



# Just a minute



## Equipment

- Clock, watch, sand timer or timer app



## Set up

- Find somewhere to sit quietly



## Instructions

- Set your timer for one minute and silently think about all the people you will connect with today.
- Choose one of those people. Think of something you could do, lasting no longer than one minute, to make a positive difference to their day. Ideas – call them, write a note, make a drink...
- You might like to say a prayer for them too.