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Level 2 – 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-2.html>

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Please try Levels 0, 1 and 3. They are (a little) harder.

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THE READING

From <https://breakingnewsenglish.com/2508/250828-music-and-memory-2.html>

A study has found that the energy levels of music affect what we remember. Two researchers in London looked at the kinds of memories people had after listening to different types of music. A music psychologist and a neuroscientist researched how the tempo and mood of songs affected what people remembered about their past. The researchers found that high-energy music made people remember funny and happy events. Slower and acoustic music brought back memories of calmness and sadness. It even made people think about romantic experiences.

The researchers asked 233 people about their memories. The people listened to popular songs from their childhood. The neuroscientist said the feelings people had about music affected their memories. She said: "It's not just the musical features that influence memory, but also how much a person likes a song." The music psychologist said acoustic songs brought back memories that were "vivid and unique" and contained "complex emotions like romance". The research will be put into a database of musical memories on 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-2.html>

PARAGRAPH ONE:

- | | |
|--------------------------------------|---------------------|
| 1. listening to different types | a. about their past |
| 2. A music psychologist and a | b. and sadness |
| 3. the tempo and | c. of music |
| 4. what people remembered | d. experiences |
| 5. remember funny and | e. neuroscientist |
| 6. acoustic | f. happy events |
| 7. brought back memories of calmness | g. mood of songs |
| 8. romantic | h. music |

PARAGRAPH TWO:

- | | |
|-----------------------------------|-------------------------|
| 1. The researchers | a. likes a song |
| 2. popular songs | b. had about music |
| 3. the feelings people | c. on a website |
| 4. the musical features that | d. from their childhood |
| 5. how much a person | e. and unique |
| 6. music | f. influence memory |
| 7. memories that were vivid | g. psychologist |
| 8. a database of musical memories | h. asked 233 people |

LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/2508/250828-music-and-memory-2.html>

A (1) _____ that the energy levels of music affect what we remember. Two researchers in London (2) _____ kinds of memories people had after listening to different types of music. A music psychologist and a neuroscientist researched how the (3) _____ of songs affected what people remembered about their past. The researchers found that high-energy music (4) _____ funny and happy events. Slower and (5) _____ back memories of calmness and sadness. It even made people (6) _____ experiences.

The researchers (7) _____ about their memories. The people listened to (8) _____ their childhood. The neuroscientist said the feelings people had about (9) _____ memories. She said: "It's not just the musical features (10) _____, but also how much a person likes a song." The music psychologist said acoustic songs brought back memories that were "vivid and unique" and contained "complex (11) _____". The research will be put into a database of musical memories (12) _____.

PUT A SLASH (/) WHERE THE SPACES ARE

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MUSIC SURVEY

From <https://breakingnewsenglish.com/2508/250828-music-and-memory-2.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-2.html>

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

[illegible]