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Sad music helps mend broken hearts

18th May, 2013

http://www.breakingnewsenglish.com/1305/130518-sad_music.html

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THE ARTICLE

From http://www.BreakingNewsEnglish.com/1305/130518-sad_music.html

New research suggests listening to sad music can help overcome the heartbreak of an ended relationship. The study contradicts common wisdom that upbeat music is best when feeling the blues after emotional turmoil. It might account for why people began singing the blues – music to accompany painful or miserable times. The research is from the University of California at Berkeley. It says people find comfort in listening to tunes that reflect their negative mood. It also says weepy movies and books, or gloomy artwork provide comfort and console broken hearts. Study co-author Stephen Palmer said: "Emotional experiences of aesthetic products are important to our happiness and well-being."

The research is to be published in the August edition of the "Journal of Consumer Research" and is titled: "Interpersonal Relationships and Preferences for Mood-Congruency in Aesthetic Experiences." The authors say: "Consumers experience serious emotional distress when intimate relationships are broken, and look for a surrogate to replace the lost personal bond....[In] negative moods, [they] might choose aesthetic experiences consistent with their mood (sad music; tear-jerking dramas) even when more pleasant alternatives are also available." They report on another study that found we prefer "angry music" when we are frustrated - by being interrupted, by someone being late, or after losing an Internet connection.

Sources: <http://www.telegraph.co.uk/news/newstoppers/howaboutthat/10059456/Sad-music-makes-breaking-up-easier-to-do.html>
http://www.jcr-admin.org/files/pressreleases/051313173228_LeeRelease.pdf

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WARM-UPS

1. BROKEN HEARTS: Students walk around the class and talk to other students about broken hearts. Change partners often and share your findings.

2. CHAT: In pairs / groups, decide which of these topics or words from the article are most interesting and which are most boring.

new research / sad music / common wisdom / miserable / weepy movies / aesthetic / relationships / mood / emotional distress / personal bond / frustrated / interrupted

Have a chat about the topics you liked. Change topics and partners frequently.

3. MOOD EXPERIENCES: What is it best to listen to, watch, do, etc. in these moods? Complete this table with your partner(s). Change partners often.

	Listen to / Watch / Do	Why?
Brokenhearted		
Furious		
Nervous		
Very happy		
Terrified		
Suicidal		

4. MENDING: Students A **strongly** believe sad music, not up-tempo, music mends a broken heart; Students B **strongly** believe upbeat music, not sad music, mends a broken heart. Change partners again and talk about your conversations.

5. MUSIC: Rank these and share your rankings with your partner. Put the best at the top. Change partners often and share your rankings.

- blues
- country
- rock and roll
- classical
- techno
- jazz
- pop
- hip-hop

6. RELATIONSHIP: Spend one minute writing down all of the different words you associate with the word 'relationship'. Share your words with your partner(s) and talk about them. Together, put the words into different categories.

BEFORE READING / LISTENING

From http://www.BreakingNewsEnglish.com/1305/130518-sad_music.html

1. TRUE / FALSE: Read the headline. Guess if a-h below are true (T) or false (F).

- a. New research goes against what we usually think about broken hearts. T / F
- b. The research said blues music started to mend broken hearts. T / F
- c. Researchers said people like to listen to things that match their mood. T / F
- d. A co-author said art doesn't help people who are brokenhearted. T / F
- e. The research says we look for a musical substitute for a lost love. T / F
- f. The study said we would choose nicer music if it were available. T / F
- g. People prefer to listen to jazz when they are frustrated. T / F
- h. The study said not being connected to the Internet was a frustration. T / F

2. SYNONYM MATCH: Match the following synonyms from the article.

- | | |
|-----------------|---------------|
| 1. overcome | a. sad |
| 2. relationship | b. substitute |
| 3. turmoil | c. comfort |
| 4. weepy | d. defeat |
| 5. console | e. harmony |
| 6. edition | f. confusion |
| 7. congruency | g. close |
| 8. intimate | h. nice |
| 9. surrogate | i. romance |
| 10. pleasant | j. issue |

