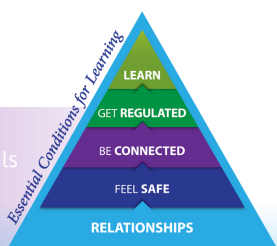


RESTORATIVE PRACTICES

Restorative Practices explores ways to improve relationships between individuals and strengthens social connections in school communities.



The restorative way of asking questions fosters empathy, a shared understanding and gives those in conflict ownership of their own situation. Practicing these questions at school and at home will strengthen relationships within our school community.

GIVE THESE A TRY





When things go wrong...

- What happened?
- What were you thinking at the time?
- What have you thought about since?
- Who has been affected by what has happened? In what way?
- What do you think you need to do to make things right?

When someone has been harmed...

- What happened?
- What did you think when you realized what had happened?
- What impact has this incident had on you and others?
- What has been the hardest thing for you?
- What do you think needs to happen to make things right?

Modified questions for younger children...

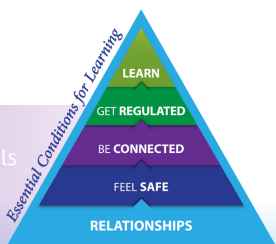
-  • What's bugging you?
-  • How are you feeling?
-  • What do you wish for?
-  • What do you think needs to happen next?

The practice of finding collaborative solutions helps children understand values so that they can make respectful decisions whether or not an adult is nearby. This supports children to think for themselves when navigating relationships. Children also learn the importance of effort, not only in building and repairing relationships, but also in all areas of learning. These are critical life skills.



RESTORATIVE PRACTICES

Restorative Practices explores ways to improve relationships between individuals and strengthens social connections in school communities.



Affective Language is a powerful skill to model ways of expressing our feelings and needs. Naming feelings helps children develop a larger vocabulary to use words vs. acting out emotions. It also helps children understand the impact of their actions.

GIVE THESE A TRY

Using Affective Statements

Observation - not judgement

- I see...
- I notice...
- I hear...



Feelings - not thoughts/opinions

- I'm worried because...
- I feel frustrated....
- It makes me happy when...

Needs - not rules or directions

- I need your help...
- I need a safe space...
- I value cooperation...



Plans/Request - not a demand

- In the future...
- Would you be willing to...?

*State what you want, not what you don't want



Examples:

I **noticed** you yelling at your brother and it seems to me like you might be frustrated. I'm **worried** about you. **Let's take a break** and when you are ready we can talk this through. **Next time** you have that feeling, maybe you could try leaving the room and getting a drink of water.

I **noticed** you did not take out the garbage like I asked you to. I **feel frustrated** that this task did not get done and we missed the pickup. **Can we make a plan** to help you get it to the curb before pickup next time. I **wonder if setting a reminder** on your phone or calendar could help.

FOR MORE INFORMATION:

