



# Welcome to Wellbeing With Restorative Practices!

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

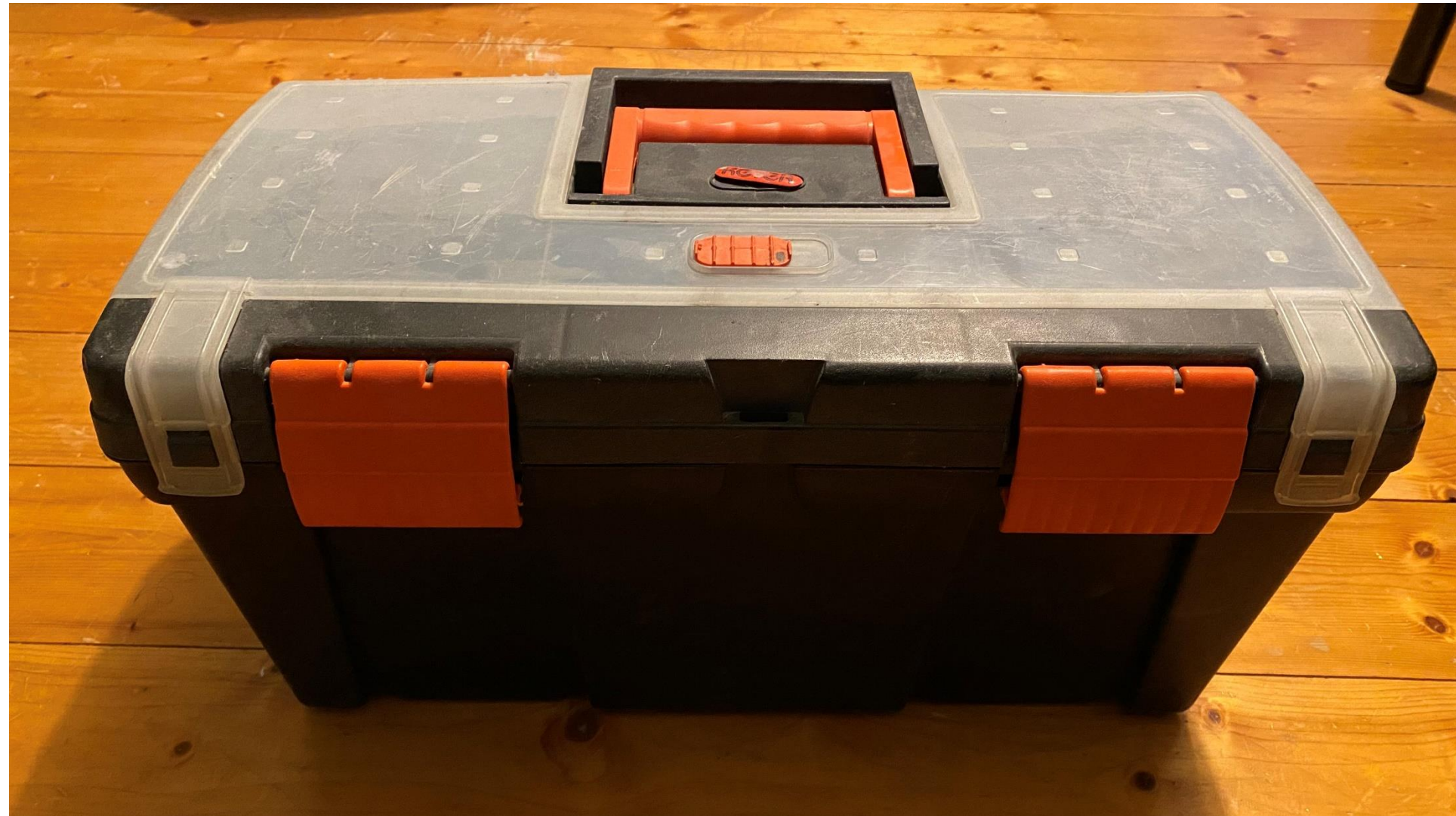
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# What do you see?



