The Importance of Appearance

**Objective:** Pupils will explore how important appearance really is.

**Materials:**

* Worksheets for each pupil
* Highlighters
* Pens

**Total Time** 30 minutes

**Part One** (15 minutes)

* Ask pupils to think of a person they know and really admire - this can be a friend, family member or loved one (not a celebrity).
* Next ask pupils to write an appreciation letter to that person telling them exactly what qualities they admire and value.

**Part Two** (15 minutes)

* Ask pupils to go through their letter and highlight with one colour qualities they have written down that relate to the person’s looks.
* Next ask pupils to highlight with a different colour the qualities they have written down that are not related to looks.
* As a class total up the number of appearance related qualities written and non-appearance related qualities and discuss the below question:  
    
  Is what’s on the inside more important than the way we look?

# Worksheet

**Activity**

* Think of a person you value and admire. This can be a friend, parent, relative, teacher, youth worker, councillor, sports coach – anyone you personally know!
* Write a letter of appreciation to that person, detailing the qualities they possess that you value and admire the most.

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