

B1 - LESSON 1 (THE POWER OF M)**Level:** B1**Time:** 30-40 minutes

Lesson focus: This is the first out of a five-hour-long lesson course. In this class, students get a chance to interview their classmates and learn about their music preferences and listening habits. They will share their favourite ways of listening to music and its effects on our mood and health. Listen to short extracts from a BBC 6-minute podcast and find out the power of music and its hold on our lives.

Materials:

- The Power of Music - presentation
- The Scientific Benefits of Music - [video](#)
- BBC 6-minute English podcast - [Life without music](#)

Learning objectives:

- to talk about listening habits
- to talk about the way music affects our mood
- to listen to and understand a short podcast

Structure:**1. Warm-up (6 mins)**

Students work as a group and discuss their listening habits. Use pictures to help them form the answers. Talk about different situations in which students usually listen to music and discuss why people tend to listen to music in these situations, for example, on the bus or while studying.

2. Pre-video discussion (6 mins)

Before watching the video, students work in pairs or small groups and think of three benefits of music on health. Collect the answers and play the video - *The Scientific Benefits of Music*.

Check if any of the answers appeared in the video. Discuss if students agree with what was said in the video.

Answers:

- 1) *helps with memory loss*
- 2) *helps while exercising*
- 3) *reduces pain and increases the healing process*

3. Listening - Part 1 (5 mins)

Show a picture of an ear and a worm. Students predict the compound word and its meaning. Listen to the recording and check if the students' answers were correct.

Answers:

an earworm - a piece of music or song that is stuck in our heads

4. Listening - Part 2 (8 mins)

Say that people listen to music all over the world and that's why it is quite powerful. Read three statements and discuss if they are true or false. Listen to the recording and check if your answers were correct. If needed, listen to each recording twice and show the transcript. Talk about the answers and discuss if students agree with what was said on the podcast.

Answers:

1 - T, 2 - T, 3 - F

5. Oral practice (10 mins)

Students work in pairs and discuss if the statements are true to them.

6. Error correction (5 mins)

Provide speaking feedback.