

60-Second Pop-Ups!
A "Got A Minute?" Activity from: *The Ten-Minute Trainer!*

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Your learners have been sitting for quite awhile, yet the scheduled training break isn't for another 30 minutes. How do you give them a short break, with some physical movement, without losing valuable instructional time?



Enter the 60-Second Pop-Up. With this one-minute activity, learners stand up, stretch, share a few reactions or responses to what they have been learning,

and sit down feeling a bit more awake and refreshed. In other words, it's a quick, stand up and sit down activity. With some Pop-Ups, everyone stands all at once. With others, learners literally pop out of their chairs in a rapid-fire fashion, one at a time, to make topic-related statements.

What Does It Do? With a Pop-Up, learners:

Stand while responding to a question or comment from you.

Increase their own physical energy while talking.

Link what they are learning to what they already know.

For your strong kinesthetic learners - those who need to move

their bodies while learning - a Pop-Up is a life-saver.

Room Set-Up and Materials:

Learners will need enough space around them to be able stand up and sit down without bumping into other people or furniture.

For the Pop-Up examples in this article, no other materials are necessary. And these activities will work with any size group.

Instructions for Four 60-Second Pop-Ups:

#1: Direct all learners to stand up and stretch. Then say with a smile, *"To earn your chair back, you need to tell your table group (standing group or row) the most important thing you've learned so far and how you plan to use this information after the training. When your whole group is seated again, we'll continue."*

#2: Assign a timer and a Pop-Up counter in the group. Then explain that a Pop-Up is when a person pops out of his chair to state something he has learned so far, and then sits back down. Say, *"In order to earn an extra minute (or two) at our scheduled break, we need to have 20 Pop-Ups from the group in the next 60 seconds. You can't repeat what someone else has said. If two people pop up at the same time,*

one sits down until the other finishes. Time begins now." If the group "beats the clock," have them give themselves a round of applause.

#3: Encourage learners to stretch while seated - raising their arms above their heads, then bending forward and letting their arms dangle. Then say, *"The last person in your table group (or row) to pop out of his chair has to ask his group a question related to what you have been learning about. His group needs to answer his question correctly before everyone in his group can sit back down."*

#4: Say to the group, *"Let's take a 60-second break. Stand up and stretch your arms and legs. Then tell the person standing next to you three important things you just learned. Sit down when you have finished."*



Activity Reminders: Make sure it is physically safe for learners to stand and sit quickly (enough space around furniture, no protruding objects around that would endanger anyone, etc).

With Pop-Up #2, you will need to experiment to find a happy medium between the number of responses needed and the time it takes to state them - making the activity challenging but doable. Usually, less than 15 responses in 60 seconds are too few, and over 30 may be too many. It's your judgment call.

Also encourage participants to applaud themselves if they beat the Pop-Up time, acknowledging the group effort and ending the activity on a high-energy note.

Instead of you setting a specific number of Pop-Ups for the whole group, learners see how many they can do as a group in 60 seconds. Then, during a second round of Pop-Ups later, learners try to beat their own score by doing more Pop-Ups than they did during the first round.

Final Thoughts: It's often amazing what a little standing and stretching will do to rejuvenate both the body and the mind. Couple the stretching with a quick verbal review, and you have created a powerful one-

minute learning experience for your grateful training participants.

“60-Second Pop-Ups” is an excerpt from Sharon Bowman’s newest book *The Ten-Minute Trainer! 150 Ways to Teach it Quick and Make It Stick*, to be published by Pfeiffer, a division of John Wiley & Sons, in 2005, and printed with permission. Please cite the source when downloading this material. You can contact www.Bowperson.com for more information about *The Ten-Minute Trainer*. Read on for a brief description:

Got a minute? Choose from **one-hundred and forty 60-second activities** to help your learners review, repeat, and remember. Use ten **5 and 10-minute games** to move information into long-term memory. Use the **Power Hour** templates with your own training topics. And best of all, discover two indispensable training tools to speed up both design and delivery – **The Learning Compass and the Training Compass**. The bottom line?

**Create a lot of learning
in a little time!**

Look for *The Ten-Minute Trainer* on www.amazon.com in August 2005. Or special order it from your local bookstore then. Meanwhile, periodically check back to this web site at www.Bowperson.com for more selected excerpts.

60-Second Pop-Ups! From: The Ten-Minute Trainer!



Author and traveling teacher Sharon Bowman helps educators and business people “teach it quick and make it stick,” - fine-tuning their information-delivery skills and turning their passive listeners into active learners.

Over 40,000 copies of Sharon’s 6 popular teaching, training, and motivation books are now in print. Titles include: “*Preventing Death by Le c-ture,*” “*Presenting with Pizzazz,*” “*How To Give It So They Get It,*” and “*Shake, Rattle, and Roll.*”

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