

Restorative Practices

Restorative Practices refer to the practices that support the building of relationships, the reparation of harm and the ability to self regulate. These practices may include sharing circles, topic circles, restorative circles, peace circles, restorative conferences, mindfulness practices and use of the Zone of Regulation.

Echoing Indigenous Traditions Around the World, All Circles Are Restorative by Nature, They Foster...

RESPECT

In Circle, each voice is given an opportunity to speak, and each person is listened to with focused attentiveness. *Every perspective is valued as meaningful to that person.*

SELF-REGULATION

Participants must wait to speak, listen without responding immediately, and delay their own need to speak. This is not our usual way of talking. It takes a lot of self-discipline.

Each participant is exercising self-control to make the Circle possible.

EQUALITY

In Circle, no one is more important or has more rights or power than anyone else; even if they choose not to speak, no one is invisible and they are still participating by actively listening.

The expectations are the same for adults as they are for the students.

RESPONSIBILITY

Circles are a space for practicing responsibility with both words and actions. The physical structure of a Circle encompasses a nonverbal form of accountability.

There is no hiding behind the desk and no one is behind anyone else's back.

EMPATHY

In Circle, we are nurturing and developing our capacity for empathy—our capacity to connect to, mirror and learn from others.

There is greater opportunity to reflect on what you and others are feeling and to talk about your feelings than in normal conversations.

EMPOWERMENT

Circles carry an assumption that every participant has something to offer and is important for the good of the whole group.

We're operating from a place of confidence in the innate capacity of humans as a collective to work through difficult places without expert help.

SHARED LEADERSHIP

The Circle allows the gathering of differences, holds space for multiple perspectives and recognizes the existence of multiple truths. Every member is a leader and owns the decisions of the Circle.

The Circle is a practice of civic discourse and fundamental democracy in which ALL voices are heard and ALL interests must be treated with dignity.

OUR COMMON CIRCLE GUIDELINES NUESTRAS NORMAS COMUNES DE CÍRCULO

Our Common Circle Guidelines are the most important component of our restorative work in District 65. They form the social structure of the Circle and serve as our building blocks for developing healthy relationships and school communities. Each one represents a critical pro-social skill and life lesson that students acquire naturally through their participation in the circle process. The guidelines were first identified in collaboration with the EPD Youth Services and are based on shared values and behavioral norms practiced in circles around the world. Common guidelines help establish consistency in our circle practice across schools and influence our interactions both within and outside of Circle.

Everyone Sits in a Circle. In Circle, we face each other and our discussion is focused and centered in the middle of us. Symbolic objects that remind participants of shared values can be placed in the middle.

We Use a Talking Piece. Only the person with the talking piece has the right to speak; everyone else listens. The talking piece is passed around the Circle from left to right, never across, so everyone has equal opportunity to speak without interruption. Everyone's voice matters.


We Listen from The Heart with patience and care. 

We Use "I" Statements: We talk about & share our own thoughts and feelings. They help to build empathy. Circles are intended to encourage self-exploration, without naming, conquering, debating, blaming others.

What's Said In Circle, Stays In Circle except in cases where safety is a concern. Privacy helps us to feel comfortable & safe to share about ourselves. Circle discussion comes from the heart & should not be gossiped about. If a Circle member needs to talk about something that was said in Circle, s/he can talk to their teacher or talk about their concerns in the next Circle.

Nos Sentamos En Un Círculo. En el Círculo nos sentamos uno frente al otro y nuestra discusión se enfoca y se centra en medio de todos nosotros. Se colocan en el centro del Círculo objetos simbólicos que le recuerdan a los participantes de los valores que comparten con los demás.

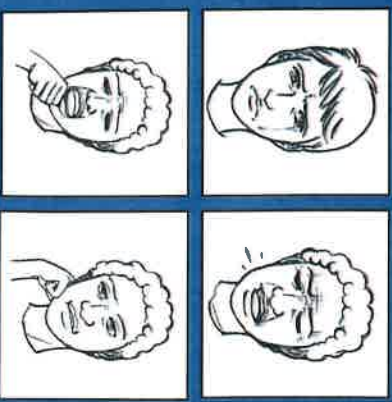
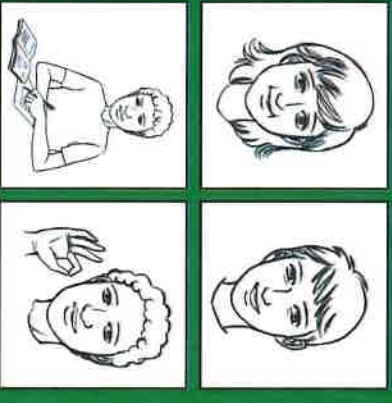
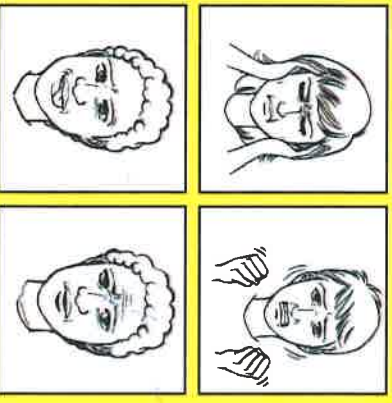

Usamos Un "Objeto De Diálogo." Solamente la persona con el objeto de diálogo tiene el derecho a hablar; los demás escuchan. El Objeto de Diálogo se pasa por el Círculo de izquierda a derecha, nunca rompe el círculo, para que todos tengan oportunidad de hablar sin ser interrumpidos. las voces de todos son importantes.

Escuchamos del Corazón con paciencia y cariño. 

Usamos Mensajes "Yo." Hablamos y compartimos sobre nuestros propios pensamientos y sentimientos. Esto ayuda a construir empatía. El propósito de los círculos es alentar la auto-exploración, No el debate, culpabilidad o ganar la discusión

Lo Que Se Dice En El Círculo, Se Queda En El Círculo con la excepción de cuando la seguridad se convierte en una preocupación. La privacidad nos ayuda a sentirnos cómodos y seguros de poder compartir cosas sobre nosotros mismos. La discusión del Círculo viene de corazón y no debe ser tema de chisme. Si un miembro del Círculo necesita hablar sobre algo que se dijo en el Círculo, el o ella pueden hablar con su maestra/o o presentar sus preocupaciones en el próximo Círculo.

The **ZONES** of Regulation®

	<p>BLUE ZONE</p> <p>Sad Sick Tired Bored Moving Slowly</p>
	<p>GREEN ZONE</p> <p>Happy Calm Feeling Okay Focused Ready to Learn</p>
	<p>YELLOW ZONE</p> <p>Frustrated Worried Silly/Wiggly Excited Loss of Some Control</p>
	<p>RED ZONE</p> <p>Mad/Angry Terrified Yelling/Hitting Elated Out of Control</p>



OUR COMMON GUIDELINES

Everyone Sits in a Circle speaking face to face with all included.

We Use a Talking Piece (when applicable) to ensure every voice is heard.

We Speak and Listen from the Heart with patience and care.

We Use "I" Statements to express ourselves without naming or blaming others.

What's Said in Circle, Stays in Circle to create trust and safety.

THE STANDARD RESTORATIVE QUESTIONS

(Real Justice Conference-IIRP, 2007)

For Challenging Behavior:

What happened?

What were you thinking at the time?

What have you thought about since?

Who has been affected by what you have done? In what way?

What do you think you need to do to make things right?

To Help Those Affected:

What did you think when you realized what happened?

What impact has this had on you and others?

What has been the hardest thing for you?

What do you think needs to happen to make things right?