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Level 6

Singing in groups could make you happier

24th December, 2017

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

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Please try Levels 4 and 5 (they are easier).

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THE ARTICLE

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

Researchers have found that singing in groups could have positive effects on reducing anxiety and depression. The research is from the University of East Anglia in the UK, in collaboration with a community singing group called Sing Your Heart Out. A research team conducted the study to examine how singing with other people affects mental health. Researchers followed a group of participants who attended free weekly singing workshops for six months. They discovered that singing in groups was an essential part in helping people recover from mental illness. In addition, it helped people feel valued, enhanced their mood and increased their confidence, social skills and feeling of well-being.

Lead researcher, professor Tom Shakespeare, said: "We found that singing as part of a group contributes to people's recovery from mental health problems." He added that: "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 represented one component of a wider programme of support. For others, it stood out as key to their recovery or maintenance of health." Professor Shakespeare explained: "We heard the participants calling the initiative a life saver and that it saved their sanity." He said: "The key thing for everyone was that the Sing Your Heart Out model 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>

WARM-UPS

1. SINGING: Students walk around the class and talk to other students about singing. Change partners often and share your findings.

2. CHAT: In pairs / groups, talk about these topics or words from the article. What will the article say about them? What can you say about these words and your life?

singing / positive / anxiety / depression / community / mental health / workshops / recovery / component / programme / maintenance / health / initiative / happiness

Have a chat about the topics you liked. Change topics and partners frequently.

3. SINGING GROUPS: Students A **strongly** believe everyone should belong to a singing club; Students B **strongly** believe they shouldn't. Change partners again and talk about your conversations.

4. SINGING: How would group singing in these situations help society? Would you take part? Complete this table with your partner(s). Change partners often and share what you wrote.

	How would it help?	Would you do it?
On a bus		
English lessons		
In a supermarket		
In a hospital		
In a movie theatre		
At a train station		

5. HAPPY: Spend one minute writing down all of the different words you associate with the word "happy". Share your words with your partner(s) and talk about them. Together, put the words into different categories.

6. HAPPINESS: Rank these with your partner. Put the best things to make you happy at the top. Change partners often and share your rankings.

- singing
- sleeping
- bathing
- exercising
- watching TV
- eating
- reading
- speaking English

VOCABULARY MATCHING

Paragraph 1

- | | |
|------------------|---|
| 1. anxiety | a. The action of working with someone to produce or create something. |
| 2. collaboration | b. A person who takes part in something. |
| 3. conducted | c. Considered to be important or beneficial. |
| 4. participants | d. Organized and carried out. |
| 5. essential | e. Return to a normal state of health, mind, or strength. |
| 6. recover | f. A feeling of worry or nervousness, usually about an upcoming event or something with an uncertain outcome. |
| 7. valued | g. Absolutely necessary; extremely important. |

Paragraph 2

- | | |
|----------------|---|
| 8. contributes | h. Without anything else getting in the way. |
| 9. direct | i. Meetings at which a group of people take part in discussions and activities. |
| 10. workshops | j. Produced or brought about something or brought about a behaviour. |
| 11. component | k. An act or strategy to find an answer to a difficulty or improve a situation. |
| 12. initiative | l. A part or element of a larger whole. |
| 13. sanity | m. Helps to cause or bring about. |
| 14. induced | n. The ability to think and behave in a normal and rational manner; normal mental health. |

BEFORE READING / LISTENING

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

1. TRUE / FALSE: Read the headline. Guess if a-h below are true (T) or false (F).

- a. Singing in groups could reduce anxiety but increase depression. **T / F**
- b. A community singing programme helped with the research. **T / F**
- c. Researchers spent six years following people who sang together. **T / F**
- d. The article said people thought the singing group was not valued. **T / F**
- e. The lead researcher said all participants reported positive benefits. **T / F**
- f. The singing was the most important part of everyone's recovery. **T / F**
- g. Some participants said the singing workshops were a life saver. **T / F**
- h. The researcher said the workshops created happiness and fun. **T / F**

2. SYNONYM MATCH:

Match the following synonyms. The words in **bold** are from the news article.

