



# Welcome to Wellbeing With Restorative Practices!

**“If it is to be – it starts with me.”**

Visit Our Website [www.cdi.ie](http://www.cdi.ie)



# CHECK-IN

*My energy level is ...*  
*One thing I am grateful*  
*for is...*





A top-down view of a group of children sitting in a circle on a green artificial grass mat. Their hands are raised towards the center of the circle, with some showing peace signs. The children are wearing various colored clothing, including yellow, orange, and white. The text "What can circles be used for?" is overlaid in the center of the image.

What can circles be used for?

# Types of Circle

- *Go-around.*
- *Popcorn.*
- *Problem-solving circle.*







# What do we need for an effective circle?

- *Clear reason for circle.*
- *Listening Piece.*
- *Rules for Success.*
- *Facilitator.*
- *Fair system for taking turns e.g. go around, wait for your turn.*
- *Check out.*

# Problem Solving Circle

*Fair play in the yard. When the class play together in the yard, it's always the same game and always the same people who pick. It works okay but sometimes it feels unfair.*

*What can we do about this?*



***If it is to be - it starts with me***

- ***One take away from today***
- ***One thing I will try***
- ***Practice, practice, practice!!!***

***Thank You All***







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*My energy level is ...*

*My favourite time of day  
is...*

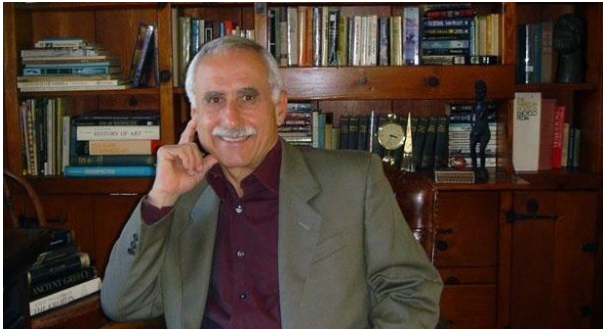


# How We Communicate

Albert Mehrabian:

He Said:

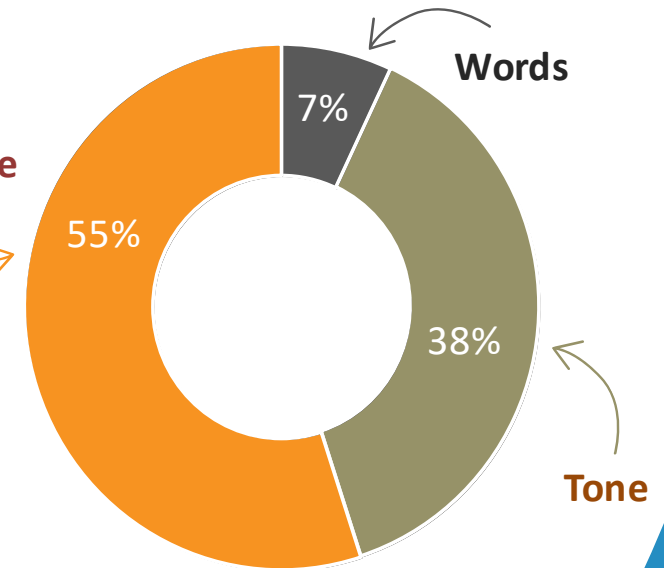
Communication Is:



Psychologist Albert Mehrabian found in a study that in everyday communication the impact of body language is:



