

1 MINUTE CHALLENGE

Talk for 1 minute without any umms, ahhs, long pauses or without repeating yourself too much.

Talk about your favourite food.



Talk about your favourite pen.



Talk about a fluffy cushion.



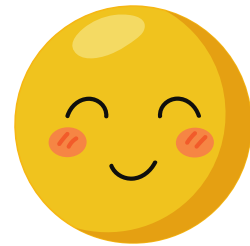
Talk about the last thing you drank



Talk about your favourite season



Talk about things that make you happy.



Talk about something you don't like.



Talk about a place you would like to visit.



Talk about what you can do to help at home.