3. PHRASE MATCH: (Sometimes more than one choice is possible.)

- | | |
|--------------------------------|-----------------------------|
| 1. sad music can help overcome | a. artwork |
| 2. The study contradicts | b. with their mood |
| 3. emotional | c. and well-being |
| 4. gloomy | d. dramas |
| 5. important to our happiness | e. common wisdom |
| 6. published in the | f. an Internet connection |
| 7. when intimate | g. the heartbreak |
| 8. experiences consistent | h. relationships are broken |
| 9. tear-jerking | i. turmoil |
| 10. losing | j. August edition |

GAP FILL

From http://www.BreakingNewsEnglish.com/1305/130518-sad_music.html

New research suggests listening to sad music can help (1) _____ the heartbreak of an ended relationship. The study contradicts common (2) _____ that upbeat music is best when feeling the blues after emotional turmoil. It might (3) _____ for why people began singing the blues – music to accompany painful or (4) _____ times. The research is from the University of California at Berkeley. It says people find (5) _____ in listening to tunes that reflect their negative mood. It also says (6) _____ movies and books, or gloomy artwork provide comfort and (7) _____ broken hearts. Study co-author Stephen Palmer said: "Emotional experiences of aesthetic products are important to our happiness and well-(8) _____."

console
comfort
account
overcome
being
wisdom
weepy
miserable

The research is to be published in the August (9) _____ of the "Journal of Consumer Research" and is (10) _____: "Interpersonal Relationships and Preferences for Mood-Congruency in Aesthetic Experiences." The authors say: "Consumers experience serious emotional (11) _____ when intimate relationships are broken, and look for a surrogate to replace the lost personal (12) _____[In] negative moods, [they] might choose aesthetic experiences (13) _____ with their mood (sad music; tear-jerking dramas) even when more pleasant alternatives are also (14) _____." They report on another study that found we (15) _____ "angry music" when we are frustrated - by being interrupted, by someone being late, or after (16) _____ an Internet connection.

consistent
losing
titled
bond
prefer
edition
available
distress

LISTENING – Guess the answers. Listen to check

From http://www.BreakingNewsEnglish.com/1305/130518-sad_music.html

- 1) listening to sad music can help _____
 - a. overcome the heart breaking
 - b. overcome the heartbreak
 - c. overcome the heartbroken
 - d. overcome the heartbreaks
- 2) The study contradicts common wisdom that _____
 - a. downbeat music is best
 - b. upbeat music is better
 - c. downbeat music is better
 - d. upbeat music is best
- 3) It might account for why people began _____
 - a. joining the blues
 - b. winging the blues
 - c. singing the blues
 - d. sinking the blues
- 4) It says people find comfort in listening to tunes that reflect _____
 - a. their negative moody
 - b. their negative moods
 - c. their negative moodiness
 - d. their negative mood
- 5) Emotional experiences of aesthetic products are important to our _____
 - a. happiness and well-being
 - b. happiness and wall-being
 - c. happiness and fine-being
 - d. happiness and good-being
- 6) The research is to be published in _____ of the "Journal of Consumer Research"
 - a. the August edition
 - b. the august edition
 - c. the all gust edition
 - d. the digest edition
- 7) Consumers experience serious emotional distress when _____
 - a. inanimate relationships are broken
 - b. intimidating relationships are broken
 - c. intimate relationships are broken
 - d. inmate relationships are broken
- 8) might choose aesthetic experiences _____
 - a. consistence with their mood
 - b. consistent with their mood
 - c. consistently with their mood
 - d. consistency with their mood
- 9) another study that found we prefer "angry music" _____
 - a. when we are frustrated
 - b. when we are frustrating
 - c. when we are frustration
 - d. when we are frustrates
- 10) ...by being interrupted, by someone being late, or after _____
 - a. lose in an Internet connection
 - b. loosening an Internet connection
 - c. losing an Internet connection
 - d. lost in an Internet connection

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LISTENING – Listen and fill in the gaps

From http://www.BreakingNewsEnglish.com/1305/130518-sad_music.html

New research suggests listening to sad music (1) _____
heartbreak of an ended relationship. The study contradicts common wisdom
that upbeat music is best when feeling the (2) _____. It
might account for why people began singing the blues – music to accompany
(3) _____. The research is from the University of
California at Berkeley. It says people find comfort in listening to tunes that
reflect their negative mood. It (4) _____ books, or
gloomy artwork provide (5) _____ hearts. Study co-
author Stephen Palmer said: "Emotional experiences of aesthetic products
are important to (6) _____."

