The Psychology of Music

Upper-intermediate (B2-C1)

WARM UP

Part 1. Discuss the following questions.

1. What kind of music do you enjoy most?
2. When do you usually listen to music? (e.g. while walking, cleaning, studying…)
3. Has a song ever made you feel emotional?
4. Do you think your music taste says something about your personality?

Part 2. Read the statements below and decide if you agree (A), disagree (D), or partially agree (P). Then, explain your reasoning.

1. Listening to music makes you more productive. _ _ _ _
2. Classical music makes you smarter. _ _ _ _
3. Sad songs can actually make you feel better. _ _ _ _
4. People who love music are more emotionally intelligent. _ _ _ _
5. Music should be part of therapy for mental health. _ _ _ _
6. The music you liked as a teenager stays with you for life. _ _ _ _

Part 3. Match each word to its correct definition. Can you guess any before looking at the options?

| Enthral | Goosebumps | Brain damage | Spatial reasoning |
| Neurogenesis | Hemisphere | Personality traits | Hypnotise |

1. _ _ _ _ _ _ _ _ _ _ _ _ _ The creation of new brain cells
2. _ _ _ _ _ _ _ _ _ _ _ _ _ A common symptom when you feel emotional or cold
3. _ _ _ _ _ _ _ _ _ _ _ _ _ Abilities related to visualising and solving 3D problems
4. _ _ _ _ _ _ _ _ _ _ _ _ _ Personal qualities that make you who you are
5. _ _ _ _ _ _ _ _ _ _ _ _ _ Harm to the brain due to injury or illness
6. _ _ _ _ _ _ _ _ _ _ _ _ _ To keep someone completely interested
7. _ _ _ _ _ _ _ _ _ _ _ _ _ One half of the brain (left or right)
8. _ _ _ _ _ _ _ _ _ _ _ _ _ To put someone in a state of hypnosis

Part 4. Complete the sentences with the correct words.

1. That film soundtrack was so moving, it actually gave me _ _ _ _ _ _ _ _ _ _.
2. Classical music seems to _ _ _ _ _ _ _ _ _ _ some listeners — they're completely lost in it.
3. After the accident, the doctors feared there might be some minor _ _ _ _ _ _ _ _ _ _.
4. Musicians often have excellent _ _ _ _ _ _ _ _ _ _, which helps with reading music and patterns.
5. Some scientists believe that certain types of music can stimulate _ _ _ _ _ _ _ _ _ _ in the brain.
6. The left _ _ _ _ _ _ _ _ _ _ of the brain is often linked with language and logic.
7. Your favourite genre might say more about your _ _ _ _ _ _ _ _ _ _ than you realise.
8. I was completely _ _ _ _ _ _ _ _ _ _ by the violin solo — it gave me chills!

VIDEO ACTIVITY

Part 1. Before watching the video, discuss the following questions.

1. What role does music play in your daily life?
2. Can music really make us smarter or more focused?
3. Do you believe music can help people with health conditions?

Part 2. Watch the video and then answer the question.

What is the speaker's main message?

☐ Music and psychology are closely connected
☐ Music is just for entertainment
☐ Everyone should learn an instrument
☐ All brains respond the same way to music

Part 3. Decide if each statement is true (T) or false (F) based on the video. If false, can you correct it?

1. Classical music can improve your IQ by 9 points. (T/F)
2. Most people hear music regularly in their dreams. (T/F)
3. Music lights up the entire brain. (T/F)
4. Musical taste is not related to personality. (T/F)
5. Music therapy helps children with autism. (T/F)

Part 4. Read the quotes from the video. Do you agree or disagree? Why?

1. "Music is the language of the soul."
2. "Music helps us relax, it gives us goosebumps, and it encourages us to push ourselves to the limit."
3. "Your taste in music says a lot about your personality."
4. "Your entire brain is activated when you listen to music."

VIDEO FOLLOW-UP

Part 1. Discuss the following questions.

1. Have you ever heard music in a dream? What kind of music was it?
2. The video mentions that extroverts tend to enjoy pop music. Can you think of any extroverts you know – what kind of music do they listen to?
3. If you don't already, would you ever give classical music a try? Why or why not?

Part 2. Match each idiom to its correct definition. Can you guess any before looking at the options?

Face the music	Change your tune	Music to my ears
Play it by ear	Blow your own trumpet	Strike a chord

1. _____ To accept the consequences of your actions
2. _____ To do something without planning, react naturally
3. _____ To brag or boast about yourself
4. _____ Something that sounds pleasing or makes you happy
5. _____ To change your opinion or attitude
6. _____ To emotionally connect or feel understood

Part 3. Complete the sentences with the correct idiom.

1. I forgot my notes, so I'll just _____ during the meeting.
2. When she said she loved old-school jazz, it really _____.
3. He never stops talking about his achievements – always _____.
4. When the teacher praised my essay, it was _____.
5. He thought fitness trackers were pointless, but after trying one he _____.
6. You missed the deadline – time to _____.

Part 4. Discuss the following questions.

1. Have you ever had to **face the music**? What happened?
2. Have you ever **changed your tune** about something (e.g. a band, a trend, or a health habit)? What made you change your mind?
3. When was the last time someone told you something that was **music to your ears**?
4. Are you the type to plan or **play it by ear**?
5. Is there something that always **strikes a chord** with you?
6. Can you think of someone who **blows their own trumpet** a bit too much?

Part 5. Choose 3 songs to create a mini-soundtrack to your life.

- A song for a happy memory
- A song that helps you focus or stay calm
- A song that motivates or inspires you

Discuss:
- What do these songs say about your personality?
- What genre would your life soundtrack be?

Part 6. Discuss how music affects each of the following things.

Mood	Memory	Focus
Social connection	Motivation	Health

FINAL THOUGHTS...

Discuss the questions below to reflect on what you've learnt during this lesson.

1. What's one surprising thing you learnt from today's lesson?
2. Do you think music affects your emotions or behaviour?
3. Will you listen to music differently after this?
4. If someone analysed your playlist, what might they learn about you?