

JUST a MINUTE

The activity 'Just a minute or JAM' is an impromptu speech where the speaker is supposed to express the idea (s) on the given topic, within the duration of a minute. It is quite common to see a speaker experiencing nervousness when asked to speak instantly. Effective impromptu speaking is a skill that can be learnt through practice and training.

Elements of JAM

1. Analyze, assimilate ideas
2. Analyze audience needs
3. Use proverbs , jokes and anecdotes to retain the audience's interest
4. Quote examples from their self experiences.

The important rules to be followed are;

1. No deviation
2. No repetition
3. No hesitation

Do's

- Be ready to speak in an any given situation
- Be brief and to the point
- Be cautious of time
- Follow a sequential order

Don'ts

- Jumble ideas
- Drag the point
- Go on and on
- Give too many pauses
- Shy away from expressing your ideas

Activity:

'JUST A MINUTE' TOPICS

1. Favorite star
2. Opinion on band
3. Green revolution
4. Water
5. A nightmare
6. Junk food
7. A stroll in the garden
8. Your wrist watch
9. Your favorite cool drink
10. Your favorite flower
11. Your favorite soap
12. Your favorite movie
13. Your favorite leader
14. Your favorite sweet
15. Your favorite dancer
16. A shocking incident
17. The way I like to spend a day
18. The event I remember the most
19. Your personal diary
20. Your purse
21. Helmetless driving
22. Vanity bag
23. Perfumes
24. A thing beauty
25. Torch light
26. Our canteen
27. Sunrise
28. Best theater
29. A pleasant surprise
30. My hobby
31. My dream car
32. The full moon
33. Newspaper/ magazine
34. My wish
35. Nightmare
36. Climbing a tree
37. A mineral water bottle
38. Night sky
39. Your favorite book

40. Alarm timepiece
41. Your most happiest moment
42. Your favorite fruit
43. T-shirt
44. Ghost
45. Whistling around
46. The most embarrassing moment
47. Your favorite place/city/country
48. Your favorite color
49. Laptop
50. Electronic media