

## **STRATEGY GROUP: Affective**

### **STRATEGY SET: Lowering your anxiety**

#### **STRATEGY: Using music**

This strategy is useful before any stressful language task. Five or ten minutes of soothing music can calm learners and put them in a more positive mood for learning. The language teaching method known as Suggestopedia is based partly on the use of baroque music to alter students' moods and mental states.

As an illustration of using music to relax, Flint listens to his favourite, most upbeat country music before practicing Russian. Sara relaxes with classical music before her *German* study sessions.