

Breaking News English.com

Ready-to-Use English Lessons by Sean Banville

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

breakingnewsenglish.com/book.html

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

www.freeeslmaterials.com/sean_banville_lessons.html

Level 1 – 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-1.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 0, 2 and 3. They are (a little) harder.

X (Twitter)



[X.com/SeanBanville](https://x.com/SeanBanville)

Facebook



www.facebook.com/pages/BreakingNewsEnglish/155625444452176

THE READING

From <https://breakingnewsenglish.com/2508/250828-music-and-memory-1.html>

A study found that the energy of music affects our memories. Researchers looked at the memories people had after listening to music. A music psychologist said the tempo and mood of songs affected what people remembered about their past. She said high-energy music made people remember funny and happy events. However, slower and acoustic music brought back memories of calmness, sadness, and even romance.

In the study, 233 people listened to songs from their childhood. The researchers said the feelings people had about music affected their memories. They said how much a person liked a song changed what memories they had. One researcher said acoustic songs brought back memories that contained "complex emotions like romance". The research will be put into a database of musical memories and uploaded onto a website.

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-1.html>

PARAGRAPH ONE:

- | | |
|---------------------------|---------------------|
| 1. Researchers looked | a. people remember |
| 2. a music | b. acoustic music |
| 3. the tempo and | c. at the memories |
| 4. what people remembered | d. of calmness |
| 5. high-energy music made | e. psychologist |
| 6. funny and happy | f. mood of songs |
| 7. slower and | g. events |
| 8. memories | h. about their past |

PARAGRAPH TWO:

- | | |
|------------------------------------|------------------|
| 1. songs from their | a. liked a song |
| 2. the feelings people had | b. memories |
| 3. how much a person | c. childhood |
| 4. changed what memories | d. back memories |
| 5. acoustic songs brought | e. a website |
| 6. contained complex emotions like | f. they had |
| 7. a database of musical | g. about music |
| 8. uploaded onto | h. romance |

LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/2508/250828-music-and-memory-1.html>

(1) _____ that the energy of music affects our memories. Researchers (2) _____ memories people had (3) _____ music. A music psychologist said the (4) _____ of songs affected what people remembered about their past. She (5) _____ music made people remember funny and happy events. However, slower and acoustic music brought back memories of calmness, sadness, (6) _____.

(7) _____, 233 people listened to songs from their childhood. The researchers said the feelings people had (8) _____ their memories. They said how much a person liked a song (9) _____ they had. One researcher (10) _____ brought back memories that contained "complex (11) _____". The research will be put into a database of musical memories (12) _____ a website.

PUT A SLASH (/) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/2508/250828-music-and-memory-1.html>

A study found that the energy of music affects our memories. Researchers looked at the memories people had after listening to music. A music psychologist said the tempo and mood of songs affected what people remembered about their past. She said high-energy music made people remember funny and happy events. However, slower and acoustic music brought back memories of calmness, sadness, and even romance. In the study, 233 people listened to songs from their childhood. The researchers said the feelings people had about music affected their memories. They said how much a person liked a song changed what memories they had. One researcher said acoustic songs brought back memories that contained "complex emotions like romance". The research will be put into a database of musical memories and uploaded onto a website.

MUSIC SURVEY

From <https://breakingnewsenglish.com/2508/250828-music-and-memory-4.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) _____

Energy levels of songs affect memories – 28th August 2025
More free lessons at 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) _____

WRITING

From <https://breakingnewsenglish.com/2508/250828-music-and-memory-1.html>

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

[illegible]