- | | |
|---------------------|------------------|
| 1. positive | a. recuperation |
| 2. anxiety | b. took part in |
| 3. conducted | c. brought about |
| 4. attended | d. worry |
| 5. enhanced | e. part |
| 6. recovery | f. start |
| 7. result | g. favorable |
| 8. component | h. increased |
| 9. initiate | i. consequence |
| 10. induced | j. organized |

3. PHRASE MATCH: (Sometimes more than one choice is possible.)

- | | |
|--|----------------------------|
| 1. could have positive effects | a. for everyone |
| 2. in collaboration | b. affects mental health |
| 3. singing with other people | c. initiative a life saver |
| 4. free weekly | d. mood |
| 5. enhanced their | e. and happiness |
| 6. one component of a wider | f. on reducing anxiety |
| 7. it stood out as | g. programme |
| 8. We heard the participants calling the | h. singing workshops |
| 9. The key thing | i. with |
| 10. induced fun | j. key to their recovery |

GAP FILL

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

Researchers have found that singing in groups could have positive effects on (1) _____ anxiety and depression. The research is from the University of East Anglia in the UK, in (2) _____ with a community singing group called Sing Your Heart Out. A research team (3) _____ the study to examine how singing with other people (4) _____ mental health. Researchers followed a group of participants who attended free (5) _____ singing workshops for six months. They discovered that singing in groups was an (6) _____ part in helping people recover from mental illness. In addition, it helped people feel (7) _____, enhanced their mood and increased their confidence, social skills and feeling of well-(8) _____.

affects
reducing
being
collaboration
essential
valued
conducted
weekly

Lead researcher, professor Tom Shakespeare, said: "We found that singing as part of a group (9) _____ to people's recovery from mental health problems." He added that: "All of the participants we spoke to (10) _____ positive effects on their mental health as a direct (11) _____ of taking part in the singing workshops. For some, it represented one component of a (12) _____ programme of support. For others, it stood out as key to their recovery or (13) _____ of health." Professor Shakespeare explained: "We heard the participants calling the (14) _____ a life saver and that it saved their (15) _____." He said: "The key thing for everyone was that the Sing Your Heart Out model induced (16) _____ and happiness."

initiative
reported
wider
fun
contributes
sanity
result
maintenance

LISTENING – Guess the answers. Listen to check.

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

- 1) singing in groups could have positive effects _____ anxiety
 - a. an reducing
 - b. on reducing
 - c. un-reducing
 - d. as reducing
- 2) the University of East Anglia in the UK, in collaboration with a community _____
 - a. singing grouping
 - b. singing grouped
 - c. singing group
 - d. singing groupie
- 3) conducted the study to examine how singing with other people _____ health
 - a. effects mental
 - b. affects mental
 - c. reflects mental
 - d. infects mental
- 4) They discovered that singing in groups was an essential _____ people
 - a. parting helping
 - b. party in helping
 - c. par tin helping
 - d. part in helping
- 5) enhanced their mood and increased their confidence, social skills _____ well-being
 - a. and feeling of
 - b. end feeling of
 - c. and feel in of
 - d. end fee line of
- 6) We found that singing as part of a group contributes _____
 - a. at people's recovery
 - b. of people's recovery
 - c. to people's recovery
 - d. through people's recovery
- 7) He added that: "All of the participants we spoke to _____ effects"
 - a. report it positive
 - b. re-port it positive
 - c. report add positive
 - d. reported positive
- 8) For some, it represented one component of a wider programme _____
 - a. off support
 - b. of support
 - c. of supplant
 - d. off supplant
- 9) Shakespeare explained: "We heard the participants calling the _____ saver"
 - a. initiate live a life
 - b. initial tiff a life
 - c. initiative a life
 - d. initial of life
- 10) He said: "The key thing for everyone was that the Sing Your Heart Out model _____"
 - a. in deuced fun
 - b. in dust fun
 - c. industry fun
 - d. induced fun

