

The Loveliest People In The World

Advanced (C1-C2)



WARM-UP DISCUSSION

How lovely are you? Be honest!

Rate yourself from 1–10 (10 being the most lovely) on the “loveliness scale.” Explain your rating.

Discuss:

- Who’s the loveliest person you know, and what makes them so?
- Can someone be lovely and still brutally honest?
- Who would you not want to be stuck in a lift with — and why?

VOCABULARY

Sort the adjectives below into positive and negative traits. Then, choose your top 3 best and top 3 worst personality traits and discuss your choices.

Kind-hearted	Genuine	Self-aware	Forgiving	Naïve
Empathetic	Vain	Arrogant	Pretentious	Cynical
Honest	Judgemental	Humble	Fake	Open-minded
Compassionate	Insecure	Patient	Egotistical	Tactful
	Authentic	Self-centred	Wise	

VIDEO ACTIVITY

Part 1. Before watching the video, discuss the following questions.

1. What do you think makes a person truly lovely – looks, kindness, honesty, or life experience?
2. Do you think “lovely” people are always happy?
3. Can someone be *too* nice?

Part 2. Watch the video “How to Spot the Loveliest People in the World.”

Part 3. Read the quotes from the video and discuss the questions.

1. “They long ago shed their pride.”

Why might letting go of pride make someone lovelier? Can you think of a moment when humility made a person easier to connect with?

2. “They can tell you frankly how lonely and sad they are.”

Why is openness about sadness or vulnerability often seen as strength rather than weakness?

3. “They want to get to the howl inside you because they are familiar with the howl inside them.”

What does the “howl” symbolise here? How does this connect to empathy and human connection?

4. “They let their humour get very dark, because the gap between their hopes and their experience is so wide.”

Do you think using dark humour helps people cope with disappointment? Why or why not?

5. “They don’t expect life as a whole to go right – and against a backdrop of despair, laugh with exceptional richness and glee.”

How can accepting imperfection actually lead to more joy or peace?



Part 4. Read each statement and share how much you agree.

1. Truly lovely people don't care what others think.
2. It's impossible to be lovely if you haven't suffered.
3. Trying to cheer people up is overrated.
4. Flawed people are more interesting than perfect ones.
5. You can't be lovely and ambitious at the same time.
6. Being lovely means being honest — even when it hurts.

Part 5. Answer the questions below. Explain why you would or wouldn't do each thing and give examples if you can.

1. Would you admit your insecurities to a friend?
2. Would you laugh at your own mistakes in public?
3. Would you say sorry even if you weren't completely at fault?
4. Would you tell someone they're being annoying — nicely, of course?
5. Would you give someone honest feedback that might upset them?
6. Would you ever cry in front of another person?

Afterwards, decide:

- Which of these behaviours feel the most “lovely”?
- Which are the hardest to do in real life?

Part 6. Read the situations below and discuss: *How would a lovely person respond?*

1. A friend keeps oversharing their personal drama.
2. A colleague takes credit for your work.
3. Your partner is in a bad mood for no clear reason.
4. Someone gives you brutally honest feedback.

Part 7. Discuss the questions below.

1. Can being too nice be a weakness?
2. Are lovely people sometimes misunderstood as naïve?
3. Do we need more lovely people or tougher people in today's world?

WRAP-UP

Share one thing you could do this week to be a bit lovelier. It can be funny, realistic, or meaningful.

Examples: "Stop interrupting people." / "Actually listen instead of pretending to." / "Give someone a sincere compliment."

