



THE 30-SECOND REHEARSAL

A little thinking time leads to better speaking.



THE IDEA

Give students 30 seconds of quiet thinking and planning time before they speak. It improves the quality, length and confidence of their responses.



IN THE CLASSROOM

Pose a question.
Signal for 30 seconds of quiet rehearsal time.
Students plan what to say, then share.
Use for individuals, pairs or small groups.

HOW IT WORKS

1



THINK

Students think about the question in silence.

10–15 seconds

2



PLAN

Students organise their ideas and language.

10–15 seconds

3



SPEAK

Students share their ideas with more clarity.

Better responses

WHY IT WORKS

It reduces pressure, builds language, and helps students move from short answers to fuller responses.



EAL UPGRADE

Provide a planning support such as keywords, a frame or a thinking prompt. This helps students use the rehearsal time more effectively.



TRY IT TOMORROW

Pick one question you usually ask.
Build in 30 seconds of thinking time before students respond.
Notice the difference in the quality of answers.



TEACHER LANGUAGE

*"Take 30 seconds to think about that."
"Jot down a few ideas if that helps."
"Now, share your thinking."*

**DUNCAN
ROSE**

EAL • LANGUAGE • LEARNING