

One-Minute Accolade

2 minutes

SEL FOCUS: SELF-MANAGEMENT, SELF-AWARENESS, SOCIAL AWARENESS

This activity focuses on **Self-Awareness** (Accurate Self-Perception) as participants reflect on their learning; **Self-Management** (Impulse Control) as they choose how to contribute in a way that leaves airtime for others; and **Social Awareness** (Respect for Others) as they absorb the variety of input from those who share aloud.

OVERVIEW & PURPOSE

The facilitator invites a moment of reflection on the current experience, then sets a timer for one minute to allow the group to contribute toward seeing how many voices can be added to the room during that time.

ACTIVITY

1. Inform participants that you are going to set the timer for one minute (or longer if you have more time). During that time, the group will see how many people it can hear from.
2. Invite participants to think silently for a minute about ONE reflection question that you provide, such as: Something you appreciated about today, something you learned, something you want to thank someone for, or something that went very well, something you are grateful for, etc. Tell them to raise their hand when they have an idea of what they'd like to share.
3. Once several hands are raised, select one person who will start off. Explain that when you start the timer, the first person will go. Then anyone can share, whenever they're ready.
4. Encourage participants to listen attentively to each speaker. When one person finishes, someone else begins. It's okay if there is quiet between people sharing; that is natural.
5. Repeat the reflection question and start the timer.
6. When the timer goes off, listen as the person who is already speaking finishes. Then thank the group and move on. It's okay if not everyone who wanted to share had a turn this time. With repeated opportunities, the group grows more fluent and also more comfortable with silence between sharing. This closing activity can be used over and over without losing its impact!

Modifications and Variations:

With larger groups or as a smaller group becomes more comfortable with this strategy, set the time for two minutes instead of one. For very large groups, expand to three minutes.