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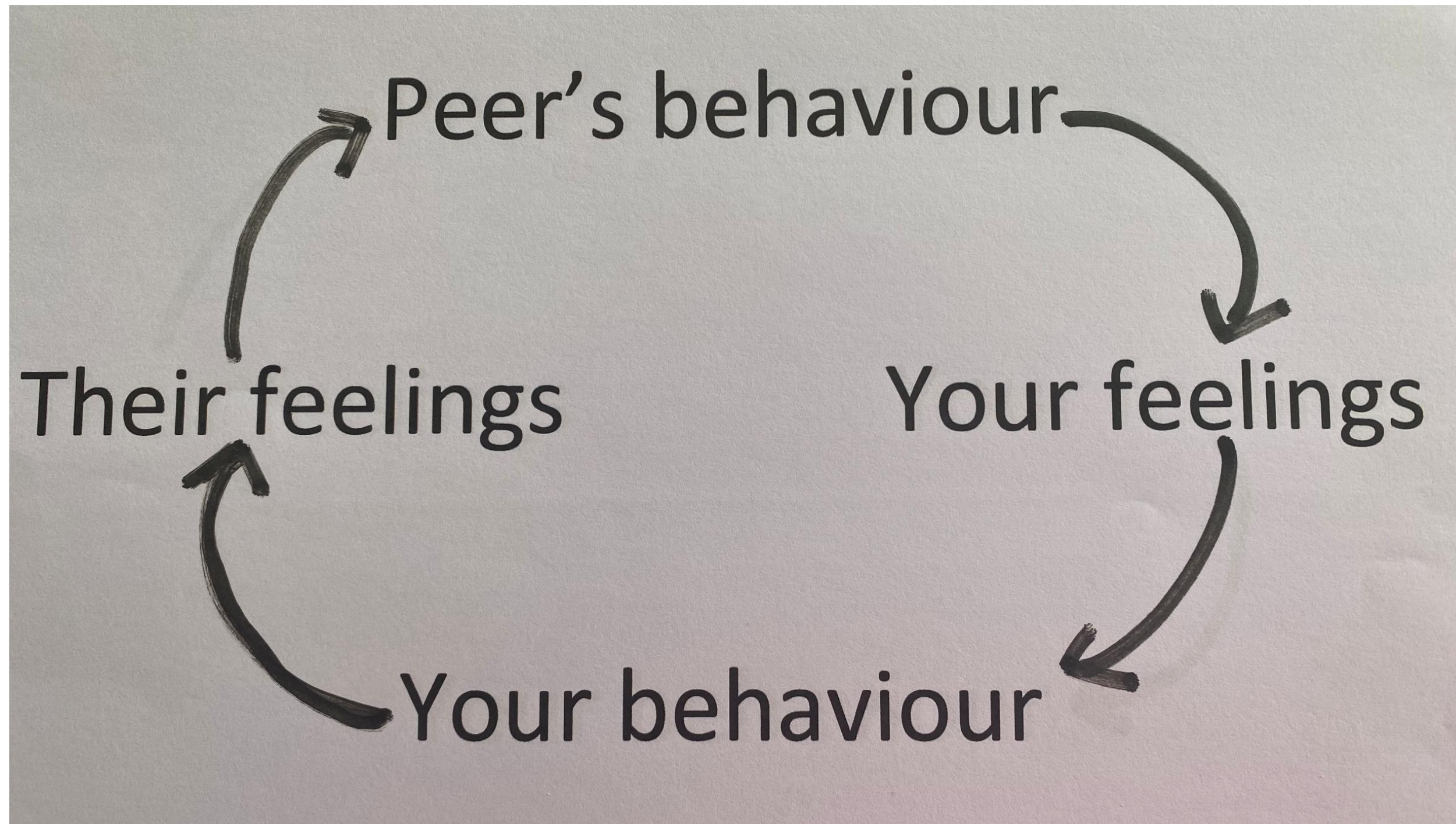






