

One Minute

This is a simple activity that is very relaxing, and that can enhance the concentration skills of the group.

It is suitable for pupils aged 7+ and should last - as the name suggests - one minute!

Instructions:

- 1) Tell the pupils to find a spot in the room and to close their eyes.
- 2) The pupils will estimate when one minute has passed from the moment you say.
- 3) When they believe a minute has passed, they must raise their hands. Whoever is closest wins!