

# JUST A MINUTE

## Objective

To provide better listening, thinking and speaking training in a fun environment.

## Procedure

Divide the group into two teams, A and B. The session is just like table topics only easier as all the topics are to have only one word. Give a topic to someone from team A. That person then tries to speak on the topic for one minute.

At any time, anyone from Team B can challenge by shouting "STOP". The clock is stopped immediately.

There are only three grounds for a successful challenge.

- a. HESITATION - You may pause for effect but not for thought. Um's and ahs count as a hesitation
- b. DEVIATION - From the topic or from correct English
- c. REPETITION - You may not repeat a word with the following exceptions;  
Little words such as "and, but, a, the, are, were, of, etc."  
The name of the topic.

## Scoring

- If a challenge is successful, the challenging team scores a point and the person who challenged speaks for what remains of the minute. If a challenge is unsuccessful, the speaker's team gets a point and the speaker continues for what remains of the minute.
- The team speaking at the end of the minute gets 3 points.
- If a speaker speaks for the full minute without being successfully challenged, his team gets 5 points.

## Points to note

- Start with a practice/demonstration round
- Try to start each round with someone who has not participated.
- Use only single word topics such as dogs, books, buses, water, disaster, sex for example.