LISTENING – Listen and fill in the gaps

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

Researchers have found (1) _____ groups could have positive effects on (2) _____ and depression. The research is from the University of East Anglia in the UK, (3) _____ with a community singing group called Sing Your Heart Out. A research team conducted the study (4) _____ singing with other people affects mental health. Researchers followed a group of participants who attended free weekly singing workshops for six months. They discovered that singing in groups (5) _____ part in helping people recover from mental illness. In addition, it helped people feel valued, enhanced (6) _____ increased their confidence, social skills and feeling of well-being.

Lead researcher, professor Tom Shakespeare, said: "We found that singing (7) _____ a group contributes to people's recovery from mental health problems." He added that: "All of the participants we spoke to reported (8) _____ their mental health as a (9) _____ taking part in the singing workshops. For some, it represented one component of a wider programme of support. For others, it stood out (10) _____ their recovery or maintenance of health." Professor Shakespeare explained: "We heard the participants calling (11) _____ life saver and that it saved their sanity." He said: "The key thing (12) _____ that the Sing Your Heart Out model induced fun and happiness."

COMPREHENSION QUESTIONS

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

1. What two mental health conditions could singing in groups reduce?
2. What kind of group did a university collaborate with?
3. How much did the weekly singing workshops cost?
4. For how long did people attend the workshops?
5. What did the article say the singing workshops enhanced?
6. Who is Tom Shakespeare?
7. How many of the participants reported positive effects?
8. Where were the workshops a component of in some people's recovery?
9. What were the workshops a key to for some participants?
10. What two things did the Sing Your Heart Out model induce?

MULTIPLE CHOICE - QUIZ

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

- 1) What two mental health conditions could singing in groups reduce?
 - a) blackouts and fainting fits
 - b) migraines and polar disorder
 - c) stress and headaches
 - d) anxiety and depression
- 2) What kind of group did a university collaborate with?
 - a) a rock group
 - b) a community singing group
 - c) a mental health organization
 - d) a small group
- 3) How much did the weekly singing workshops cost?
 - a) \$100
 - b) \$200
 - c) \$10
 - d) nothing
- 4) For how long did people attend the workshops?
 - a) 2 months
 - b) 4 months
 - c) 6 months
 - d) 8 months
- 5) What did the article say the singing workshops enhanced?
 - a) music knowledge
 - b) vocal chords
 - c) voice quality
 - d) mood
- 6) Who is Tom Shakespeare?
 - a) William's brother
 - b) a singer
 - c) the lead researcher
 - d) a mental health patient
- 7) How many of the participants reported positive effects?
 - a) all of them
 - b) 90% of them
 - c) three-quarters of them
 - d) half of them
- 8) Where were the workshops a component of in some people's recovery?
 - a) in the back of their head
 - b) London
 - c) in their support programme
 - d) in medicine
- 9) What were the workshops a key to for some participants?
 - a) a crossword puzzle
 - b) recovery
 - c) their inner mind
 - d) life
- 10) What two things did the Sing Your Heart Out model induce?
 - a) fun and happiness
 - b) good and bad
 - c) laughter and tears
 - d) opera and rock

ROLE PLAY

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

Role A – Singing

You think singing is the thing that makes you happy most. Tell the others three reasons why. Tell them why their things don't make you as happy. Also, tell the others which of these make you happy the least (and why): sleeping, eating or speaking English.

Role B – Sleeping

You think sleeping is the thing that makes you happy most. Tell the others three reasons why. Tell them why their things don't make you as happy. Also, tell the others which of these make you happy the least (and why): singing, eating or speaking English.

