



Greetings Families,

We hope this finds you and your family doing well, and that you are ready to take a look at the next steps for Restorative Practices at Home! Restorative Discipline is a relational approach that focuses on belonging, social engagement, accountability, and connectedness. Restorative Discipline Practices are used in schools, but can be helpful at home as well, and we hope these short guides can help you and your family during this time of staying at home together. We hope your family had some good conversations about respect from the videos we shared in the first Restorative Practices information letter, and you were able to set up a Family Respect Agreement.

Here are some additional steps to make learning and being at home fun with Restorative Discipline Practices:

1. Talking Piece

In Restorative Practices, a Talking Piece is a small item that has meaning to your family, like an object or a picture. A Talking Piece is used to identify who the speaker is, and who the listeners are. It is used to help make the conversation organized and orderly.

You can practice using the Talking Piece at the dinner table where everyone can take a turn to share something about their day. A Talking Piece can be helpful when having a conversation and it is hard for some to wait their turn to talk. Let your children know that if they do not have the Talking Piece, they will get a turn, and they are to listen to who is talking intently and "with their heart".

2. Have A Fun Family Circle

As a family, you can sit in a circle together and practice sharing thoughts and ideas. Try having a fun family circle once a week or more to stay connected, reflect on the Family Respect Agreement, and enjoy each other. **NOTE:** Everyone accept everyone's responses without comments or judgement.

- Use the Talking Piece in the Circle and pass it around to let everyone have a turn to share their thoughts and ideas. Remind everyone that the person holding the talking piece is the only person speaking and the other family members are listening.
- Adults always go first and then pass the Talking Piece around the circle and have each person tell their answer to a fun question.
- Round 1 - For the first Circle, you can ask everyone to share an answer to a fun question, like: If you were a superhero, what would your superpower be and why?
- Round 2 - For the next round, remind everyone about the Family Respect Agreement, and ask how each person *showed respect* to others today, or this week
- Round 3 - Then, adults, you go first, and ask each person to tell one way they *felt respected* by others at home today or this week.
- Closing - End with a family song and dance! Have a dance off! Sing together! (We Are Family, R-e-s-p-e-c-t, Celebration, Happy, Just Dance, Macarena, Cha Cha Slide, Footloose)

Take a look at the other steps to Restorative Practices at Home - Talk about Respect, Make a Family Respect Agreement, and I-Messages. Restorative Practices at Home can help make this time in our lives more manageable and calm.