



Creativity+



Gut Punch Lesson Plan: Second Conditional Focus

MUSIC+ Song-Based Lesson Plan
(Song Activity Factory)



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Gut Punch (Nick Jonas) A BEAT+ MUSIC+ Experience - Instructions pdf

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Description:

This introspective exploration navigates the duality of self-perception through the lens of internal conflict. By peeling back the layers of emotional "gut punches," students examine the friction between self-judgment and self-compassion. Using the hypothetical framework of the second conditional, learners bridge the gap between their current reality and a kinder internal landscape, transforming abstract psychological concepts into structured, meaningful personal expression..



Details:

- Language level: B1+ (Intermediate)
- Learner type: Teens and Adults
- Skills: Listening, Speaking (Mediation), Writing (Reflective), Grammar (Second Conditional)
- Topic: Self-Kindness, Internal Conflict, Identity
-]Materials: 👉 [[Click for Google Slides](#)], 👉 [[Click for Student Worksheet](#)], 👉 [[Click for Assessment Pack](#)]
- Duration: 60 minutes

Objectives:

- Analyze internal emotional conflict through lyrical and visual metaphors.
- Construct hypothetical scenarios and behavioral changes using the second conditional.
- Mediate complex psychological concepts like the "inner child" through collaborative discussion.
- Articulate personal or narrative resolutions through varied creative outputs.

Only selected slides are shown below. All remaining visuals are designed as in-class supports and are referenced in the step-by-step instructions.

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Step-by-step Lesson Plan

Step 1 – The Optical Illusion (Motivation+) (5 minutes)



First, display Slide 1. Ask students to describe the man and his reflection.

Then, prompt them to consider: *"Why do they look different?"*

Explain that this visual aims to spark curiosity about the difference between how we look and how we feel inside.

Step 2 – The Prediction Pulse (Motivation+) (5 minutes)



Next, show Slide 2 and introduce the idiom "gut punch."

Ask the class: *"Is a gut punch a physical hit or an emotional shock?"*

Then, inquire: *"What do you think the song will be about?"*

Have students discuss these questions briefly in pairs.

Transition by saying: *"Let's listen to find out which 'fight' Nick Jonas is actually in."*

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Step 3 – Global Listening: The Internal Weather (Understanding+) (8 minutes)



Play the first half of Nick Jonas – “Gut Punch” (0:00–1:45).

As they listen, display these guiding questions on the screen:

- Is he angry at others?
- Mean to himself?
- Tired of working?

Tell students: “Don’t worry about grammar. Just listen and decide who he’s fighting.”

After listening, elicit from the class that the conflict is internal, not external.

Step 4 – The Linguistic Reveal (Skills+) (10 minutes)

Hand out the lyric worksheet to each student and show Slide 4.

Ask students to find the sentence starting with “What would it be like if...”

Briefly highlight the structure of the second conditional: “If + past simple → would + base verb.”

Frame this structure as a tool the singer uses to imagine change.

Step 5 – The Repair Shop: Second Conditional (Skills+) (10 minutes)

Play the song’s Bridge twice, focusing on the line: “What would it be like if I just tried being nice...”

Students will then complete a short gap-fill activity using the second conditional.

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Remind them that the focus is on understanding the meaning first, with accuracy being a secondary goal.

Step 6 – Mediation: The Inner Child (Interaction+) (12 minutes)



Display Slide 6. Task students to explain the idea of the “inner child” to a partner who doesn’t understand the song.

Encourage them to use Battle Cards (sentence starters) to support their discussion and negotiation of meaning.

Reassure them that personal sharing is optional; the discussion can remain focused on the song’s themes.

Step 7 – Creative Transfer: Select Your Mission (Creativity+) (10 minutes or Homework)

Show Slide 7 and offer students three distinct output options to choose from:

- **Digital:** Write a short comment or message for the singer.
- **Narrative:** Write a note to your future self starting with “If I were...”
- **Visual:** Draw a symbol for self-kindness and caption it using the “If... would” structure.

Students will select one path and apply the target structure to express their ideas.

Teacher Guide

- **Answer Key Part 2:** 1. tried / would be; 2. found / would let.
- CCQs:**
- "Is the singer being nice to himself now?" (No).
 - "Is he talking about a real child or a feeling?" (A feeling/metaphor).

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Lexical Glossary:

- *Gut Punch*: A sudden, painful emotional shock.
- *People pleasing*: Trying too hard to make others happy.
- *Disguise*: Something used to hide your real self.

You've Run a Lesson About the Way We Talk to Ourselves. Curious Where It Came From?

You've just facilitated an introspective, decision-driven ESL experience — exploring internal conflict, self-kindness, and imagined change through language, without guesswork and without sacrificing depth or assessment.

What you've used here is not a one-off idea. It's a small window into my full **BEAT+ Method** and **MUSIC+ Framework** — the system I use to design song-based lessons that are immersive, assessable, and sustainable for real classrooms.

This lesson is intentionally shared as a **Guest Pass**.

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