Role C – Eating

You think eating is the thing that makes you happy most. Tell the others three reasons why. Tell them why their things don't make you as happy. Also, tell the others which of these make you happy the least (and why): sleeping, singing or speaking English.

Role D – Speaking English

You think speaking English is the thing that makes you happy most. Tell the others three reasons why. Tell them why their things don't make you as happy. Also, tell the others which of these make you happy the least (and why): sleeping, eating or singing.

AFTER READING / LISTENING

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

1. WORD SEARCH: Look in your dictionary / computer to find collocates, other meanings, information, synonyms ... for the words 'sing' and 'happy'.

sing	happy
-------------	--------------

- Share your findings with your partners.
- Make questions using the words you found.
- Ask your partner / group your questions.

2. ARTICLE QUESTIONS: Look back at the article and write down some questions you would like to ask the class about the text.

- Share your questions with other classmates / groups.
- Ask your partner / group your questions.

3. GAP FILL: In pairs / groups, compare your answers to this exercise. Check your answers. Talk about the words from the activity. Were they new, interesting, worth learning...?

4. VOCABULARY: Circle any words you do not understand. In groups, pool unknown words and use dictionaries to find their meanings.

5. TEST EACH OTHER: Look at the words below. With your partner, try to recall how they were used in the text:

<ul style="list-style-type: none">• positive• community• study• six• addition• social	<ul style="list-style-type: none">• lead• all• some• others• life• fun
--	---

SINGING SURVEY

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

SINGING DISCUSSION

STUDENT A's QUESTIONS (Do not show these to student B)

1. What did you think when you read the headline?
2. What images are in your mind when you hear the word 'sing'?
3. What do you think of singing?
4. What do you think of your singing voice?
5. What do you think of karaoke?
6. How does singing make you feel?
7. Where and when do you sing?
8. What do you think of the community singing group?
9. How might singing improve our mental health?
10. Who is your favourite singer, and why?

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SINGING DISCUSSION

STUDENT B's QUESTIONS (Do not show these to student A)

11. Did you like reading this article? Why/not?
12. What do you think of when you hear the word 'song'?
13. What do you think about what you read?
14. How much do you like singing?
15. How does singing change your mood?
16. Why do we sing?
17. When might singing make you unhappy?
18. Would you like to be lead singer in a band?
19. What kinds of songs do you like to sing?
20. What questions would you like to ask the researchers?

DISCUSSION (Write your own questions)

STUDENT A's QUESTIONS (Do not show these to student B)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

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DISCUSSION (Write your own questions)

STUDENT B's QUESTIONS (Do not show these to student A)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

LANGUAGE - CLOZE

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

Researchers have found that singing in groups could have (1) ____ effects on reducing anxiety and depression. The research is from the University of East Anglia in the UK, in collaboration (2) ____ a community singing group called Sing Your Heart Out. A research team conducted the study to examine (3) ____ singing with other people affects mental health. Researchers followed a group of participants who attended free (4) ____ singing workshops for six months. They discovered that singing in groups was an essential part (5) ____ helping people recover from mental illness. In addition, it helped people feel valued, enhanced their (6) ____ and increased their confidence, social skills and feeling of well-being.

Lead researcher, professor Tom Shakespeare, said: "We found that singing as part of a group contributes to people's (7) ____ from mental health problems." He added that: "All of the participants we spoke to reported positive effects on their mental health as a (8) ____ result of taking part in the singing workshops. For some, it represented one (9) ____ of a wider programme of support. For others, it stood out as (10) ____ to their recovery or maintenance of health." Professor Shakespeare explained: "We heard the participants calling the (11) ____ a life saver and that it saved their sanity." He said: "The key thing for everyone was that the Sing Your Heart Out model (12) ____ fun and happiness."

Put the correct words from the table below in the above article.

