

DIRECT STRATEGIES: SPEAKING

STRATEGY GROUP: Affective

STRATEGY SET: Lowering your anxiety
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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.