***BREATHE....***

# Behaviour Breeds Behaviour

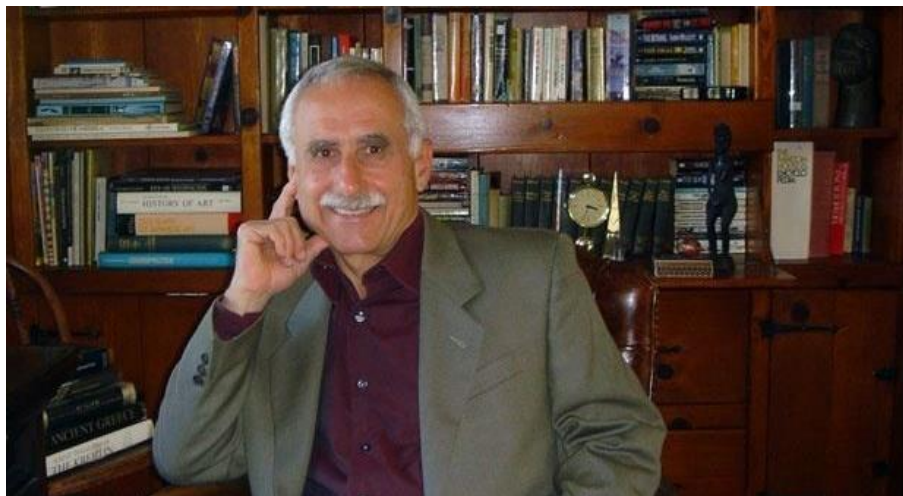


# How We Communicate

Albert Mehrabian:

He Said:

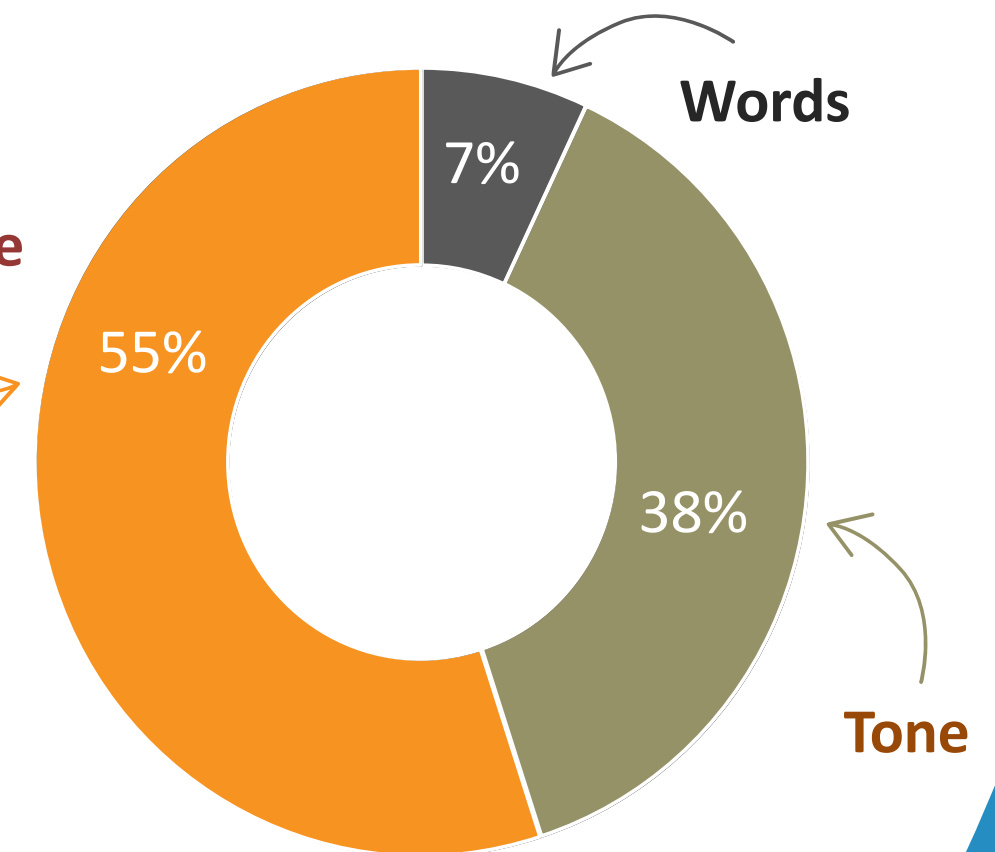
Communication Is:



