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## **Level 1**

# **Hip-hop can help mental illness**

**13th November, 2014**

<http://www.breakingnewsenglish.com/1411/141113-hip-hop-1.html>

## **Contents**

The Reading	2
Vocabulary Matching	3
Listening Gap Fill	4
No Spaces	5
Writing and Speaking	6
Writing	7

Try Level 0 (easier), Level 2 (harder) & the 26–page Level 3 (harder).

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# THE READING

From <http://www.breakingnewsenglish.com/1411/141113-hip-hop-1.html>

Doctors at Cambridge University said hip-hop can help depressed and mentally ill people. 'Hip-hop therapy' uses hip-hop songs to reach out to people with emotional problems. Doctors wrote a report about this in a medical magazine. They said hip-hop music speaks of getting over hardships and big difficulties. Hip-hop talks about being poor, unpopular, and about crime and drugs. These are all problems that can lead to depression and mental illnesses.

The report says hip-hop artists describe their world to be free. There's a message of hope in the lyrics. They describe how they want to live – the cars they want and the people they want to date. They chose five songs. One is by Grandmaster Flash. Another is called 'Juicy' by The Notorious BIG. He tells people they can be successful even if others say they cannot. BIG says teachers told him he would be nothing, but then he became a superstar.

Sources: <http://www.telegraph.co.uk/science/science-news/11221425/Hip-hop-could-help-with-depression-and-mental-illness-says-Cambridge-University.html>  
<http://medicalxpress.com/news/2014-11-hip-psych-aims-tackle-mental.html>

# VOCABULARY MATCHING

From <http://www.breakingnewsenglish.com/1411/141113-hip-hop-1.html>

## PARAGRAPH ONE:

- |                           |                         |
|---------------------------|-------------------------|
| 1. Doctors at             | a. magazine             |
| 2. depressed and mentally | b. out to people        |
| 3. 'Hip-hop               | c. difficulties         |
| 4. songs to reach         | d. to depression        |
| 5. emotional              | e. Cambridge University |
| 6. medical                | f. problems             |
| 7. big                    | g. ill people           |
| 8. problems that can lead | h. therapy'             |

## PARAGRAPH TWO:

- |                             |                     |
|-----------------------------|---------------------|
| 1. hip-hop                  | a. they cannot      |
| 2. a message                | b. would be nothing |
| 3. They describe how        | c. want             |
| 4. the cars they            | d. artists          |
| 5. He tells people they can | e. a superstar      |
| 6. even if others say       | f. want to be live  |
| 7. teachers told him he     | g. of hope          |
| 8. he became                | h. be successful    |

# LISTEN AND FILL IN THE GAPS

From <http://www.breakingnewsenglish.com/1411/141113-hip-hop-1.html>

Doctors at Cambridge University (1) \_\_\_\_\_  
depressed and (2) \_\_\_\_\_. 'Hip-hop therapy'  
uses hip-hop songs to (3) \_\_\_\_\_ with emotional  
problems. Doctors wrote a report about this in a medical  
magazine. They said hip-hop (4) \_\_\_\_\_ getting  
over hardships and big difficulties. Hip-hop talks about being  
poor, unpopular, and (5) \_\_\_\_\_. These are all  
problems that can lead to depression (6) \_\_\_\_\_.

The report says hip-hop artists (7) \_\_\_\_\_ to be  
free. There's a message (8) \_\_\_\_\_. They  
describe how they want to live – the cars they want and the  
people (9) \_\_\_\_\_. They chose five songs. One is  
by Grandmaster Flash. (10) \_\_\_\_\_ 'Juicy' by  
The Notorious BIG. He tells people they  
(11) \_\_\_\_\_ even if others say they cannot. BIG  
says teachers told him he would be nothing,  
(12) \_\_\_\_\_ a superstar.

# PUT A SLASH ( / ) WHERE THE SPACES ARE

From <http://www.breakingnewsenglish.com/1411/141113-hip-hop-1.html>

Doctors at Cambridge University said hip-hop can help depressed and mentally ill people. 'Hip-hop therapy' uses hip-hop songs to reach out to people with emotional problems. Doctors wrote a report about this in a medical magazine. They said hip-hop music speaks to people getting over hardships and big difficulties. Hip-hop talks about being poor, unpopular, and about crime and drugs. These are all problems that can lead to depression and mental illnesses. The report says hip-hop artists describe their world to be free. There's a message of hope in the lyrics. They describe how they want to live – the cars they want and the people they want to date. They chose five songs. One is by Grandmaster Flash. Another is called 'Juicy' by The Notorious B.I.G. He tells people they can be successful even if others say they cannot. B.I.G. says a teacher told him he would be nothing, but then he became a superstar.

## WRITE QUESTIONS & ASK YOUR PARTNER(S)

Student A: Do not show these to your speaking partner(s).

a)

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b)

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c)

---

d)

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e)

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f)

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g)

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h)

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*Hip-hop can help mental illness - 13th November, 2014*  
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## WRITE QUESTIONS & ASK YOUR PARTNER(S)

Student B: Do not show these to your speaking partner(s).

a)

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b)

---

c)

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d)

---

e)

---

f)

---

g)

---

h)

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