

# RESTORATIVE PRACTICES

Restorative practices support children in learning how to create healthy relationships and resolve conflict by taking responsibility for actions, understanding how actions impact others, and working to repair harm. Integrating these practices at home foster positive mindsets and resilience in children and families.

@ HOME

TALK IT OUT!



## WHAT ARE FAMILY CIRCLES?

Circles are a great tool to engage in meaningful conversations as a family and it's easy to do! Simply decide on a topic... every member of the family gets a turn to share responses without interruption or judgement. You don't have to sit in a perfect circle, sit where everyone is comfortable.

--- When to do it ---

- at the beginning of the week to set goals or to reflect on the previous week
- during breakfast or over dinner
- during car rides
- morning routines or bedtime
- preparing for or discussing an upcoming event

--- talking points ---

1. **Talk about the 3 Ss - Sweet:** a good part of your day, **Sour:** hard part of your day, **Service:** something kind you did for someone else
2. One thing I am **grateful for** is...
3. Something I saw someone else in our family do well today was...
4. I am feeling \_\_\_\_ about (current event) because...
5. Reflection on day or event

RESTORATIVE  
PRACTICES  
promote

POSITIVE  
FAMILY  
CONNECTIONS

## RESTORATIVE CONVERSATIONS ALLOW EVERYONE TO SHARE FEELINGS & EMOTIONS FROM THE HEART

1. **Affective Questions** help people think about how their behavior impacted others and what can be done to repair harm.

- "How do you feel about that?"
- "Is that important to you?"

2. **Validate Feelings** to make statements and ask questions that validate your child's feelings.

- "How are you feeling right now?"
- "What do you need now?"
- "What will make it better?"
- "How can I help?"

3. **Perspective Building** asks questions that rewind the event and give clues to perspectives of all people involved.

- "What happened?"
- "What led up to this?"
- "I'm curious - what were you thinking at the time?"
- "Who else was involved?"

4. **Repair Harm** by moving forward to fix it. It doesn't mean always having to say sorry.

- "How did your behavior impact others?"
- "How can we make sure this doesn't happen again?"
- "How can we fix it?"
- "What are the consequences?"