

Teacher's Guide



The Psychology of Music – Upper-intermediate (B2–C1)

Canva Presentation Link: [🌐 The Psychology of Music](#)

Editable Presentation Link: [🌐 The Psychology of Music](#)

Editable Worksheet Link: [🌐 Student Worksheet: The Psychology of Music](#)

Video Link: [7 Interesting Psychological Facts About Music – YouTube](#)

Warm-up

Part 1. Students discuss the questions.

Part 2. Students read the statements and decide if they agree, disagree, or partially agree. Encourage students to explain their reasoning.

Part 3. Students match the words to their definitions. Encourage students to guess the meaning of any before looking at the options.

Answer key:

1. Neurogenesis
2. Goosebumps
3. Spatial reasoning
4. Personality traits
5. Brain damage
6. Enthrall
7. Hemisphere
8. Hypnotise

Part 4. Students fill in the gaps in the sentences.

Answer key:

1. Goosebumps
2. Hypnotise
3. Brain damage
4. Spatial reasoning
5. Neurogenesis
6. Hemisphere
7. Personality traits
8. Enthrall

Video activity

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

Part 2. Students watch the video and decide what the speaker's main message is: **Music and psychology are closely connected.**

Part 3. Students choose true or false according to the information in the video.

Answer key:

1. True
2. False (Only 6% of dreams contain music)
3. True
4. False (Musical taste is linked to personality)
5. True

Part 4. Students read the quotes from the video and share whether they agree or disagree.

Video follow-up

Part 1. Students discuss the questions.

Part 2. Students match the idioms to their definitions.

Answer key:

1. Face the music
2. Play it by ear
3. Blow your own trumpet
4. Music to my ears
5. Change your tune
6. Strike a chord

Part 3. Students fill in the gaps in the sentences.

Answer Key

1. Play it by ear
2. Struck a chord
3. Blowing his own trumpet
4. Music to my ears
5. Changed his tune
6. Face the music

Part 4. Students discuss questions using the expressions. Answers will vary.

Part 5. Students choose a song for each of the situations below and then discuss the questions.

Part 6. Students discuss how music affects each of the things. (Mood, memory, social connection, motivation, health.)

Final thoughts

Students discuss questions. Answers will vary.