- | | | | | |
|-----|----------------|----------------|----------------|---------------|
| 1. | (a) positively | (b) posit | (c) posits | (d) positive |
| 2. | (a) on | (b) by | (c) of | (d) with |
| 3. | (a) what | (b) how | (c) however | (d) howsoever |
| 4. | (a) week | (b) weeks | (c) weekly | (d) weeklies |
| 5. | (a) by | (b) on | (c) in | (d) as |
| 6. | (a) mood | (b) moody | (c) mode | (d) mod |
| 7. | (a) recoverers | (b) recover | (c) recovers | (d) recovered |
| 8. | (a) direct | (b) directed | (c) directly | (d) direction |
| 9. | (a) combatant | (b) component | (c) competence | (d) combined |
| 10. | (a) quay | (b) krill | (c) key | (d) knee |
| 11. | (a) Inuit | (b) initialize | (c) initiative | (d) initial |
| 12. | (a) abducted | (b) seduced | (c) deduced | (d) induced |

SPELLING

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

Paragraph 1

1. positive effects on reducing teayxin
2. in booaitrlcolan with
3. a group of racintastppi
4. an sstleinae part in helping people
5. hnencaed their mood
6. increased their dfecnnocie

Paragraph 2

7. singing as part of a group cetnsrbuiot
8. voeceryr from mental health problems
9. it represented one pntenocom
10. calling the aniiviitet a life saver
11. it saved their itsyan
12. idunedc fun and happiness

PUT THE TEXT BACK TOGETHER

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

Number these lines in the correct order.

- (**1**) Researchers have found that singing in groups could have positive effects on reducing anxiety
- () weekly singing workshops for six months. They discovered that singing in groups was an essential
- () singing group called Sing Your Heart Out. A research team conducted the study to examine how singing
- () or maintenance of health." Professor Shakespeare explained: "We heard the participants calling the
- () Lead researcher, professor Tom Shakespeare, said: "We found that singing as part of a group contributes
- () initiative a life saver and that it saved their sanity." He said: "The key thing for
- () and depression. The research is from the University of East Anglia in the UK, in collaboration with a community
- () part in helping people recover from mental illness. In addition, it helped people feel valued, enhanced their
- () to people's recovery from mental health problems." He added that: "All of the participants we spoke to reported positive
- () everyone was that the Sing Your Heart Out model induced fun and happiness."
- () with other people affects mental health. Researchers followed a group of participants who attended free
- () effects on their mental health as a direct result of taking part in the singing workshops. For some, it represented
- () one component of a wider programme of support. For others, it stood out as key to their recovery
- () mood and increased their confidence, social skills and feeling of well-being.

PUT THE WORDS IN THE RIGHT ORDER

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

1. effects could Singing have in positive groups .
2. singing with group a In community collaboration .
3. other How singing with affects mental health people .
4. Participants singing free who workshops attended weekly .
5. essential in people An part helping recover .
6. group people's contributes recovery to Part of a .
7. effects positive reported to spoke we participants The .
8. of component One support of programme wider a .
9. as out stood It recovery their to key .
10. the the life Heard calling a saver participants initiative - .

CIRCLE THE CORRECT WORD (20 PAIRS)

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

Researchers have found that singing in groups could have positive *affects* / *effects* on reducing anxiety and *depressive* / *depression*. The research is from the University of East Anglia in the UK, in *collaboration* / *collaborative* with a community *singing* / *sing* group called Sing Your Heart Out. A research team conducted the study to examine *what* / *how* singing with other people affects mental health. Researchers followed a group of participants *what* / *who* attended free *weekly* / *week* singing workshops for six months. They discovered that singing in groups was an *essence* / *essential* part in helping people recover from mental illness. *In* / *On* addition, it helped people feel valued, enhanced their *mood* / *moody* and increased their confidence, social skills and feeling of well-being.