The research is to be published in (7) _____ the
"Journal of Consumer Research" and is titled: "Interpersonal Relationships
and Preferences (8) _____ in Aesthetic Experiences."
The authors say: "Consumers experience (9) _____
when intimate relationships are broken, and look for a surrogate to replace
the lost personal bond....[In] negative moods, (10) _____
experiences consistent with their mood (sad (11) _____)
even when more pleasant alternatives are also available." They report on
another study that found we prefer "angry music" when we are frustrated -
by being interrupted, (12) _____, or after losing an
Internet connection.

COMPREHENSION QUESTIONS

From http://www.BreakingNewsEnglish.com/1305/130518-sad_music.html

1. What can listening to sad music help?

2. What does the study contradict?

3. What do people find comfort in?

4. What else can mend a broken heart?

5. What are "emotional experiences of aesthetic products" important to?

6. In which edition of the journal is the research?

7. When do consumers experience serious emotional distress?

8. What do brokenhearted people look for?

9. When do people listen to angry music?

10. How many frustrations were mentioned?

MULTIPLE CHOICE - QUIZ

From http://www.BreakingNewsEnglish.com/1305/130518-sad_music.html

1. What can listening to sad music help?
 - a) make you more sad
 - b) help people get over heartbreak
 - c) make you happy
 - d) get over Monday morning blues
2. What does the study contradict?
 - a) the authors
 - b) every other study
 - c) a university
 - d) a common belief that upbeat music is better
3. What do people find comfort in?
 - a) music that reflects their negativity
 - b) soul
 - c) iPods
 - d) hearing other people are heartbroken
4. What else can mend a broken heart?
 - a) shopping
 - b) cakes and chocolate
 - c) movies and artwork
 - d) a hug from a friend
5. What are "emotional experiences of aesthetic products" important to?
 - a) our money
 - b) our happiness and well-being
 - c) a long life
 - d) finding good music
6. In which edition of the journal is the research?
 - a) the 100th edition
 - b) 2012
 - c) August
 - d) summer
7. When do consumers experience serious emotional distress?
 - a) after 5pm
 - b) when they lose their Internet connection
 - c) when someone takes the last chocolate
 - d) when close relationships end
8. What do broken-hearted people look for?
 - a) a replacement for what they lost
 - b) sadder music
 - c) answers
 - d) a new partner
9. When do people listen to angry music?
 - a) when they are frustrated
 - b) when they are happy
 - c) at work
 - d) when they exercise
10. How many frustrations were mentioned?
 - a) 2
 - b) 3
 - c) 4
 - d) 5

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ROLE PLAY

From http://www.BreakingNewsEnglish.com/1305/130518-sad_music.html

Role A – Blues music

You think blues music is best to help people overcome a broken heart. Tell the others three reasons why. Tell them things that are wrong with their music. Also, tell the others which is the worst of these (and why): classical music, rock and roll or folk music.

Role B – Classical music

You think classical music is best to help people overcome a broken heart. Tell the others three reasons why. Tell them things that are wrong with their music. Also, tell the others which is the worst of these (and why): blues, rock and roll or folk music.

Role C – Rock and Roll

You think rock and roll is best to help people overcome a broken heart. Tell the others three reasons why. Tell them things that are wrong with their music. Also, tell the others which is the worst of these (and why): classical music, blues or folk music.

Role D – Folk music

You think folk music is best to help people overcome a broken heart. Tell the others three reasons why. Tell them things that are wrong with their music. Also, tell the others which is the worst of these (and why): classical music, rock and roll or blues.

AFTER READING / LISTENING

From http://www.BreakingNewsEnglish.com/1305/130518-sad_music.html

1. WORD SEARCH: Look in your dictionary / computer to find collocates, other meanings, information, synonyms ... for the words 'sad' and 'music'.

sad	music
------------	--------------

- Share your findings with your partners.
- Make questions using the words you found.
- Ask your partner / group your questions.

