

# Breaking News English.com

Ready-to-Use English Lessons by Sean Banville

**"1,000 IDEAS & ACTIVITIES  
FOR LANGUAGE TEACHERS"**

[breakingnewsenglish.com/book.html](http://breakingnewsenglish.com/book.html)

**Thousands more free lessons  
from Sean's other websites**

[www.freeeslmaterials.com/sean\\_banville\\_lessons.html](http://www.freeeslmaterials.com/sean_banville_lessons.html)

## Level 4

### Singing in groups could make you happier

24th December, 2017

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

## Contents

The Reading	2
Phrase Matching	3
Listening Gap Fill	4
No Spaces	5
Survey	6
Writing and Speaking	7
Writing	8

Please try Levels 5 and 6. They are (a little) harder.

Twitter



[twitter.com/SeanBanville](https://twitter.com/SeanBanville)

Facebook



[www.facebook.com/pages/BreakingNewsEnglish/155625444452176](https://www.facebook.com/pages/BreakingNewsEnglish/155625444452176)

Google +



<https://plus.google.com/+SeanBanville>

# THE READING

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

Singing in groups could lower anxiety and depression. New research from a university in the UK and a community singing group called Sing Your Heart Out, looked at how singing in groups helped mental health. Researchers followed participants in free weekly singing workshops for six months. They found that singing in groups helped people recover from mental illness. It also helped people feel valued, lifted their mood, and increased their confidence.

The lead researcher said singing in a group helped people recover from mental health problems. He said participants reported positive effects on their mental health because of singing in the workshops. For some people, it was a key part of their recovery and well-being. The researcher said 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-4.html>

## PARAGRAPH ONE:

- |                               |                         |
|-------------------------------|-------------------------|
| 1. lower anxiety              | a. their mood           |
| 2. a community singing        | b. from mental illness  |
| 3. how singing in groups      | c. group                |
| 4. free weekly                | d. confidence           |
| 5. helped people recover      | e. and depression       |
| 6. It also helped people feel | f. singing workshops    |
| 7. lifted                     | g. valued               |
| 8. increased their            | h. helped mental health |

## PARAGRAPH TWO:

- |  |                      |
|--|----------------------|
| 1. the lead                            | a. life saver        |
| 2. helped people                       | b. and happiness     |
| 3. positive effects on their           | c. recover           |
| 4. a key part                          | d. for everyone      |
| 5. participants called the workshops a | e. mental health     |
| 6. they saved their                    | f. researcher        |
| 7. The key thing                       | g. of their recovery |
| 8. induced fun                         | h. sanity            |

# LISTEN AND FILL IN THE GAPS

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

Singing in groups (1) \_\_\_\_\_ anxiety and depression. New (2) \_\_\_\_\_ a university in the UK and a community singing group called Sing Your Heart Out, looked (3) \_\_\_\_\_ in groups helped mental health. Researchers followed participants in free (4) \_\_\_\_\_ workshops for six months. They found that singing in groups helped people (5) \_\_\_\_\_ mental illness. It also helped people feel valued, (6) \_\_\_\_\_, and increased their confidence.

The lead researcher said singing (7) \_\_\_\_\_ helped people recover from mental health problems. He said participants reported positive (8) \_\_\_\_\_ their mental health because of singing in the workshops. For some people, it was (9) \_\_\_\_\_ of their recovery (10) \_\_\_\_\_. The researcher said some participants called the workshops a life saver and that they (11) \_\_\_\_\_. He said: "The key thing for everyone was [the workshops] (12) \_\_\_\_\_ happiness."

# PUT A SLASH ( / ) WHERE THE SPACES ARE

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

Singing groups could lower anxiety and depression. New research from a university in the UK and a community singing group called Sing Your Heart Out, looked at how singing groups helped mental health. Researchers followed participants in free weekly singing workshops for six months. They found that singing groups helped people recover from mental illness. It also helped people feel valued, lifted their mood, and increased their confidence. The lead researcher said singing in a group helped people recover from mental health problems. He said participants reported positive effects on their mental health because of singing in the workshops. For some people, it was a key part of their recovery and well-being. The researcher said 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) \_\_\_\_\_

*Singing in groups could make you happier – 24th December, 2017*  
More free lessons at [breakingnewsenglish.com](http://breakingnewsenglish.com)

---

## WRITE QUESTIONS & ASK YOUR PARTNER(S)

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

a) \_\_\_\_\_

b) \_\_\_\_\_

c) \_\_\_\_\_

d) \_\_\_\_\_

e) \_\_\_\_\_

f) \_\_\_\_\_

