

Empowering Self-Love and Self-Discovery through the Lyrics of Flowers by Miley Cyrus



INTRODUCTION:

In this lesson, students will explore the themes of self-love and self-empowerment through quotes, group discussions, and a listening exercise to **Miley Cyrus' "Flowers"**. By understanding the difference between self-love and self-empowerment and analyzing the lyrics of the song, students will develop a deeper appreciation for these crucial aspects of personal growth and well-being. Join in as we delve into this meaningful journey of self-discovery and leave with valuable insights and new perspectives on loving and empowering oneself.

Language level: B2

Learner type : All ages

Skills : speaking, listening, reading and writing

Topic: self- love and self-empowerment

Materials : Youtube video (audio) genially presentation

Duration: about an hour

Downloadable Materials: none



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STEP-BY-STEP LESSON PLAN

Step 1 (5 min)

Genially presentation [LINK](#)

Slide 01. Quotes.

Screen-share or project the quotes below.

Ask students to read the quotes aloud.

Ask students what the four quotes are about. (self-love and self-empowerment)

Ask students to explain the difference between the two

Note: In short, self-love is about accepting and valuing oneself, while self-empowerment is about taking control of one's life and actively working towards personal growth and fulfillment.

"Self-love is the source of all our other loves." - Pierre Corneille

"Loving oneself isn't vanity. It's sanity." - Katrina Ubell

"I'm not afraid to stand alone and be my own person, and I think that's what self-empowerment is all about." - Beyonce

"Self-empowerment is not about being powerful in relation to others, it is about being powerful in relation to yourself." - Unknown

Step 2 (6 min)

In pairs, or trios (breakout rooms), have students talk about the meanings of the 4 quotes and their favorite one and why. Make sure they know they are supposed to report their talk to class later.

Step 3 (5 min)

Back to the main room, have pairs/trios share their ideas. Have other students say if they agree/disagree and why. Have a mini discussion

Step 4 (4 min)

Tell students they are going to listen to a song. Tell them to pay attention to the lyrics and try to identify any themes related to self-love and self-empowerment.

Play the song. Important. Make sure you use the link for the official audio, not the official video (it's kind of inappropriate for students ***)

Step 5 (5 min)

Have students say what they understood from the song and share any things related to self-love and self-empowerment they were able to identify from the listening of the song

Step 6 (5 min)

Slide 2 of the genially presentation with the lyrics to the song.

Play the music again while students follow the lyrics. (you can also make a handout if you think it's more appropriate for your class).

Help them with any vocabulary questions.

Step 7 (10 min)

Slide 3. Discussion questions about the lyrics for Flowers by Miley Cyrus

Have students work in small groups to discuss the questions. They are supposed to report to the whole class later.

1- How do you think people can learn to love themselves better?

2- In what ways can self-love be beneficial for one's mental and emotional well-being?

3- How do you think the lyrics relate to the idea of personal growth and self-discovery?

4- In what ways do you think self-love is important in overcoming difficult life experiences?

5- How do you think the lyrics portray the idea of self-empowerment and self-sufficiency?

Possible Answers:

1- How do you think people can learn to love themselves better?

Answer: People can learn to love themselves better by practicing self-care, setting boundaries, and learning to accept themselves for who they are, flaws and all. It's also helpful to surround yourself with positive and supportive people, and to focus on positive self-talk.

2- In what ways can self-love be beneficial for one's mental and emotional well-being?

Answer: Self-love can be beneficial for one's mental and emotional well-being in many ways. It can help to boost self-esteem, reduce stress and anxiety, improve relationships, and increase overall happiness and well-being.

3- How do you think the lyrics relate to the idea of personal growth and self-discovery?

Answer: The lyrics relate to the idea of personal growth and self-discovery as the singer expresses her ability to understand and love herself better. The lyrics convey a message of self-empowerment, self-reliance and self-sufficiency, which are all key elements in personal growth and self-discovery.

4- In what ways do you think self-love is important in overcoming difficult life experiences?

Answer: Self-love is important in overcoming difficult life experiences because it allows individuals to have a positive and resilient mindset, to have a better sense of self-worth, and to be able to understand their own needs and wants. With self-love, individuals can develop healthier coping mechanisms, and can make better choices for themselves.

5- How do you think the lyrics portray the idea of self-empowerment and self-sufficiency?

Answer: The lyrics portray the idea of self-empowerment and self-sufficiency by emphasizing the singer's ability to take care of herself and make her own choices. The lyrics express the singer's independence and self-reliance, and convey a message of self-sufficiency and self-reliance, which are key elements in self-empowerment.

Step 8 (10 min)

Students share their answers. Have a class discussion.

Step 9 (homework or in-class work if you still have time)

Ask students to write a short paragraph about a personal experience they had related to self-love or self-empowerment.

That's it for this week! I hope this activity is helpful and enjoyable!

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Happy teaching! :)

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Or just bored and unmotivated?

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Or just the same old gap fill worksheet?

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Would you like to use songs in a **meaningful** way and grab your **students' attention**?

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