



# Younger You (Miley Cyrus) A BEAT+ MUSIC+ Experience - Instructions pdf

## Description

This lesson helps students practice negative imperatives while discussing advice for their younger selves. Students listen to a contemporary song to extract main ideas and correct grammatical errors in lyric transcriptions. They focus on identifying specific vocabulary phrases to negotiate rules for digital wellness in a group task. The lesson develops the ability to write a short personal survival guide using target commands and wellness vocabulary.

**System Note:** This Guest Pass lesson demonstrates the visible lesson layer of the BEAT+ Method. In the full system, teachers are supported by real-time pedagogical decision tools designed to manage classroom friction during each stage of the lesson.

## Details

- **Language level:** B1 (Intermediate)
- **Learner type:** Teens and Adults
- **Skills:** Listening, Reading, Speaking, Writing
- **Topic:** Advice, Digital Wellness, Mental Health, Negative Imperatives
- **Duration:** 58 minutes

## Materials

- [👉 Click for Google Slides](#)
- [👉 Click for Student Worksheet](#)
- [👉 Click for Lyric Sheet Cut Out](#)

## Objectives

- Extract narrative meaning from a song about giving advice to the past.
- Identify and correct negative imperative structures in song lyrics.
- Negotiate rules for digital wellness in a collaborative group discussion.

- [Click for Assessment Pack](#)

- Write a short survival guide using negative commands and target vocabulary.

## Step-by-step Instructions

### Step 1: Visual Hook (The Digital Mirror) – Motivation+ (5 min)

- First, display Slide 1, which features a teenager illuminated by a smartphone, looking at an old photo.
- Ask the class: "Look at the image on the screen. If you could send one short text message back in time to your younger self, what advice would you give them?"
- Instruct students to write one sentence in their notebook.



### Step 2: Message Audit (The Gist Check) – Understanding+ (8 min)

- Before we listen to the song, let's think about the advice we would give to our past selves. We all have advice for our past. Now, let's listen to what the singer tells her younger self.
- Display Slide 2, showing a split screen of a busy office and a peaceful starry night.
- Play the first segment of the song, "Younger You" by Miley Cyrus (Verse 1 + Chorus), once. (the video on the slide is already programmed to start and stop at the right time)
- Instruct students to open their worksheet to Part 1.
- Ask: "Who is the singer talking to, and what two things is she worried about?"



### Step 3: Linguistic Noticing (The Advice Detectives) – Skills+ (10 min)

- We know her worries. Now, let's listen to how she gives herself strong advice.
- Hand out a lyrics sheet to each student.
- Display Slide 3, featuring a digital sticky note with 'REMEMBER' crossed out.
- Explain the task: "Look at your lyrics sheet and open your worksheet to Part 2. I wrote down the singer's advice, but I changed her exact words. As you listen, find my errors and correct the sentences so they match her negative commands exactly."



- Play the audio segment (Verse 2 + Outro) twice. (the video on the slide is already programmed to start and stop at the right time)
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#### **Step 4: Lexical Mining (The Board Lock) – Skills+ (5 min)**

- Display Slide 4, showing a handwritten journal page with highlighted phrases.
  - Instruct students to open their worksheet to Part 3.
  - Tell them: "Copy these three phrases from the screen: 'Before bed,' 'On his mind,' and 'Standing on the stars.' We will use them to build our own survival guide."
  - As students copy, physically write these chunks on the board to anchor the final task.
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#### **Step 5: Collaborative Negotiation (The Survival Guide) – Interaction+ (15 min)**

- We have our advice commands on the board. Now, let's work together to set our own digital boundaries.
  - Display Slide 5, featuring a smartphone with a 'Do Not Disturb' notification.
  - Instruct students: "In your groups of three, you are writing a 'Slow Wellness' survival guide for a younger student. Negotiate two important rules they must follow to protect their mental health online."
  - Tell them to open their worksheet to Part 3 and write their two rules.
  - Remind them: "Use your Battle Cards to lead the discussion; you have 15 minutes."
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#### **Step 6: The Final Project (Creative Choice) – Creativity+ (10 min)**

- Your rules are set. Now, choose how you will share this advice with the world.
  - Display Slide 6, showing options for sharing like an Instagram post or voice note.
  - Instruct students to open their worksheet to Part 4.
  - Explain the timing: "You have exactly 2 minutes to negotiate your path, and 8 minutes to write your 3 sentences. Your final output should include 3 sentences, 2 'Don't forget...' commands, and 1 phrase from the board."
  - Remind the class: "Time Keepers, hold your groups to the clock!"
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## Step 7: Qualitative Assessment (The Gallery Walk) – Interaction+ (5 min)

- To conclude, let's share our wisdom.
- Instruct students: "Stand up and move around the room. Read the advice on the walls."
- Then, ask them: "Find one rule you want to use in your own life."

## ANSWER KEY

### PART 1: The Message Audit

- **Who is the singer talking to?** Herself (her younger self).
- **What is she worried about?** That she doesn't pray anymore / that she is worrying instead / that they lost touch.

### PART 3: The Wellness Words

1. Before bed
2. On his mind
3. Standing on the stars

### PART 2: The Advice Detectives

- **Prompt 1:** Remember me. → **Correction:** Don't forget about me.
- **Prompt 2:** Remember to call your mom. → **Correction:** Don't forget to call your mom.
- **Prompt 3:** Remember who you are. → **Correction:** Don't forget who you are.

## You've Just Run a Lesson on Boundary Setting, Imperative Syntax, and Slow Wellness. Curious Where It Came From?

You've just facilitated a structured, high-engagement ESL MUSIC+ Experience — developing linguistic noticing, peer-led negotiation of meaning, and personalized, student-driven creative output through a song, while maintaining strict cognitive safety and assessment value.

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.

## Where This Lesson Fits in a Larger System

This Guest Pass lesson represents one visible layer of the BEAT+ Method and the MUSIC+ Framework — a structured system designed to transform songs into high-rigor, evidence-driven learning environments.

In the complete methodology, teachers are supported by additional professional tools, including:

- Real-time classroom decision support systems
- Advanced instructional architecture guides
- A continuously expanding library of premium lesson and assessment packs

This Guest Pass lets you experience how a structured song-based lesson actually runs in real classrooms — before you ever need the full system behind it.

👉 [Explore the full system inside the Exclusive Subscriber Club](#)