Body  
Language



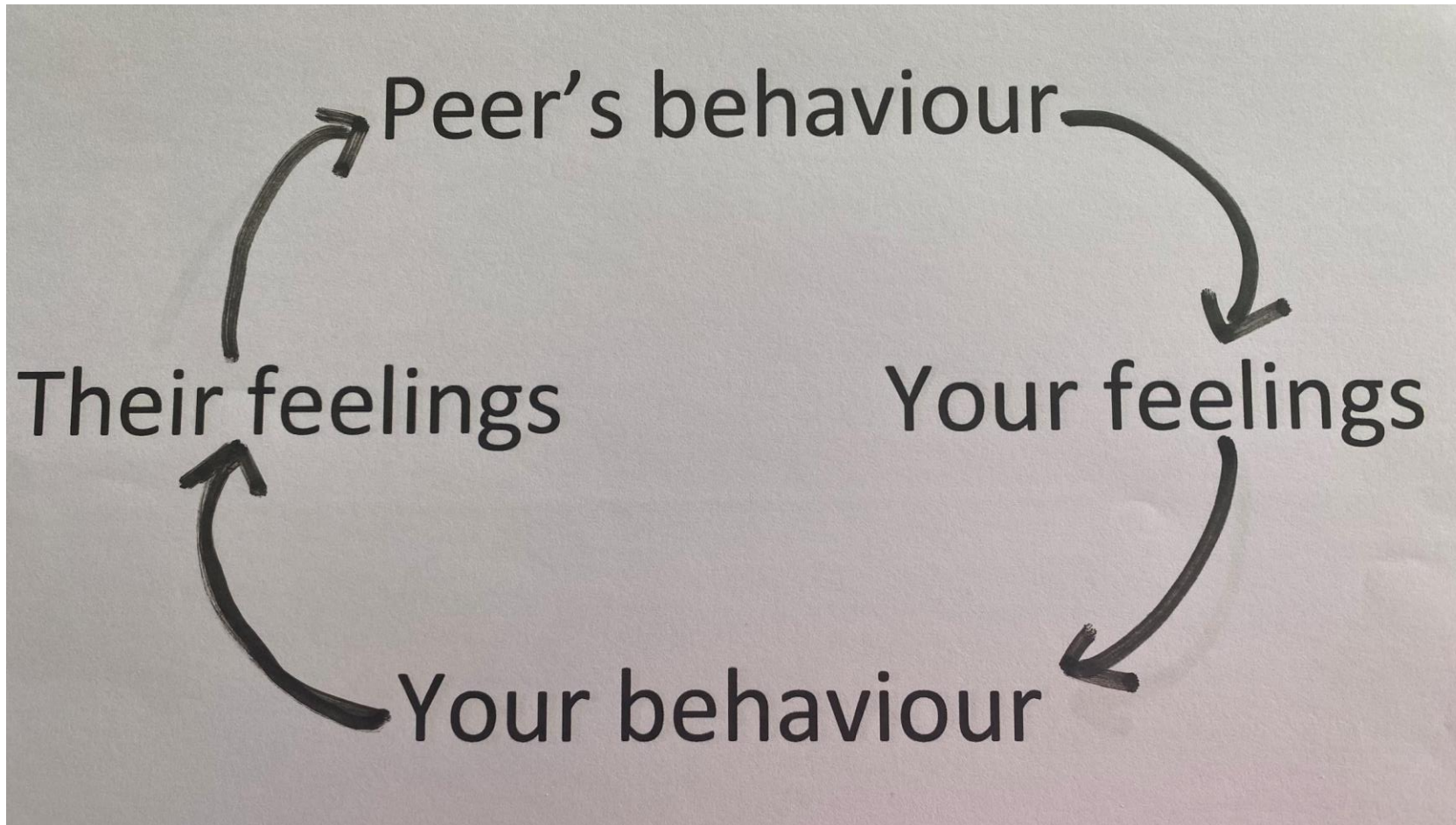


# Behaviour Breeds Behaviour





# ***Behaviour Breeds Behaviour***



- ***Your picture is a bit messy.***
- ***I liked your hair better before you got it cut.***
- ***We'd have won the match if you hadn't let that goal in.***



# *Tips to help communication*

Use “I” Statements

Tell the other person how you feel

Tell them what you need

Use facts

Stay calm

Stay positive



***Remember: My reaction - my choice!***

- ***Your picture is a bit messy.***
- ***I liked your hair better before you got it cut.***
- ***We'd have won the match if you hadn't let that goal in.***





## *The Ripple Effect: Smile impact*

It takes 17  
muscles to smile

<https://www.youtube.com/watch?v=Fg7092-edRo>

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*My energy level is ...*  
*If I were a superhero, I*  
*would be...*





# *RESTORATIVE QUESTIONS*



- *What happened?*
- *What were you thinking?*
- *What do you think needs to happen next?*

# ***DISCUSS***



- ***Paul kicks the ball and accidentally hits Dominic.***
- ***Dominic is hurt and feels angry.***

# ROLEPLAY

***1. You are lining up after yard time. Just as Linda is getting in the line Amanda pushes in ahead of her and starts talking excitedly to Jean. Linda thinks Amanda is being rude and ignoring her.***

***2. Jack is lining up after yard time. Just as Jack is getting in the line David pushes in and starts talking to Ben about a video game that they both play. Jack thinks Ben is being rude and ignoring him.***



# PROCESS



*1. Say what happened from your point of view.*

*2. Ask the other person "What happened?"*

*3. Maybe ask "What were you thinking?" if you think it suits.*

*4. Decide on an outcome between you.*



# ***WWW.EBI***

***What went well?  
Even better if....***



***If it is to be - it starts with me***

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***Thank You All***



# ROLE PLAY

*It is art time. The class are making bowls from clay. Patrick doesn't think his is very good. He looks over at Ron and Martha. Their bowls seem to be turning out well. He thinks Martha glances at his art and says something to Ron. He goes home from school very upset.*

*Patrick talks to his Mum. She advises him to talk to Martha. Ron thinks about the restorative questions and makes a plan.*

# ***WWW.EBI***

***What went well?  
Even better if....***





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# CHECK-IN

*My energy level is ...*

*One thing I am grateful  
for in school is...*



# *Problem Solving Circle*

*Sometimes when we are doing fun stuff, like art or PE, and someone starts messing, the class can get cut short or the game is interrupted.*

*This seems unfair to everyone else.*

*What can we do to help this as a group?*

# ***WWW.EBI***

***What went well?  
Even better if....***



# *Restorative Questions For Meetings*



- *What happened?*
- *What were you thinking?*
- *Who has been affected?*
- *What do you think needs to happen next?*

# ROLEPLAY

*Tracy, Colm and Jackie are playing catch in the yard. Colm keeps on catching Tracy.*

*She is slower at running and believes she is being picked on and gets very upset.*





# ***WWW.EBI***

***What went well?  
Even better if....***



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# *Children talking about being Restorative champions!*



<https://vimeo.com/247808138>

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***Thank You All***