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



**Body  
Language**



# Helpful Tips

Use “I” Statements

Express our feelings and needs

Use facts



***“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***

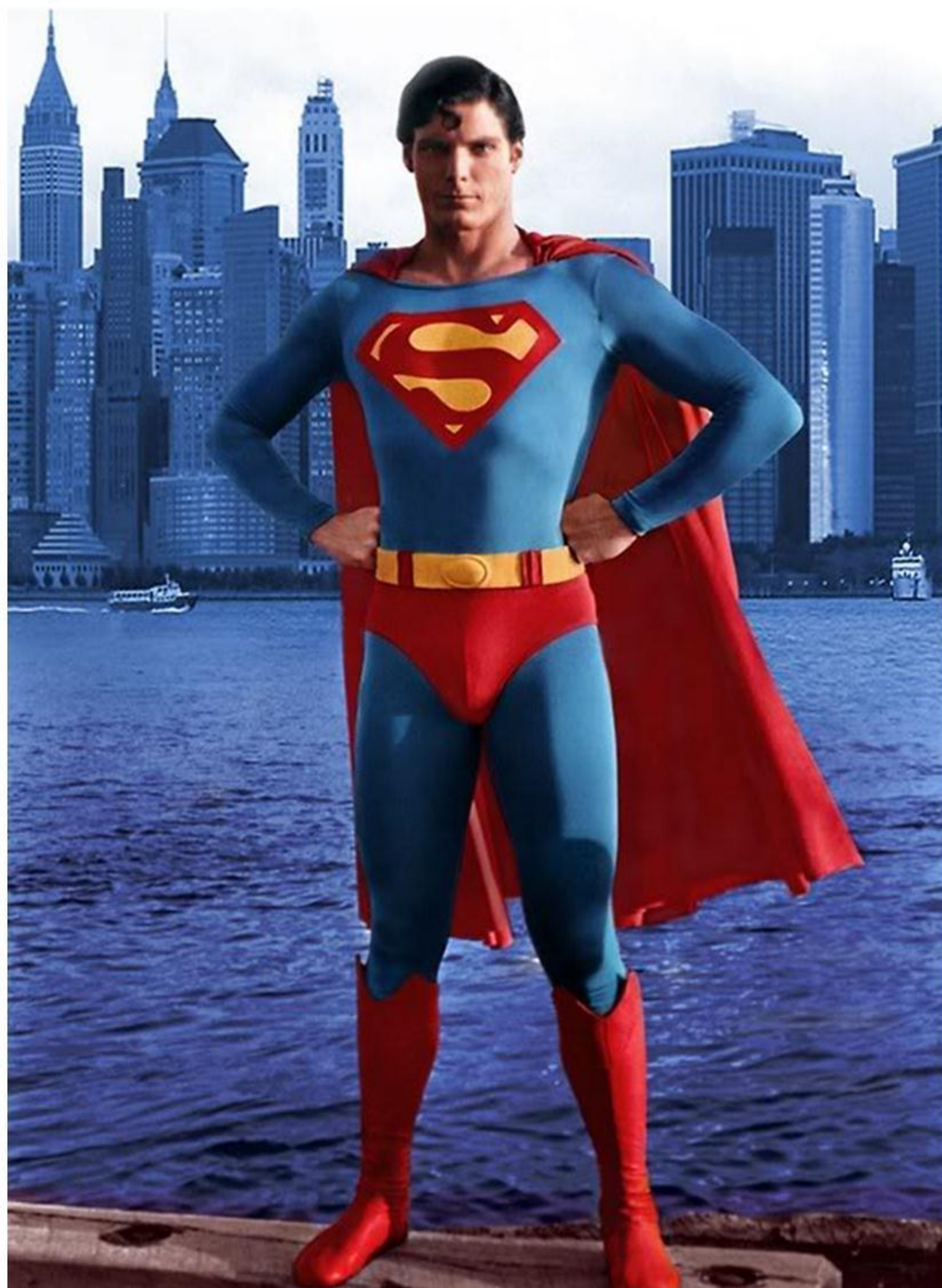




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# Self-Talk

*Let's make  
our self-talk  
positive....*



# Let's check our chatter...

*'I told you not to leave your bag in the hall!'*

*OR*

*'Mark, I saw you hitting Tara!'*

*It's not just what  
you say, it's how  
you say it.*



Behaviour breeds behaviour	Use 'I', Feelings, Needs, Facts!
<b>“Kevin never passes the ball.”</b>	
