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Level 5

Singing in groups could make you happier

24th December, 2017

<https://breakingnewsenglish.com/1712/171224-singing-5.html>

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Please try Levels 4 and 6. They are (a little) harder.

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THE READING

From <https://breakingnewsenglish.com/1712/171224-singing-5.html>

Singing in groups could reduce anxiety and depression. New research from the University of East Anglia in the UK, in collaboration with a community singing group called Sing Your Heart Out, examined how singing with other people affected mental health. Researchers followed participants who attended free weekly singing workshops for six months. They found that singing in groups helped people recover from mental illness. Researchers said it helped people feel valued, lifted their mood, and increased their confidence, social skills and feeling of well-being.

Researcher professor Tom Shakespeare said singing as part of a group contributed to people's recovery from mental health problems. He said: "All of the participants we spoke to reported positive effects on their mental health as a direct result of taking part in the singing workshops. For some...it stood out as key to their recovery or maintenance of health." Professor Shakespeare explained that some participants called the workshops a life saver and that they saved their sanity. He said: "The key thing for everyone was [the workshops] induced fun and happiness."

Sources: <https://medicalxpress.com/news/2017-12-groups-happier.html>
<http://www.bbc.com/news/health-42431430>
<https://www.syho.org>

PHRASE MATCHING

From <https://breakingnewsenglish.com/1712/171224-singing-5.html>

PARAGRAPH ONE:

- | | |
|--------------------------|------------------------|
| 1. reduce | a. from mental illness |
| 2. in collaboration | b. skills |
| 3. singing | c. anxiety |
| 4. attended free weekly | d. being |
| 5. helped people recover | e. with a community |
| 6. lifted their | f. singing workshops |
| 7. social | g. mood |
| 8. feeling of well- | h. with other people |

PARAGRAPH TWO:

- | | |
|----------------------------|-----------------------|
| 1. singing as | a. to their recovery |
| 2. All of the participants | b. thing for everyone |
| 3. positive | c. we spoke to |
| 4. a direct result | d. fun and happiness |
| 5. it stood out as key | e. effects |
| 6. they saved their | f. of taking part |
| 7. The key | g. part of a group |
| 8. induced | h. sanity |

LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/1712/171224-singing-5.html>

Singing in groups could (1) _____ and depression. New research from the University of East Anglia in the UK, (2) _____ with a community singing group called Sing Your Heart Out, examined how singing with other people (3) _____ health. Researchers followed participants who attended free weekly singing (4) _____ six months. They found that singing in groups helped people (5) _____ mental illness. Researchers said it helped people feel valued, lifted their mood, and increased their confidence, social skills and feeling (6) _____.

Researcher professor Tom Shakespeare said (7) _____ of a group contributed to people's (8) _____ mental health problems. He said: "All of the participants (9) _____ reported positive effects on their mental health as a direct result of taking part in the singing workshops. For some...it stood (10) _____ to their recovery or maintenance of health." Professor Shakespeare explained that some participants called the workshops (11) _____ and that they saved their sanity. He said: "The key thing for everyone was [the workshops] (12) _____ and happiness."

PUT A SLASH (/) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/1712/171224-singing-5.html>

Singing groups could reduce anxiety and depression. New research from the University of East Anglia in the UK, in collaboration with a community singing group called Sing Your Heart Out, examined how singing with other people affected mental health. Researchers followed participants who attended free weekly singing workshops for six months. They found that singing in a group helped people recover from mental illness. Researchers said it helped people feel valued, lifted their mood, and increased their confidence, social skills and feeling of well-being. Researcher professor Tom Shakespeare said singing as part of a group contributed to people's recovery from mental health problems. He said: "All of the participants who spoke reported positive effects on their mental health as a direct result of taking part in the singing workshops. For some... it stood out as key to their recovery or maintenance of health." Professor Shakespeare explained that some participants called the workshops a lifesaver and that they saved their sanity. He said: "The key thing for everyone was [the workshops] induced fun and happiness."

SINGING SURVEY

From <https://breakingnewsenglish.com/1712/171224-singing-4.html>

Write five GOOD questions about singing in the table. Do this in pairs. Each student must write the questions on his / her own paper. When you have finished, interview other students. Write down their answers.

| | STUDENT 1 _____ | STUDENT 2 _____ | STUDENT 3 _____ |
|------|--------------------|--------------------|--------------------|
| Q.1. | | | |
| Q.2. | | | |
| Q.3. | | | |
| Q.4. | | | |
| Q.5. | | | |

- Now return to your original partner and share and talk about what you found out. Change partners often.
- Make mini-presentations to other groups on your findings.

WRITE QUESTIONS & ASK YOUR PARTNER(S)

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

a) _____

b) _____

c) _____

d) _____

e) _____

f) _____

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WRITE QUESTIONS & ASK YOUR PARTNER(S)

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

a) _____

b) _____

c) _____

d) _____

e) _____

f) _____

