it helps them focus”
4. Music always makes people feel happy, regardless of the song. F/ “it provides comfort”
5. Playing an instrument does not affect coordination skills. F / “Learning to play an instrument … coordination”
6. Many people use music to boost their mood during difficult times.T/ “boost their mood when they are feeling down”
7. Teachers avoid using music in schools to teach concepts. F/ teachers often use songs to teach new vocabulary or important concepts”
8. Listening to music in a foreign language can improve pronunciation.

T/ Listening to songs in a foreign language can improve pronunciation”

1. Concerts and festivals help connect people from different cultures.

T / “sharing a love for the same type of musiccan help create friendships and bring different people closer”

1. **Match the statements with the correct section of the text**:

|  |  |
| --- | --- |
| 1. Music helps children learn the alphabet. b 2. Soft music creates a peaceful atmosphere. c 3. Playing an instrument builds teamwork skills. a 4. Songwriting allows people to share personal experiences. d | a.Playing music b.Music and learning c. Stress reduction d. Expression |

**III. Answer the following questions in English.**

1. How does music help reduce stress after a long day?

Listening to music aften a long day can help reduce stress because thanks to music you can relax, forget your problems and feel better.

1. Why is music considered a powerful form of expression?

Music is considered a powerful form of expression because it allows people to unveil themselves, to say things they wouldn’t normally, to express their personality, to put words on deep feelings, to say what they feel.

1. In what ways can playing an instrument benefit brain development?

Playing an instrument can help in brain development because it permits to develop different skills such as coordination or problem-solving. Besides it helps with memory too.

1. How does listening to music contribute to language learning?

Listening to music contributes to language learning because it develops your vocabulary and it helps you improve your pronunciation in a foreign language.

**IV. Répondez aux questions suivantes en français.**

1. Pourquoi la musique peut-elle améliorer l’humeur d’une personne triste ?

La musique peut rendre heureux, peut changer notre humeur, c’est physiologique, le cerveau libère des endorphines qui améliorent notre état d’esprit.

1. Comment les événements musicaux rapprochent-ils les cultures ?

Les musiques ne sont pas destinées à un seul type de personnes, elles s’adressent à tout le monde, à des groupes ou des cultures différentes qui se retrouvent à partager ces sons. La musique unit.

1. Quels sont les avantages d’écouter de la musique pendant les études ?

Certains étudiants peuvent se concentrer davantage grâce à la musique lorsqu’ils travaillent, certains en ont même besoin et cela peut aussi améliorer leur mémoire.

1. En quoi jouer de la musique aide-t-il à résoudre des problèmes ?

Jouer de la musique peut être une échappatoire, ça peut apporter du réconfort. Ca peut aider à méditer et donc à se sentir mieux, à trouver des solutions à nos problèmes.

**V. Say what the following pronouns refer to.**

a. it / listening to music

b. them / many people

c. it / to play soft music when trying to sleep

d. it / music