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Level 0 – 28th August 2025

Energy levels of songs affect memories

FREE online quizzes, mp3 listening and more for this lesson here:

<https://breakingnewsenglish.com/2508/250828-music-and-memory-0.html>

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Please try Levels 1, 2 and 3. They are (a little) harder.

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THE READING

From <https://breakingnewsenglish.com/2508/250828-music-and-memory-0.html>

The energy of music affects our memories. A researcher said the tempo and mood of songs affected what people remembered. She said high-energy music made people remember funny and happy things. However, slower and acoustic music brought back memories of calmness, sadness, and romance.

In the study, 233 people listened to songs from their childhood. The feelings people had about the songs affected their memories. How much a person liked a song changed the memories they had. Acoustic songs brought back emotional memories. The research will be put onto an online database of musical memories.

Sources: <https://www.eurekalert.org/news-releases/1094542>
<https://cosmosmagazine.com/health/body-and-mind/songs-memories-emotion/>
<https://www.earth.com/news/how-music-tunes-the-emotions-in-our-memories/>

PHRASE MATCHING

From <https://breakingnewsenglish.com/2508/250828-music-and-memory-0.html>

PARAGRAPH ONE:

- | | |
|--------------------------------|------------------|
| 1. The energy of music affects | a. energy music |
| 2. the tempo and | b. music |
| 3. affected what people | c. our memories |
| 4. high- | d. romance |
| 5. made people | e. remembered |
| 6. funny and | f. mood of songs |
| 7. slower and acoustic | g. happy things |
| 8. sadness and | h. remember |

PARAGRAPH TWO:

- | | |
|----------------------------------|----------------------------|
| 1. 233 people listened | a. an online database |
| 2. from their | b. about the songs |
| 3. The feelings people had | c. songs |
| 4. How much a person | d. memories |
| 5. Acoustic | e. liked a song |
| 6. brought | f. childhood |
| 7. The research will be put onto | g. to songs |
| 8. musical | h. back emotional memories |

LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/2508/250828-music-and-memory-0.html>

(1) _____ music affects our memories. A researcher said the (2) _____ of songs affected (3) _____. She said high-energy music made people remember (4) _____ things. However, (5) _____ music brought back memories of calmness, (6) _____. (7) _____, 233 people listened to songs from their childhood. The (8) _____ about the songs (9) _____. How much a person (10) _____ changed the memories they had. Acoustic (11) _____ emotional memories. The research will be put onto an online (12) _____ memories.

PUT A SLASH (/) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/2508/250828-music-and-memory-0.html>

The energy of music affects our memories. A researcher said the tempo and mood of songs affected what people remembered. She said high-energy music made people remember funny and happy things. However, slow and acoustic music brought back memories of calmness, sadness, and romance. In the study, 233 people listened to songs from their childhood. The feelings people had about the songs affected their memories. How much a person liked a song changed the memories they had. Acoustic songs brought back emotional memories. The research will be put onto an online database of musical memories.

MUSIC

From <https://breakingnewsenglish.com/2508/250828-music-and-memory-0.html>

Write five GOOD questions about music 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) _____

WRITING

From <https://breakingnewsenglish.com/2508/250828-music-and-memory-0.html>

Write about **music** for 10 minutes. Read and talk about your partner's paper.

[illegible]