



# I minute to remember

**What is the best thing that happened in your life this week?**

You will tell partners about it.

## ① Think Time. I minute.

Think about the good thing that happened.

**What do you want to say?**

**How will you say it in English?**

## ② Talk Time. Work in groups of 3-4.

Each person has **I minute** to talk.

Partners, ask questions.

*When did this happen?*

*Where were you?*

*What happened next?*



## ③ Change speakers

Take turns.

If you have extra time, ask about the most interesting things.

Or talk about other good things.

*Language Focus:* Past tense, narrative, asking follow-up questions (discourse strategy)

*Positive Psychology Focus:* Remembering good things, Savoring

Teacher's note: Of course you can give longer times if you want, but this is designed as a short activity (less than 10 minutes total) that can be done regularly. It reminds people to "mentally recycle" positive emotions. When they do that, they experience the emotion again.

You maybe want to display an "online stopwatch" so speakers know how much time they have left.

Thanks to *It's Been a Minute with Sam Sanders* on npr.org for inspiring this idea. They end each podcast with listeners talking about good things from their own lives.