

Restorative Justice Tip of the Month:

P.A².I.R.

**Pause • Assess • Acknowledge • Inquire •
Restore/Repair**

A mindful practice to reconnect ourselves and others back to community.



P.A².I.R.

- **Pause**

- Consider the action of pausing as a superpower we all possess to ground us in our bodies and mind. In the Little Book Of Restorative Teaching Tools affirms, “the pause is a form of respect that creates space for compassion.” Think about the Pause being the superhero’s duty in a situation of high stress a moment to ground in compassion.

- **Assess**

- Bring awareness to your current state of being specifically to what you are experiencing in the moment.
- Treat yourself with compassion and ask yourself, ‘Am I escalated?’
- Notice what you observe to be true and notice your intention as you assess your next action, is it to make the person feel judged, shamed, blame or is it to be curious and uncover the needs?

- **Acknowledge**

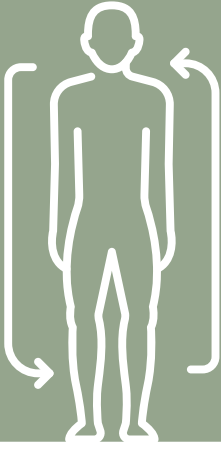
- Acknowledge what the person is experiencing. This is a perfect time to utilize compassionate listening skills by practicing mirroring, by responding with “What I hear is...” “What you're saying is...”, “I hear you saying...”
- Also take this moment to continue to be mindful of your body and the person you are support. They may not be ready to tell their stories, so continue to practice pausing.

Pause



- A Superpower
- “The pause is a form of respect that creates space for compassion.”
- Allows us to ground in our mind, body, and soul.

Assesses



- Evaluate your current state.
- Check if you feel escalated.
- Practice self-kindness.
- Reflect on your intention:
Consider if you aim to judge or blame, or if you seek to understand and address unmet needs.

Acknowledge



- Acknowledge what the person is experiencing.
- Practice mirroring
 - “What I hear is,” “What you're saying is,” and “I hear you saying”
- Be mindful of your body
- Continue to pause

Inquire



- Dismantle your assumptions
- Be curious
- Use restorative questions
 - What do you need?, What's happening?, When would be a good time for us to talk about this, How can I help you right now? Can someone else help you? Who?

Restore/Repair



- Collectively seek solutions
- Seek ways for the person you are supporting to restore themselves, to return to being in community.



P.A².I.R. Cont.

- **Inquire**

- Take this moment to intentionally dismantle your assumptions in order to be curious.
- Encourage the story to be fully told by inquiring with restorative questions
- What do you need?, What's happening?, When would be a good time for us to talk about this, How can I help you right now?
- Can someone else help you? Who?

- **Restore/Repair**

- Collectively seek solutions with the person or people you are supporting or working with through conflict.
- Seeking ways for themselves to restore or repair any harm, self-regulate, and or return to community.



Works Cited

1. Pointer, L., McGoey, K., & Farrar, H. (2020).

The little book of restorative teaching tools: Games, activities, and simulations for understanding restorative justice practices. Good Books. [Skyhorse Publishing](#)

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2. O'Shaughnessy, A. (2017).

Transforming teaching and learning through mindfulness and restorative practices [Course syllabus]. Champlain Valley Educator Development Center.

