

**Do you think singing can bring happiness to people?**

Sure. I think singing- alongside many other **creative pursuits**- can make people feel **immense joy** when they are participating in these activities. I know that some people feel that singing in particular, can be a type of therapy for them. Through singing, they'll be able to express certain emotions like sadness or regret, and that can be a very **cathartic** experience.

**Useful expressions****Creative pursuits**

Creative hobbies.

*"I think singing- alongside many other **creative pursuits**- can make people feel immense joy."*

**Immense joy**

A lot of happiness.

*"I think singing- alongside many other creative pursuits- can make people feel **immense joy**."*

**Cathartic**

An experience that gives emotional release or relief.

*"Through singing, they'll be able to express certain emotions like sadness or regret, and that can be a very **cathartic** experience."*

**Endorphins**

Brain chemicals creating pleasure.

*"Singing releases **endorphins**, which naturally boost happiness."*

**An emotional outlet**

A way to express emotions.

*"Singing provides **an emotional outlet** for people to express their feelings."*

**Irritating**

Causing annoyance.

*"It might bring happiness to the person singing, but it can be extremely **irritating** listening to someone who doesn't sing well."*

**Too self-conscious**

Feeling shy of oneself.

*"Many people are **too self-conscious** to sing aloud."*

**Write your answer**

**Have you ever had singing lessons?**

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