<b>“Everyone was giving out about me.”</b>	
<b>“You never do what I want.”</b>	

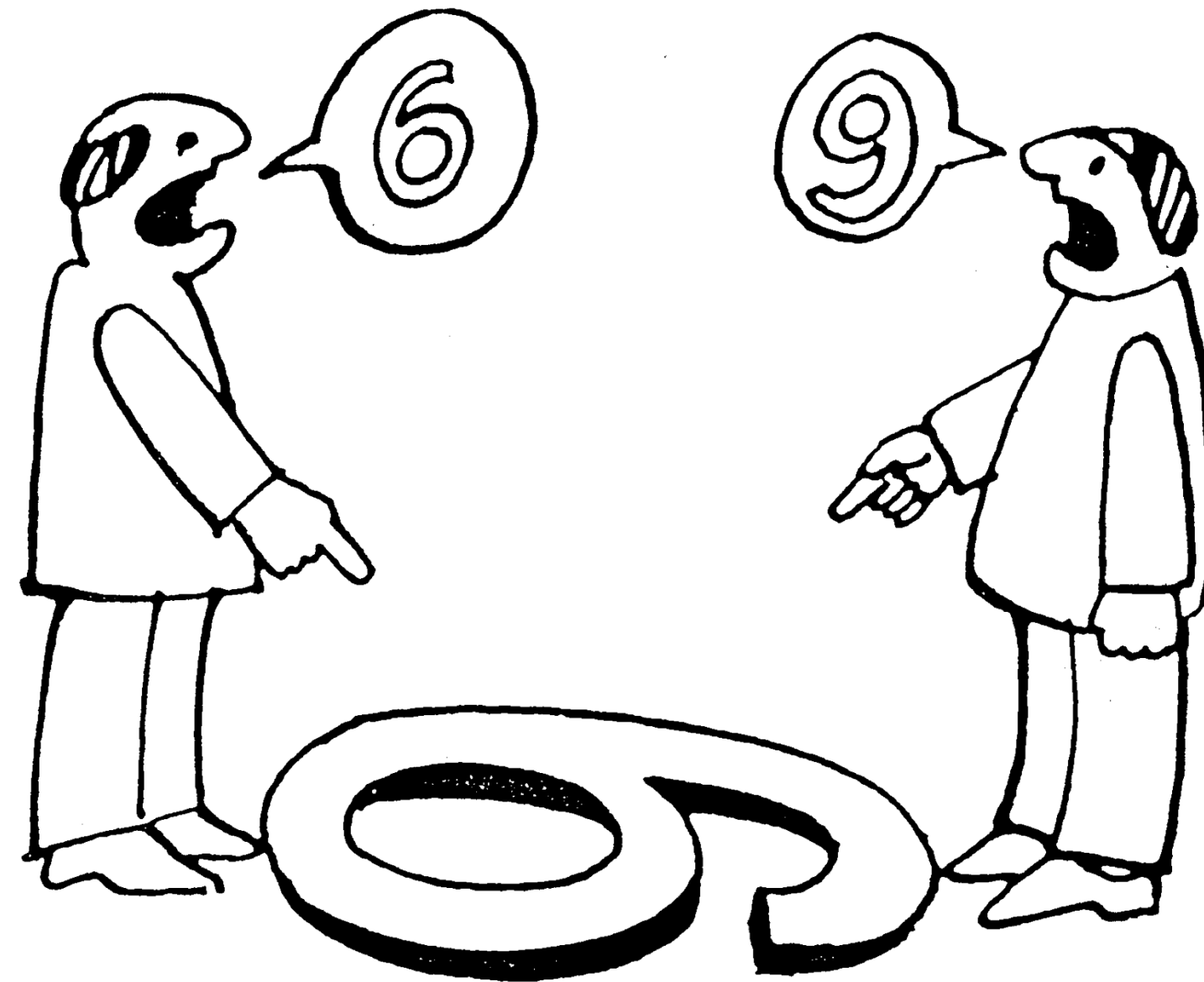
Behaviour breeds behaviour.	Use 'I' Feelings, Needs, Facts!
<b>“Kevin never passes the ball.”</b>	“I asked Kevin for the ball twice today and I felt frustrated that he never passed it to me. I need to know I can play.”
<b>“Everyone was giving out about me.”</b>	“I saw Linda and Tara whispering and thought they were talking about me, and I felt upset. I need to know they like me.”
<b>“You never do what I want.”</b>	“The last three times we played; you decided on the game, and I was annoyed. I need a say in what we do.”