2. ARTICLE QUESTIONS: Look back at the article and write down some questions you would like to ask the class about the text.

- Share your questions with other classmates / groups.
- Ask your partner / group your questions.

3. GAP FILL: In pairs / groups, compare your answers to this exercise. Check your answers. Talk about the words from the activity. Were they new, interesting, worth learning...?

4. VOCABULARY: Circle any words you do not understand. In groups, pool unknown words and use dictionaries to find their meanings.

5. TEST EACH OTHER: Look at the words below. With your partner, try to recall how they were used in the text:

<ul style="list-style-type: none">• help• upbeat• singing• find• weepy• well	<ul style="list-style-type: none">• edition• intimate• bond• even• prefer• losing
---	--

BROKEN HEARTS SURVEY

From http://www.BreakingNewsEnglish.com/1305/130518-sad_music.html

Write five GOOD questions about broken hearts in the table. Do this in pairs. Each student must write the questions on his / her own paper. When you have finished, interview other students. Write down their answers.

	STUDENT 1 _____	STUDENT 2 _____	STUDENT 3 _____
Q.1.			
Q.2.			
Q.3.			
Q.4.			
Q.5.			

- Now return to your original partner and share and talk about what you found out. Change partners often.
- Make mini-presentations to other groups on your findings.

BROKEN HEARTS DISCUSSION

STUDENT A's QUESTIONS (Do not show these to student B)

- a) What did you think when you read the headline?
- b) What springs to mind when you hear the term 'broken heart'?
- c) How many times have you had a broken heart?
- d) How many times have you broken someone's heart?
- e) What's the best thing to do to overcome a broken heart?
- f) What kind of music or movie is best for a broken heart?
- g) Why do humans get broken hearts?
- h) What's the weepiest movie you've ever seen?
- i) Is it easy for you to be brokenhearted? Why?

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BROKEN HEARTS DISCUSSION

STUDENT B's QUESTIONS (Do not show these to student A)

- a) Did you like reading this article? Why/not?
- b) Do you like blues music?
- c) How would relationships be different if we never got a broken heart?
- d) Do you need a surrogate or substitute for someone you lost?
- e) What different music do you play to suit your different moods?
- f) What do you do when you are frustrated?
- g) What would life be like without music?
- h) How do you act when you are brokenhearted?
- i) What questions would you like to ask the researchers?

DISCUSSION (Write your own questions)

STUDENT A's QUESTIONS (Do not show these to student B)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

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DISCUSSION (Write your own questions)

STUDENT B's QUESTIONS (Do not show these to student A)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

MULTIPLE CHOICE - LANGUAGE

From http://www.BreakingNewsEnglish.com/1305/130518-sad_music.html

New research suggests listening to sad music can help (1) ____ the heartbreak of an ended relationship. The study (2) ____ common wisdom that upbeat music is best when feeling the blues after emotional (3) _____. It might account for why people began singing the blues – music to accompany painful or miserable times. The research is from the University of California at Berkeley. It says people (4) ____ comfort in listening to tunes that reflect their negative mood. It also says weepy movies and books, or (5) ____ artwork provide comfort and console broken hearts. Study co-author Stephen Palmer said: "Emotional experiences of aesthetic products are important to our happiness and (6) ____-being."

The research is to be published in the August edition of the "Journal of Consumer Research" and is (7) ____: "Interpersonal Relationships and Preferences for Mood-Congruency in Aesthetic Experiences." The authors say: "Consumers experience serious emotional (8) ____ when intimate relationships are broken, and look for a surrogate to replace the lost personal (9) ____[In] negative moods, [they] might choose aesthetic experiences consistent with their mood (sad music; (10) ____-jerking dramas) even when more pleasant alternatives are also available." They report (11) ____ another study that found we prefer "angry music" when we are frustrated - by being interrupted, by someone being late, or after (12) ____ an Internet connection.

Put the correct words from the table below in the above article.

