



**This resource links to Pathway:** Reflecting on your experience



## 1 minute paper

**Skills:** Reflection, active listening

Set a timer for one minute and ask your students to write non-stop for 1 minute about a key experience from their KE activity. Students then pair up and tell their partners their stories. Each partner should listen carefully to the story they have been told and re-tell it back to their partner, trying to tell the story as accurately as possible from what they listened to.

### Ask students to think about and discuss:

- Why do you think we did this activity?
- How did writing non-stop for one minute feel?
- Was one minute enough time to write down what you had to say?
- Did your partner recall your story accurately?
- How do you make sure you are listening to someone's story properly?
- How did it feel listening to other people's experiences? Were they similar experiences and what could you learn from each other's experiences?
- *How can you use these skills/ways of thinking you have learnt from this activity in your KE activity?*

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