Lead researcher, professor Tom Shakespeare, said: "We found that singing *as* / *was* part of a group contributes to people's *recover* / *recovery* from mental health problems." He added that: "All of the participants we spoke to reported *positively* / *positive* effects on their mental health as a *direction* / *direct* result of taking part *on* / *in* the singing workshops. For some, it represented one *competent* / *component* of a wider programme of support. For others, it stood out as key to their *recover* / *recovery* or maintenance of health." Professor Shakespeare explained: "We heard the participants calling the initiative a life *saver* / *server* and that it saved their *sane* / *sanity*." He said: "The key thing for everyone was that the Sing Your Heart Out model induced *fun* / *funny* and happiness."

Talk about the connection between each pair of words in italics, and why the correct word is correct.

INSERT THE VOWELS (a, e, i, o, u)

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

R_s__rch_rs h_v_ f__nd th_t s_ng_ng _n gr__ps c__ld
h_v_ p_s_t_v_ _ff_cts _n r_d_c_ng _nx__ty _nd
d_pr_ss__n. Th_ r_s__rch _s fr_m th_ _n_v_rs_ty _f
__st _ngl__ _n th_ _K, _n c_ll_b_r_t__n w_th _
c_mm_n_ty s_ng_ng gr__p c_ll_d S_ng Y__r H__rt __t.
_r_s__rch t__m c_nd_ct_d th_ st_dy t_ _x_m_n_ h_w
s_ng_ng w_th _th_r p__pl_ _ff_cts m_nt_l h__lth.
R_s__rch_rs f_ll_w_d _ gr__p _f p_rt_c_p_nts wh_
_tt_nd_d fr__ w__kly s_ng_ng w_rksh_ps f_r s_x
m_nths. Th_y d_sc_v_r_d th_t s_ng_ng _n gr__ps w_s
_n _ss_nt__l p_rt _n h_lp_ng p__pl_ r_c_v_r fr_m
m_nt_l _lln_ss. _n _dd_t__n, _t h_lp_d p__pl_ f__l
v_l__d, _nh_nc_d th__r m__d _nd _ncr__s_d th__r
c_nf_d_nc_, s_c__l sk_lls _nd f__l_ng _f w_ll-b__ng.

L__d r_s__rch_r, pr_f_ss_r T_m Sh_k_sp__r_, s__d:
"W_ f__nd th_t s_ng_ng _s p_rt _f _ gr__p c_ntr_b_t_s
t_ p__pl_'s r_c_v_ry fr_m m_nt_l h__lth pr_bl_ms." H_
_dd_d th_t: "_ll _f th_ p_rt_c_p_nts w_ sp_k_ t_
r_p_rt_d p_s_t_v_ _ff_cts _n th__r m_nt_l h__lth _s _
d_r_ct_r_s_lt _f t_k_ng p_rt _n th_ s_ng_ng w_rksh_ps.
F_r s_m_, _t r_pr_s_nt_d _n_ c_m_p_n_nt _f _ w_d_r
pr_gr_mm_ _f s_pp_rt. F_r _th_rs, _t st__d __t _s_k_y
t_ th__r r_c_v_ry _r m__nt_n_nc_ _f h__lth." Pr_f_ss_r
Sh_k_sp__r_ _xpl__n_d: "W_ h__rd th_ p_rt_c_p_nts
c_ll_ng th_ _n_t__t_v_ _l_f_s_v_r _nd th_t _t_s_v_d
th__r s_n_ty." H_ s__d: "Th_ k_y th_ng f_r _v_ry_n_
w_s th_t th_ S_ng Y__r H__rt __t m_d_l _nd_c_d f_n
_nd h_pp_n_ss."

