

1. Read the text and answer the following questions.

Which type of music ...

- a) is popular among teenagers?
- b) helps you sleep at night?
- c) can slow your heart rate?
- d) can eliminate symptoms of fatigue?
- e) is not a good choice when you feel low?
- f) makes you more energetic?
- g) helps your anger management issues?
- h) affects your mood in different ways?
- i) causes depression and even suicide?
- j) increases your brain activity?

2. Write T (true) or F (false) next to each statement.

- a) Music can change a person's emotions.
- b) Different music genres have the same effect on our emotions.
- c) Rap can affect a person negatively or positively.
- d) Latino and Country music make people more energetic.

3. Answer and discuss the following questions.

- a) What is your popular music genre? Why?
- b) How does that type of music affect your mood? Explain.
- c) Whenever the next time you are listening to music is, pay attention to how you are feeling. How were you feeling before? How are you feeling while listening to this type of music? Discuss your feelings with your friends and see whether you feel the same.

