

Music & Identity: Songs That Shape Us

Intermediate (B1-B2)



WARM-UP DISCUSSION

Choose the option that's more you, then explain why.

1. 🎧 Listen with headphones or at a concert
2. 🎵 Lyrics or melody
3. 🎹 Pop or classical
4. 🎸 Old favourites or new hits
5. 🎵 Music for focus or music for mood



READING TEXT

Part 1. Read the following text.

Songs That Tell Our Story

Music has always been a part of human life, from ancient rituals to modern streaming apps. The songs we listen to are more than entertainment — they reflect emotions, values, and identity.

Lyrics often capture feelings we struggle to put into words. A sad song can make us feel understood, while an upbeat rhythm can fill us with energy. For many people, music is a way to express themselves and connect with others.

Music also carries culture across generations. A folk song might remind us of family traditions, while a global hit can show how trends travel quickly around the world. In this way, music is both deeply personal and widely shared.

Whether we listen alone with headphones or sing with a crowd, songs shape our memories and moods. They remind us who we are, where we come from, and how we want to be heard.

Part 2. Match each idea to its example from the reading.

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|-----------------------------|--|
| 1. Music expresses feelings | A. A folk song reminds us of family |
| 2. Music connects people | B. A global hit shared around the world |
| 3. Music shows culture | C. A sad song makes us feel understood |
| 4. Music shapes identity | D. An upbeat rhythm fills us with motivation |
| 5. Music gives energy | E. Songs remind us who we are |

Discuss: Which of these ideas do you agree with most?



VOCABULARY & SPEAKING

Part 1. Match the words/phrases to their meanings.

Lyrics	Rhythm	Influence	Express yourself
Mood	Identity	Connect with others	Culture

1. _____ the pattern of beats or sounds in music
2. _____ the way something affects thoughts or behaviour
3. _____ your feelings at a particular time
4. _____ the words of a song
5. _____ who you are, based on personality, culture, and values
6. _____ to build understanding or relationships with people
7. _____ shared traditions, beliefs, and art of a group of people
8. _____ how you show your ideas or feelings

Part 2. Fill the gaps with the correct words/phrases. Then, finish the sentences with your own ideas.

1. When I want to change my _____, I listen to ...
2. A song that really describes my _____ is ...
3. I think the _____ of my favourite song are powerful because ...
4. The _____ of my favourite song always makes me ...
5. Music helps me _____ when I ...
6. My favourite song has had a big _____ on me because ...
7. I feel most connected to my _____ when I listen to ...
8. I love music because it helps me _____ and makes me feel ...

Part 3. Read each statement and decide if you agree, disagree, or partially agree. Then explain why.

1. Music is the best way to express who we are.
2. Lyrics are more powerful than melody.
3. People's music taste shows their personality.
4. Music can influence how we think or behave.
5. Without music, life would feel empty.

Part 4. Read the situations below and discuss what you would do or say.

1. Your friend is sad after a breakup. Which song or genre would you play for them? Why?
2. You're organising a dinner or party – what type of playlist sets the best mood?
3. You're travelling alone – what songs would make the journey feel special?

Part 5. Tick the habits that describe you. Then, discuss the questions.

- ☐ I make playlists for different moods.
- ☐ I listen to music while studying or working.
- ☐ I share songs with friends to express feelings.
- ☐ I enjoy traditional or cultural music from my country.
- ☐ I write or play my own music.

1. Which ones are true for you now?
2. Which ones you used to do but don't anymore?
3. Which ones you'd like to try?



Part 6. Imagine you are creating a playlist called Songs That Shape Us. Choose 3 songs that:

- Show different moods
- Reflect culture or traditions
- Express identity or values

Be ready to explain why you chose them and what each song says about you.

REFLECTION

Discuss the following questions.

1. How can music be both personal and cultural at the same time?
2. Can songs influence the way people see the world?
3. Which idea from today will change the way you listen to music?

WRAP-UP TASK (OPTIONAL HOMEWORK)

Write 8–10 sentences about a song that has shaped your identity. Use at least 5 of today's vocabulary items or record a 2-minute talk about the role music plays in your culture.