- | | | | | |
|-----|-------------------|-------------------|-----------------|----------------|
| 1. | (a) overcome | (b) overwrite | (c) overturn | (d) overtake |
| 2. | (a) contradictory | (b) contradiction | (c) contradicts | (d) contradict |
| 3. | (a) turbine | (b) turpentine | (c) turmoil | (d) turpitude |
| 4. | (a) contribute | (b) record | (c) amass | (d) find |
| 5. | (a) gloomy | (b) gleeful | (c) glazing | (d) grazing |
| 6. | (a) good | (b) well | (c) excellent | (d) fine |
| 7. | (a) issued | (b) noted | (c) labeled | (d) titled |
| 8. | (a) redress | (b) distress | (c) repress | (d) mistress |
| 9. | (a) stickiness | (b) glue | (c) bond | (d) adhesive |
| 10. | (a) fear | (b) tear | (c) dear | (d) pear |
| 11. | (a) in | (b) at | (c) to | (d) on |
| 12. | (a) loses | (b) losing | (c) loser | (d) lost |

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SPELLING

From http://www.BreakingNewsEnglish.com/1305/130518-sad_music.html

Paragraph 1

1. The study icodncratts common wisdom
2. music to nypmccoaa painful or miserable times
3. genaeivt mood
4. eyewp movies
5. Inscooe broken hearts
6. athticsee products

Paragraph 2

7. in the August dentooi
8. iinatmet relationships
9. a etrsgorau to replace the lost personal bond
10. tcseinotns with their mood
11. more pleasant sarivtleant
12. being errptuedtin

PUT THE TEXT BACK TOGETHER

From http://www.BreakingNewsEnglish.com/1305/130518-sad_music.html

Number these lines in the correct order.

- () movies and books, or gloomy artwork provide comfort and console broken hearts. Study co-
- () author Stephen Palmer said: "Emotional experiences of aesthetic products are important to our happiness and well-being."
- (**1**) New research suggests listening to sad music can help overcome the heartbreak of an ended
- () relationship. The study contradicts common wisdom that upbeat music is best when feeling the blues after emotional
- () titled: "Interpersonal Relationships and Preferences for Mood-Congruency in Aesthetic Experiences." The authors
- () are frustrated - by being interrupted, by someone being late, or after losing an Internet connection.
- () experiences consistent with their mood (sad music; tear-jerking dramas) even when more pleasant
- () miserable times. The research is from the University of California at Berkeley. It says people find
- () alternatives are also available." They report on another study that found we prefer "angry music" when we
- () The research is to be published in the August edition of the "Journal of Consumer Research" and is
- () turmoil. It might account for why people began singing the blues - music to accompany painful or
- () say: "Consumers experience serious emotional distress when intimate relationships are broken, and look
- () for a surrogate to replace the lost personal bond....[In] negative moods, [they] might choose aesthetic
- () comfort in listening to tunes that reflect their negative mood. It also says weepy

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PUT THE WORDS IN THE RIGHT ORDER

From http://www.BreakingNewsEnglish.com/1305/130518-sad_music.html

1. an overcome ended the relationship heartbreak of Help.

2. blues best when Upbeat feeling music the is.

3. blues account people the might why singing It for began.

4. that reflect Listening their to negative tunes mood.

5. happiness our to important are products Aesthetic.

6. August edition The research is to be published in the.

7. are when relationships broken Distress intimate.

8. personal bond Look for a surrogate to replace the lost.

9. mood their with consistent experiences aesthetic Choose.

10. are angry frustrated music when We we prefer.

CIRCLE THE CORRECT WORD (20 PAIRS)

From http://www.BreakingNewsEnglish.com/1305/130518-sad_music.html

New research suggests listening to sad music can help *overtake / overcome* the heartbreak of an ended relationship. The study *contradicts / contradictions* common wisdom that upbeat music is best when feeling the blues after *emotional / emotions* turmoil. It might *accountable / account* for why people began singing the blues – music *to / so* accompany painful or miserable *times / tunes*. The research is from the University of California at Berkeley. It says people find comfort *in / on* listening to tunes that reflect their negative mood. It also says *weep / weepy* movies and books, or gloomy artwork provide comfort and *console / consolation* broken hearts. Study co-author Stephen Palmer said: "Emotional experiences of aesthetic products are important to our happiness and *good-being / well-being*."