PUNCTUATE THE TEXT AND ADD CAPITALS

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

researchers have found that singing in groups could have positive effects on reducing anxiety and depression the research is from the university of east anglia in the uk in collaboration with a community singing group called sing your heart out a research team conducted the study to examine how singing with other people affects mental health researchers followed a group of participants who attended free weekly singing workshops for six months they discovered that singing in groups was an essential part in helping people recover from mental illness in addition it helped people feel valued enhanced their mood and increased their confidence social skills and feeling of well-being

lead researcher professor tom shakespeare said "we found that singing as part of a group contributes to people's recovery from mental health problems" he added that "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 represented one component of a wider programme of support for others it stood out as key to their recovery or maintenance of health" professor shakespeare explained "we heard the participants calling the initiative a life saver and that it saved their sanity" he said "the key thing for everyone was that the sing your heart out model induced fun and happiness"

PUT A SLASH (/) WHERE THE SPACES ARE

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

Researchers have found that singing in groups could have a positive effect on reducing anxiety and depression. The research is from the University of East Anglia in the UK, in collaboration with a community singing group called Sing Your Heart Out. A research team conducted the study to examine how singing with other people affects mental health. Researchers followed a group of participants who attended free weekly singing workshops for six months. They discovered that singing in groups was an essential part in helping people recover from mental illness. In addition, it helped people feel valued, enhanced their mood and increased their confidence, social skills and feeling of well-being. Lead researcher, professor Tom Shakespeare, said: "We found that singing as part of a group contributes to people's recovery from mental health problems." He added that: "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 represented one component of a wider programme of support. For others, it stood out as key to their recovery or maintenance of health." Professor Shakespeare explained: "We heard the participants calling the initiative a lifeline and that it saved their sanity." He said: "The key thing for everyone was that the Sing Your Heart Out model induced fun and happiness."

FREE WRITING

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

Write about **singing** for 10 minutes. Comment on your partner's paper.

ACADEMIC WRITING

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

We should all sing in groups every day. Do you agree? What are the pros and cons of this?

HOMework

1. VOCABULARY EXTENSION: Choose several of the words from the text. Use a dictionary or Google's search field (or another search engine) to build up more associations / collocations of each word.

2. INTERNET: Search the Internet and find out more about this news story. Share what you discover with your partner(s) in the next lesson.

3. SINGING: Make a poster about singing. Show your work to your classmates in the next lesson. Did you all have similar things?

4. SINGING IN GROUPS: Write a magazine article about singing in groups every day. Include imaginary interviews with people who are for and against it.

Read what you wrote to your classmates in the next lesson. Write down any new words and expressions you hear from your partner(s).

5. WHAT HAPPENED NEXT? Write a newspaper article about the next stage in this news story. Read what you wrote to your classmates in the next lesson. Give each other feedback on your articles.

6. LETTER: Write a letter to an expert on singing. Ask him/her three questions about it. Give him/her three of your ideas on where and how we can sing more in groups. Read your letter to your partner(s) in your next lesson. Your partner(s) will answer your questions.

ANSWERS

VOCABULARY (p.4)

1. f 2. a 3. d 4. b 5. g 6. e 7. c
8. m 9. h 10. i 11. l 12. k 13. n 14. j

TRUE / FALSE (p.5)

- a F b T c F d F e T f F g T h T

SYNONYM MATCH (p.5)

- | | |
|--------------|------------------|
| 1. positive | a. favorable |
| 2. anxiety | b. worry |
| 3. conducted | c. organized |
| 4. attended | d. took part in |
| 5. enhanced | e. increased |
| 6. recovery | f. recuperation |
| 7. result | g. consequence |
| 8. component | h. part |
| 9. initiate | i. start |
| 10. induced | j. brought about |

COMPREHENSION QUESTIONS (p.9)

1. Anxiety and depression
2. A community singing group
3. Nothing - they were free
4. Six weeks
5. Mood
6. A professor and the lead researcher
7. All of them
8. Their programme of support
9. Recovery
10. Fun and happiness

MULTIPLE CHOICE - QUIZ (p.10)

1. d 2. b 3. d 4. c 5. d 6. c 7. a 8. c 9. b 10. a

ALL OTHER EXERCISES

Please check for yourself by looking at the Article on page 2.
(It's good for your English ;-)