

Singing in groups could make you happier

24th December, 2017



Researchers have found that singing in groups could have positive effects on reducing anxiety and depression. The research is from the University of East Anglia in the UK, in collaboration with a community singing group called Sing Your

Heart Out. A research team conducted the study to examine how singing with other people affects mental health. Researchers followed a group of participants who attended free weekly singing workshops for six months. They discovered that singing in groups was an essential part in helping people recover from mental illness. In addition, it helped people feel valued, enhanced their mood and increased their confidence, social skills and feeling of well-being.

Lead researcher, professor Tom Shakespeare, said: "We found that singing as part of a group contributes to people's recovery from mental health problems." He added that: "All of the participants we spoke to reported positive effects on their mental health as a direct result of taking part in the singing workshops. For some, it represented one component of a wider programme of support. For others, it stood out as key to their recovery or maintenance of health." Professor Shakespeare explained: "We heard the participants calling the initiative a life saver and that it saved their sanity." He said: "The key thing for everyone was that the Sing Your Heart Out model induced fun and happiness."

Sources: medicalxpress.com / bbc.com / syho.org

Writing

We should all sing in groups every day. Do you agree? What are the pros and cons of this?

Chat

Talk about these words from the article.

singing / positive / anxiety / depression / community / mental health / workshops / recovery / component / programme / maintenance / health / initiative / happiness

True / False

- Singing in groups could reduce anxiety but increase depression. T / F
- A community singing programme helped with the research. T / F
- Researchers spent six years following people who sang together. T / F
- The article said people thought the singing group was not valued. T / F
- The lead researcher said all participants reported positive benefits. T / F
- The singing was the most important part of everyone's recovery. T / F
- Some participants said the singing workshops were a life saver. T / F
- The researcher said the workshops created happiness and fun. T / F

Synonym Match

(The words in **bold** are from the news article.)

- | | |
|---------------------|------------------|
| 1. positive | a. recuperation |
| 2. anxiety | b. took part in |
| 3. conducted | c. brought about |
| 4. attended | d. worry |
| 5. enhanced | e. part |
| 6. recovery | f. start |
| 7. result | g. favorable |
| 8. component | h. increased |
| 9. initiate | i. consequence |
| 10. induced | j. organized |

Discussion – Student A

- What do you think of singing?
- What do you think of your singing voice?
- What do you think of karaoke?
- How does singing make you feel?
- Where and when do you sing?
- What do you think of the community singing group?
- How might singing improve our mental health?
- Who is your favourite singer, and why?

Phrase Match

- | | |
|--|----------------------------|
| 1. could have positive effects | a. for everyone |
| 2. in collaboration | b. affects mental health |
| 3. singing with other people | c. initiative a life saver |
| 4. free weekly | d. mood |
| 5. enhanced their | e. and happiness |
| 6. one component of a wider | f. on reducing anxiety |
| 7. it stood out as | g. programme |
| 8. We heard the participants calling the | h. singing workshops |
| 9. The key thing | i. with |
| 10. induced fun | j. key to their recovery |

Discussion – Student B

- What do you think about what you read?
- How much do you like singing?
- How does singing change your mood?
- Why do we sing?
- When might singing make you unhappy?
- Would you like to be lead singer in a band?
- What kinds of songs do you like to sing?
- What questions would you like to ask the researchers?

Spelling

- positive effects on reducing teayxin
- in booaitrIcolan with
- a group of racintastppi
- an sstleinae part in helping people
- hnencaed their mood
- increased their dfecnnocie
- singing as part of a group cetnsrbuiot
- voeceryr from mental health problems
- it represented one pntenocom
- calling the aniiviitet a life saver
- it saved their itsyan
- idunedc fun and happiness

Answers – Synonym Match

1. g	2. d	3. j	4. b	5. h
6. a	7. i	8. e	9. f	10. c

Role Play

Role A – Singing

You think singing is the thing that makes you happy most. Tell the others three reasons why. Tell them why their things don't make you as happy. Also, tell the others which of these make you happy the least (and why): sleeping, eating or speaking English.

Role B – Sleeping

You think sleeping is the thing that makes you happy most. Tell the others three reasons why. Tell them why their things don't make you as happy. Also, tell the others which of these make you happy the least (and why): singing, eating or speaking English.

Role C – Eating

You think eating is the thing that makes you happy most. Tell the others three reasons why. Tell them why their things don't make you as happy. Also, tell the others which of these make you happy the least (and why): sleeping, singing or speaking English.

Role D – Speaking English

You think speaking English is the thing that makes you happy most. Tell the others three reasons why. Tell them why their things don't make you as happy. Also, tell the others which of these make you happy the least (and why): sleeping, eating or singing.

Speaking – Happiness

Rank these with your partner. Put the best things to make you happy at the top. Change partners often and share your rankings.

- | | |
|--------------------|--------------|
| • watching TV | • singing |
| • eating | • sleeping |
| • reading | • bathing |
| • speaking English | • exercising |

Answers – True False

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

Answers to Phrase Match and Spelling are in the text.