

English by Jay

Just a Minute (JAM) Speaking Practice

12 March, 2025



[Watch my video](#)

How to Play JAM (Simplified Rules)

Step 1 – First Attempt

- Set a 1-minute timer.

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- Answer the question or talk about the topic without stopping.

Step 2 – Organize and Expand

- Quickly write down 3 main ideas you just discussed.
- Set another 1-minute timer.
- Speak again, using your notes to help organize your thoughts.

Step 3 – Record and Improve

- Record yourself speaking for 1 minute on the topic again.
 - Listen to your recording.
 - Notice grammar, vocabulary, and pronunciation areas to improve.
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★ 30 JAM Topic Ideas ★

Descriptive Scenarios:

Describe your ideal day.	Talk about your perfect vacation.	Describe a memorable moment from your childhood.
Explain how to make your favorite dish.	Describe your best birthday ever.	Tell me about your morning routine.
Describe your favorite season.	Imagine you woke up invisible. What would you do?	You're stranded on an island. Describe your first day.
Describe a world without the internet.	Talk about your favorite movie and why you love it.	Imagine you could meet anyone from history—who and why?
Describe your dream job.	Explain how you would spend one million dollars.	Talk about a skill you wish you had.

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? Thought-Provoking Questions:

If you could go to space, would you? Why?	Would you rather live forever or have unlimited money?	Is it better to be popular or respected?
What's more important, talent or hard work?	If you could have a superpower, what would it be?	Would you prefer a vacation by the beach or in the mountains?
Is it better to be rich or famous?	If you could time travel, would you visit the past or future?	Should homework be banned?
Is social media good or bad?	Would you rather explore the ocean or outer space?	If you could only eat one food forever, what would it be?
Do animals have feelings like humans?	Should everyone learn a second language?	Would you prefer to live in a big city or the countryside?

Enjoy practicing your speaking skills! 🎉

Let's connect!

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