

EXTENDED CONSTRUCTED RESPONSE

The benefits of listening to music are that it improves your mood and helps you sleep better.

Listening to music improves your mood. In the text, it states “She has proven that listening to pleasant music causes positive changes in the brain. These changes create feelings of excitement, joy, and pleasure.” This makes me think that music causes people to feel happy and excited which would improve their mood.

Music also helps you sleep better. The author says, “Some of the students were told to listen to relaxing classical music before bedtime. Those students slept better and even felt happier.” This shows that listening to music can help you relax and get better sleep.

In conclusion, music is beneficial because it causes better moods and better sleep.

Claim or Central Idea	Supporting Reason 1	Supporting Reason 2	Text Evidence	Explanation
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STAAR

4TH
GRADE
EXEMPLAR