**The scientific power of music**

**1. Match the following words and phrases with their definitions.**

|  |  |  |
| --- | --- | --- |
| 1. throughout history |  | to move gently on the surface |
| 2. addictive |  | to lead to/create/cause a specific outcome |
| 3. pleasurable |  | to give sth. in return for an action |
| 4. patterns |  | a feel-good chemical to help regulate movement and emotions |
| 5. to float |  | the state of looking forward to sth. |
| 6. to trigger |  | a particular way sth. is done or organised |
| 7. excitement |  | anything that provokes a state of increased excitement |
| 8. stimulant | **1** | during the past |
| 9. to reward |  | to set free |
| 10. to release |  | producing a strong need for a substance/action… |
| 11. dopamine |  | a positive/useful effect |
| 12. benefit |  | enjoyable |
| 13. to crave |  | to intensely want/need sth. |

**2. Watch and answer the questions according to the video.** <https://www.youtube.com/watch?v=SePL2w5f6dE>

a. Which kind of music is the most powerful?

b. Why is music so addictive?

c. Does the perception of music depend on culture?

**3. *Lyricstraining*: choose a song you like and take part in a *Lyricstraining* game.**

<https://lyricstraining.com>

**Follow up**

**4. Fill the gaps with the words and phrases from the box in their correct form.**

to crave benefit addictive pleasurable patterns to float to trigger excitement stimulant (2x) throughout history to reward (2x) to release dopamine (2x)

**The Scientific Power of Music**

Music is powerful and has existed in all cultures \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

But why do humans find music so \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_?

At its core, music is the combination of audio frequencies and intricate\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ through the air and clashing together in your ear.

Much like your eyes process light, your ears process waves of sound and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ a state of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and sometimes pleasure in your brain.

Humans experience pleasure from many \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ such as food, sex and drugs.

But because many of these \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ are necessary for human survival, the body has created a system in which it \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ you for achieving them.

What's really happening is a release of a neurotransmitter in the brain called \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, which is a chemical responsible for making you feel good.

When \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_following a reward such as a delicious meal or winning the lottery, the neurotransmitter causes a feeling of pleasure and satisfaction.

And even though music does not have a direct survival \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, this emotional reaction causes a release of the feel-good chemical dopamine.

And in the same way that a drug induced dopamine surge leaves you \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ more, music becomes addictive.

The dopamine tells your body it was \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and creates the desire to seek out more.