# *Fairness Video*



<https://www.youtube.com/watch?v=IKhAd0Tyny0>

# *What is the right answer?*



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# History Time!

*Once upon a  
time....*



# Restorative Questions!

What happened?

What were you thinking?

What will we do next?



# *USING RESTORATIVE QUESTIONS TO AVOID CONFLICT*

- 1. Peter raced past Tony in the yard, banging into him and didn't look to see if he had hurt him.*
- 2. Tina saw her friends Lisa and Wendy look over at her as they were talking. She is worried that they could be talking about her.*
- 3. Ronan tells Judy that her writing looks a bit messy. She is usually very neat and feels upset.*
- 4. Aaron throws the ball hard and hits Jill on her back. She feels sore and angry.*



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*Millie and Seth were given money to go to the shop for bread and milk. Millie was carefully holding the money. Seth wanted to get back quickly and said to run.*

*Millie ran and dropped 4 euro. They search everywhere but can't find it. Now they are short of money and blame each other.*

*How can they solve this?*



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# Remember!

*Calm is a  
Superpower!*



***BREATHE....***

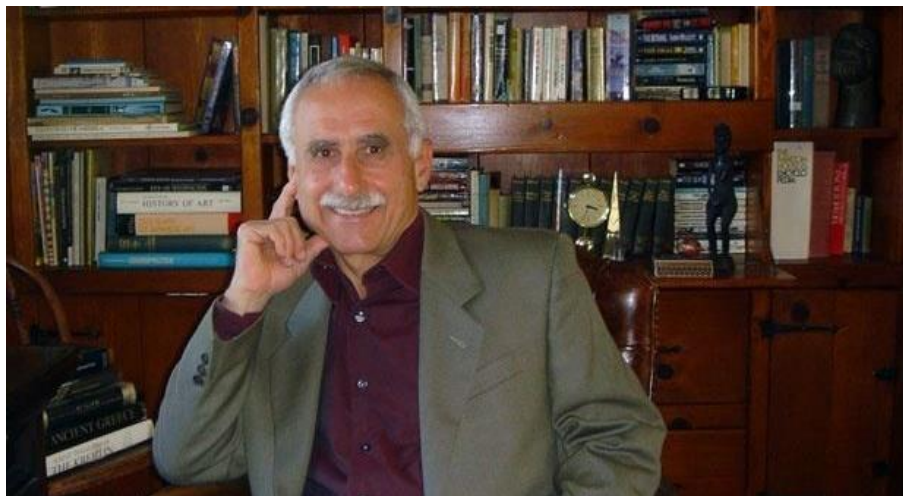


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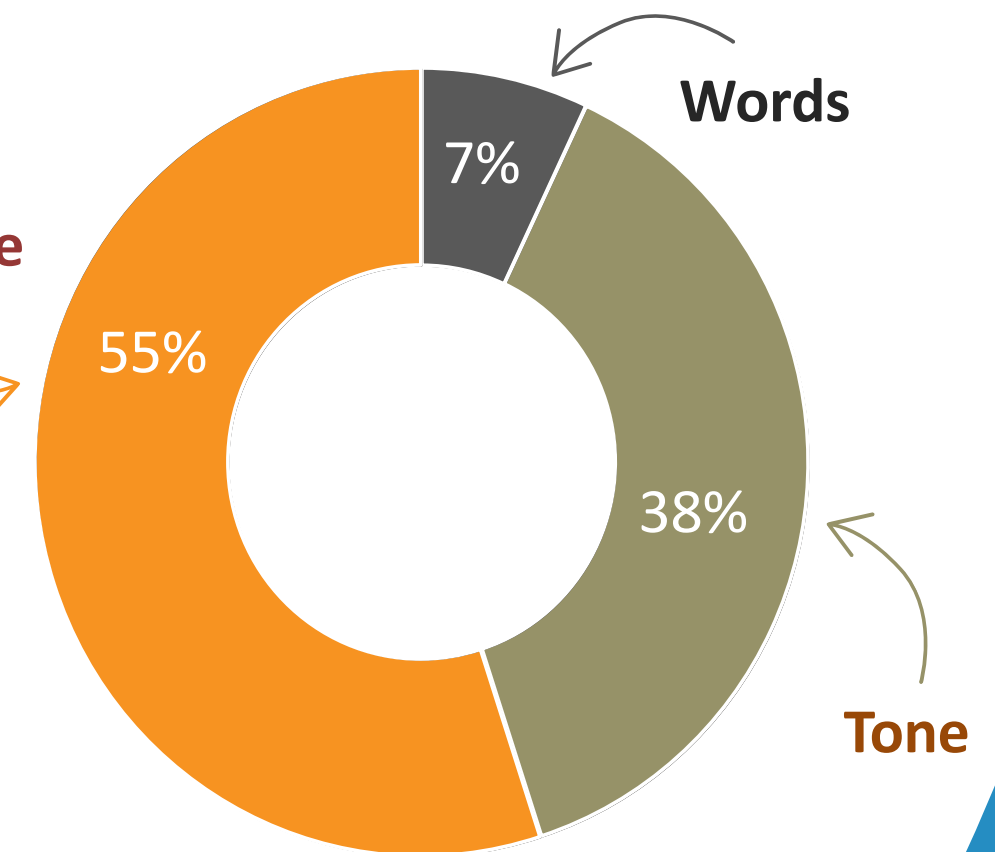
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Psychologist Albert Mehrabian found in a study that in everyday communication the impact of body language is:



Body  
Language



# What do we need to remember?

**Behaviour breeds Behaviour:  
Body language, tone, words.**

**Use the 'I' statement.**

**Express our feelings and needs.**



# Let's check our chatter....

Ref: Rosenberg, M.2015

Behaviour breeds behaviour.	Use 'I' Express feelings and needs.
"Kevin never passes the ball."	"I asked Kevin for the ball twice today and I felt frustrated that he never passed it to me."
"Everyone was giving out about me."	"I saw Linda and Tara whispering and thought they were talking about me, and I felt upset."
"You never do what I want."	"The last three times we played; you decided on the game. I want fair turns."

# Restorative Questions!

What happened?

