

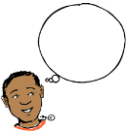


Just a minute



Equipment

- Clock, watch or sand timer



Set up

- Find a comfortable and quiet spot to sit in



Instructions

- Hold the clock/timer. If you can, set the timer for one minute. Watch the numbers or the hand tick round for 60 seconds. 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.
- You might like to say a prayer for them too.