Warm-up discussion

Students rate themselves from 1-10 (10 being the most lovely) on the "loveliness scale" and explain their rating. Then, students discuss the questions.

Vocabulary

Students sort the adjectives into positive and negative traits. Then, choose their top 3 best and top 3 worst personality traits and discuss their choices.

Positive: kind-hearted, genuine, self-aware, forgiving, empathetic, honest, humble, open-minded, compassionate, patient, tactful, authentic, wise
Negative: naïve, vain, arrogant, pretentious, cynical, judgemental, fake, insecure, egotistical, self-centred

Encourage discussion around context (e.g. "Can 'honest' sometimes be negative?").

Video activity

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

Part 2. Students watch the video.

Part 3. Students read each quote from the video and discuss the questions.

For question 3, the "howl" may represent deep emotional pain or inner struggle. The idea is that *lovely people* have faced their own darkness, so they can recognise and empathise with it in others.

Part 4. Students read each situation and share how much they agree.

Part 5. Students answer the questions and explain why they would or wouldn't do each thing. Encourage students to give examples where they can.

Part 6. Students read the situations and discuss how a lovely person would respond.

Part 7. Students discuss the questions.

Wrap-up

Students share one thing they 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."