What were you thinking?

What will we do next?



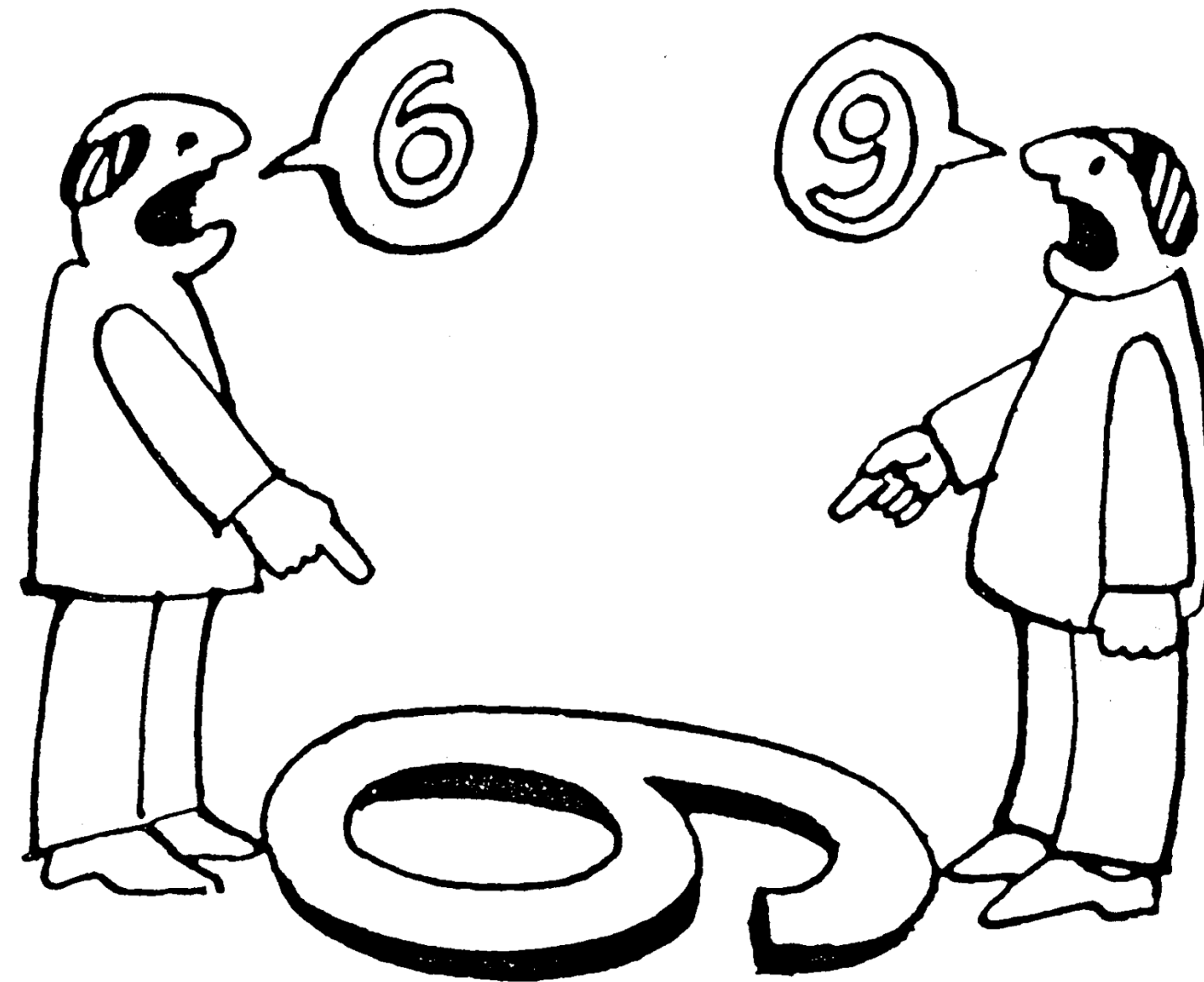




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