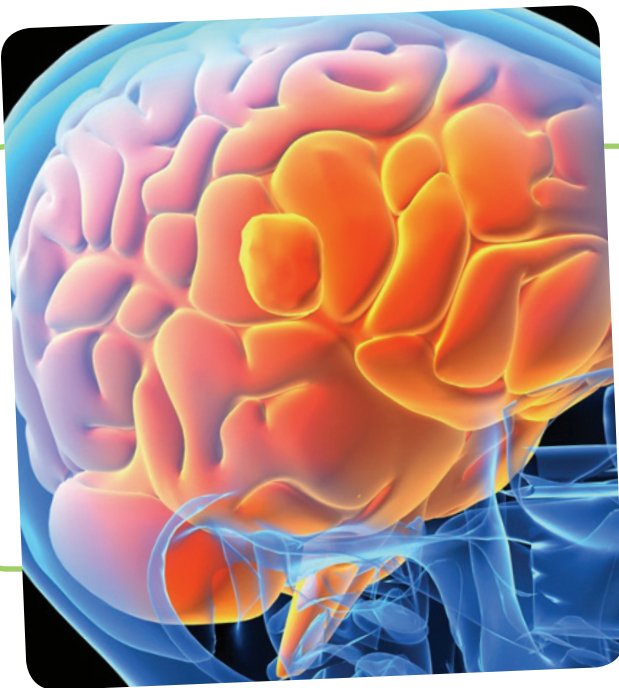


Music: a powerful natural drug.

People have always known that music has a big effect on us. Kings and queens would ask top composers to produce music to help them sleep, or to soothe them, or to help them celebrate.

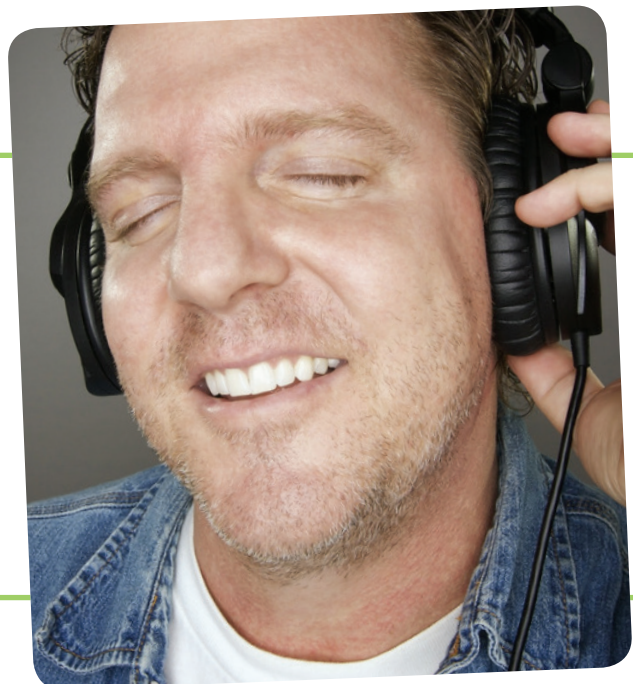


Modern science proves it.

Latest brain-picture techniques show that different music lights up different parts of the brain. Some music can soothe you, make you feel strong, or even depress you.

So it's good to find the right music for you.

At bedtime you want soothing music. At party time you want upbeat music. Other times you just want music that makes you feel good.





Find a radio station that suits you.

Radio 2 is the most listened to station in the UK, and a recent study found that the kind of music it plays is usually good for you. But maybe you prefer another station.

iPods can be great.

If you use an iPod you can put your music into folders labelled 'relaxing', or 'upbeat', or whatever you want.



Summary.

1. Music has a big effect on us.
2. It's good to control that effect by listening to the right music at the right time.

Discussion

What tracks usually relax you?

What tracks make you feel upbeat and 'strong'?

What other tracks do you like?

Do you listen to different tracks in the evening time than in the daytime?

Project

Spend some time everyday listening to music. Make sure that it is music that has a good effect on you in some way. Tell the group how you get on next time.