



REFERENCE GUIDE

One Minute Pause

Overview

Allows learners to reflect on and process content just taught.

UDL Guidelines

Provides options for:

- Self Regulation
- Language & Symbols
- Comprehension
- Expression
- Executive Functions

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Steps to Implement

- 1 Ensure each learner has a sticky note or somewhere to write or draw.
- 2 After delivering information, explain that learners now have 1 minute to write or draw about what they just learnt.
- 3 Provide options for how they might process the information. E.G., list important vocabulary they heard, draw the big ideas, write down the information in their own words.
- 4 Put a timer on for 1 minute.
- 5 Learners silently select an option and complete the task.