

## Lesson 21: Singing

Hi! Welcome to the Article Discussion lesson!

Today's topic is about "***Singing.***"

Have fun learning English!

### Activity 1 | Vocabulary and Expressions

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**Directions:** Listen and repeat.

#### Vocabulary

- **endorphin** – a chemical naturally released in the brain to reduce pain
- **cognizant of** – having knowledge or awareness of something
- **accurate** – free from mistakes or errors
- **zeal** – great energy in pursuit of a goal
- **destructive** – causing destruction or harm
- **idiosyncrasy** – mode of behavior or way of thought peculiar to an individual

## Activity 2 | Article

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**Directions:** Read the article aloud with your teacher.

### Singing

Singing is thought to be the language of the soul. It is a scientifically proven fact that singing can reduce the level of anxiety and stress, and elevate **endorphins** as well. Through singing, people become **cognizant of** and feel the harmony within themselves and the world surrounding them.

Singing seems like an effortless activity, but this is far from **accurate**. Even though we can all do it, and every so often it comes naturally to us, professional singers invest a lot of time and energy to refine diverse techniques of the voice and perfect their craft. We are all conscious of the dissimilarity between amateurs and professionals, but one thing is certain - music soothes the mind. Burning **zeal** for singing is what counts, and engaging in such activity can have salutary effects on our wellbeing.

Alternatively, some would argue that singing can also have a **destructive** effect on the mind. Violent lyrics, for instance, can have a completely opposite impact on a human being. Whether or not singing will have a healing effect depends on both the composer's intention, and listeners' frame of mind. The selection of songs and tracks is immeasurable, and we should be held accountable for our own preferences and personal **idiosyncrasies**.

Nevertheless, through singing, we are capable of releasing tension and inducing relaxation that is becoming a bare necessity in the contemporary world. Thus, play your favorite song and sing along!

### Activity 3 | Question and Answer

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**Directions:** Answer these questions about the article.

1. According to the essay, what kind of effects does singing have on human beings?
2. Why can singing calm us down?
3. What is the difference between professionals and amateurs?
4. Why do some people believe that singing can be destructive?
5. How can we avoid this negative impact of the lyrics?

## Activity 4 | Summary

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**Directions:** Make a summary of this article, focusing on the main topic. After that, your teacher will give you an example of the summary.

## Activity 5 | Thoughts

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**Directions:** Check the following quote and discuss your opinion with your teacher:

“There is no singing anymore, everything is yelling and shouting and rapping and that is real boring to a guy like me.”

1. Do you agree with the writer’s opinion? Why?
2. What kind of qualities do you think the writer is looking for in a singer?
3. Should we try to define singing as something else rather than producing musical sounds with the voice? How can we tell what’s singing and what’s not?

## Activity 6 | Free Conversation

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**Directions:** Answer these questions related to the topic of the article. Have a free conversation about it with your teacher.

1. Do you like singing?
2. Would you say you are a good singer?
3. What kind of songs do you like?
4. How do you react when you hear someone singing out of tune?
5. Is there anything about singing that you don't like?
6. Violent lyrics are believed to have a bad effect on the human mind. What do you think about this? Should all songs have a happy ending? Why?
7. Why do you think some people feel embarrassed to sing in front of others? Do you think it's good not to pay attention to the quality of your own voice and just sing if you have the need to do it?
8. "If I cannot fly, let me sing." How do you understand this quote? Is singing liberating for all people, or just the ones who can sing well?
9. Could you compare singing to some other activity? How is singing better than other things that make people relaxed?
10. If you could sing well, what kind of singer would you be? Do you think voice is more important than performance? How important is physical appearance in the music industry?