The research is to *be / been* published in the August edition of the "Journal of Consumer Research" and is *noted / titled*: "Interpersonal Relationships and Preferences for Mood-Congruency in Aesthetic Experiences." The authors say: "Consumers *experiential / experience* serious emotional *distress / distrust* when intimate relationships are broken, and *seek / look* for a surrogate to replace the lost personal bond...[In] negative *moody / moods*, [they] might choose aesthetic experiences consistent with their mood (sad music; tear-jerking dramas) *even / ever* when more pleasant alternatives are also *availability / available*." They report on another study that found we prefer "angry music" when we are *frustrated / frustrating* - by being interrupted, by someone being late, or after losing an Internet *connects / connection*.

Talk about the connection between each pair of words in italics, and why the correct word is correct.

INSERT THE VOWELS (a, e, i, o, u)

From http://www.BreakingNewsEnglish.com/1305/130518-sad_music.html

N_w r_s__rch s_gg_sts l_st_n_ng t_ s_d m_s_c c_n
h_lp _v_rc_m_ th_ h__rtbr__k _f _n _nd_d
r_l_t__nsh_p. Th_ st_dy c_ntr_d_cts c_mm_n w_sd_m
th_t _pb__t m_s_c _s b_st wh_n f__l_ng th_ bl__s
_ft_r _m_t__n_l t_rm__l. _t m_gh_t _cc__nt f_r why
p__pl_ b_g_n s_ng ng th_ bl__s - m_s_c t_ _cc_mp_ny
p__nf_l_r m_s_r_bl_t_m_s. Th_ r_s__rch _s fr_m th_
_n_v_rs_ty _f C_l_f_rn__ _t B_rk_l_y. _t s_ys p__pl_
f_nd c_mf_rt _n l_st_n_ng t_ t_n_s th_t r_fl_ct th__r
n_g_t_v_ m__d. _t l_s_ s_ys w__py m_v__s _nd b__ks,
_r gl__my _rtw_rk pr_v_d_ c_mf_rt _nd c_ns_l_ br_k_n
h__rts. St_dy c__th_r St_ph_n P_lm_r s__d:
"_m_t__n_l _xp_r__nc_s _f __sth_t_c pr_d_cts _r_
_mp_rt_nt t_ __r h_pp_n_ss _nd w_ll-b__ng."

Th_ r_s__rch _s t_ b_ p_b_lsh_d _n th_ __g_st
_d_t__n _f th_ "J__rn_l _f C_ns_m_r R_s__rch" _nd _s
t_tl_d: "_nt_rp_rs_n_l R_l_t__nsh_ps _nd Pr_f_r_nc_s
f_r M__d-C_ngr__ncy _n __sth_t_c _xp_r__nc_s." Th_
__th_rs s_ys: "C_ns_m_rs _xp_r__nc_ s_r__s
_m_t__n_l d_str_ss wh_n _nt_m_t_r_l_t__nsh_ps _r_
br_k_n, _nd l__k f_r _s_rr_g_t_ t_r_pl_c_ th_ l_st
p_rs_n_l b_nd...[_n] n_g_t_v_ m__ds, [th_y] m_gh_t
ch__s_ __sth_t_c _xp_r__nc_s c_ns_st_nt w_th th__r
m__d (s_d m_s_c; t__r-j_rk_ng dr_m_s) _v_n wh_n
m_r_ pl__s_nt _lt_rn_t_v_s _r_ _ls_ _v__l_bl_." Th_y
r_p_rt _n _n_th_r st_dy th_t f__nd w_ pr_f_r "_ngry
m_s_c" wh_n w__r fr_str_t_d - by b__ng _nt_rr_pt_d,
by s_m__n b__ng l_t_, _r _ft_r l_s_ng _n _nt_rn_t
c_nn_ct__n.

