

## **60-Second Activities to Help Learners Reflect, Review, and Remember**

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Sprinkle these throughout your training, especially after you deliver a 10-20 minute chunk of content. This will keep your participants attentive, interested, and involved.

### **“Pair and Share” ideas**

*Turn to your neighbor and...*

- Tell him the most important fact you have learned in the last ten minutes and why.
- Ask her to summarize what she just learned in the last 10 minutes.
- Make up a quick questions about what you’ve just learned. See whether the person next to you can answer your question.
- Tell your neighbor the answer to a question related to what you just learned. See whether she can figure out the question that goes with the answer.

### **“Rapid Reflection” Ideas**

*(Can be followed by a Pair and Share)*

- Think about the material we’ve just covered. Write one sentence that summarizes the information.
- Think of a question you still have concerning this information. Write your question on an index card and pass it up to me. If you don’t have a question, note down the most important thing you heard, and pass that up.

### **“Signals” Ideas**

*Say...*

- When I ask you a yes or no question, show “thumbs up” for yes and “thumbs down” for no. (Ask several questions based on the material. Clarify if needed.)
- When I make a statement related to this topic, clap your hands if you agree and stomp your feet if you don’t agree. (Ask several questions. Clarify.)
- Take an index cards and print in large letters, “True” on one side and “False” on the other. When I make a statement about what I’ve just taught, hold up the card with your answer facing me.
- Stand up if you believe that this statement is a fact (read a statement about what they just heard.)
- Write your answer to this question on a piece of paper. Wave your paper in the air to show me that you’re ready to read it to the group.
- On a scale of one to five, one means that you need more clarification about this concept, and five means that you’ve got it and are ready to

move on. Show me by holding up your fingers where you are on the one to five scale.

### “Pop-Up” Ideas

*Post a topic-related question on a chart or slide. Then say:*

- The last person in your table group to pop out of his chair answers this question to your group. The table group will let this person know if the answer is correct.
- The first person in your group to pop out of her chair chooses the group member to answer this question. The table group will let this person know if the answer is correct.
- (or) Direct the entire large group to stand up. Then say, To earn your chair back, you need to tell your table group how you plan to use this information. When you have done this, you may sit back down.

### “Topic Icon” Ideas

*Instruct the participants to individually...*

- Draw a doodle representing the most important thing you’ve just learned. It can be a line, a shape, a squiggle, an icon, a symbol, or anything visual. Explain your doodle to the person sitting next to you.
- Write down the three most important concepts we’re talked about so far. Draw an image to represent each concept. The draw lines or squiggles to represent the connections between the images.