PUNCTUATE THE TEXT AND ADD CAPITALS

From http://www.BreakingNewsEnglish.com/1305/130518-sad_music.html

new research suggests listening to sad music can help overcome the heartbreak of an ended relationship the study contradicts common wisdom that upbeat music is best when feeling the blues after emotional turmoil it might account for why people began singing the blues – music to accompany painful or miserable times the research is from the university of california at berkeley it says people find comfort in listening to tunes that reflect their negative mood it also says weepy movies and books or gloomy artwork provide comfort and console broken hearts study co-author stephen palmer said "emotional experiences of aesthetic products are important to our happiness and well-being"

the research is to be published in the august edition of the "journal of consumer research" and is titled "interpersonal relationships and preferences for mood-congruency in aesthetic experiences" the authors say "consumers experience serious emotional distress when intimate relationships are broken and look for a surrogate to replace the lost personal bond...[in] negative moods [they] might choose aesthetic experiences consistent with their mood (sad music tear-jerking dramas) even when more pleasant alternatives are also available" they report on another study that found we prefer "angry music" when we are frustrated - by being interrupted by someone being late or after losing an internet connection

PUT A SLASH (/) WHERE THE SPACES ARE

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New research suggests listening to sad music can help overcome the heartbreak of an ended relationship. The study contradicts common wisdom that upbeat music is best when feeling the blues after emotional turmoil. It might account for why people begin singing the blues music to accompany painful or miserable times. The research is from the University of California at Berkeley. It says people find comfort in listening to tunes that reflect their negative mood. It also says weepy movies and books, or gloomy art work provide comfort and console broken hearts. Study co-author Stephen Palmersaid: "Emotional experiences of aesthetic products are important to our happiness and well-being." The research is to be published in the August edition of the "Journal of Consumer Research" and titled: "Interpersonal Relationships and Preferences for Mood-Congruency in Aesthetic Experiences. "The authors say: "Consumersexperienceserious emotional distress when intimate relationships are broken, and look for a surrogate to replace the lost personal bond.... [In] negative moods, [they] might choose aesthetic experiences consistent with their mood (sad music; tear-jerking dramas) even when more pleasant alternatives are also available." They report on another study that found we prefer "angry music" when we are frustrated - by being interrupted, by someone being late, or after losing an Internet connection.

HOMework

1. VOCABULARY EXTENSION: Choose several of the words from the text. Use a dictionary or Google's search field (or another search engine) to build up more associations / collocations of each word.

2. INTERNET: Search the Internet and find out more about music and feelings. Share what you discover with your partner(s) in the next lesson.

3. BROKEN HEARTS: Make a poster about how to overcome a broken heart. Show your work to your classmates in the next lesson. Did you all have similar things?

4. SAD MUSIC: Write a magazine article about sad music healing broken hearts. Include imaginary interviews with people who believe and don't believe this

Read what you wrote to your classmates in the next lesson. Write down any new words and expressions you hear from your partner(s).

5. WHAT HAPPENED NEXT? Write a newspaper article about the next stage in this news story. Read what you wrote to your classmates in the next lesson. Give each other feedback on your articles.

6. LETTER: Write a letter to a broken heart expert. Ask him/her three questions about broken hearts. Give him/her three of your ideas on how to overcome brokenheartedness. Read your letter to your partner(s) in your next lesson. Your partner(s) will answer your questions.

ANSWERS

TRUE / FALSE (p.4)

a T b F c T d F e T f F g F h T

SYNONYM MATCH (p.4)

- | | |
|-----------------|---------------|
| 1. overcome | a. defeat |
| 2. relationship | b. romance |
| 3. turmoil | c. confusion |
| 4. weepy | d. sad |
| 5. console | e. comfort |
| 6. edition | f. issue |
| 7. congruency | g. harmony |
| 8. intimate | h. close |
| 9. surrogate | i. substitute |
| 10. pleasant | j. nice |

COMPREHENSION QUESTIONS (p.8)

1. Overcome the heartbreak of a finished relationship
2. Popular belief that upbeat music is better
3. Listening to tunes that reflect their negative mood
4. Movies and artwork
5. Our happiness and well-being
6. The August edition
7. When intimate relationships are broken
8. A surrogate to replace what they lost
9. When they are frustrated
10. Three

MULTIPLE CHOICE - QUIZ (p.9)

1. b 2. d 3. a 4. c 5. b 6. c 7. d 8. a 9. a 10. b

ALL OTHER EXERCISES

Please check for yourself by looking at the Article on page 2.
(It's good for your English ;-)