

# Restorative Practice

S u s t a i n i n g T e a c h e r s , S u s t a i n i n g E d u c a t i o n



# Intention

## 1. Overview of Restorative Practice

- Relational Practices
- Relational Thinking
- Relational Language

## 2. Accent Restorative Practice through the lens of being Restorative with Ourselves

## 3. Tap into the collective wisdom/have fun!



# Relational Check-in!



Which sheep are you today?

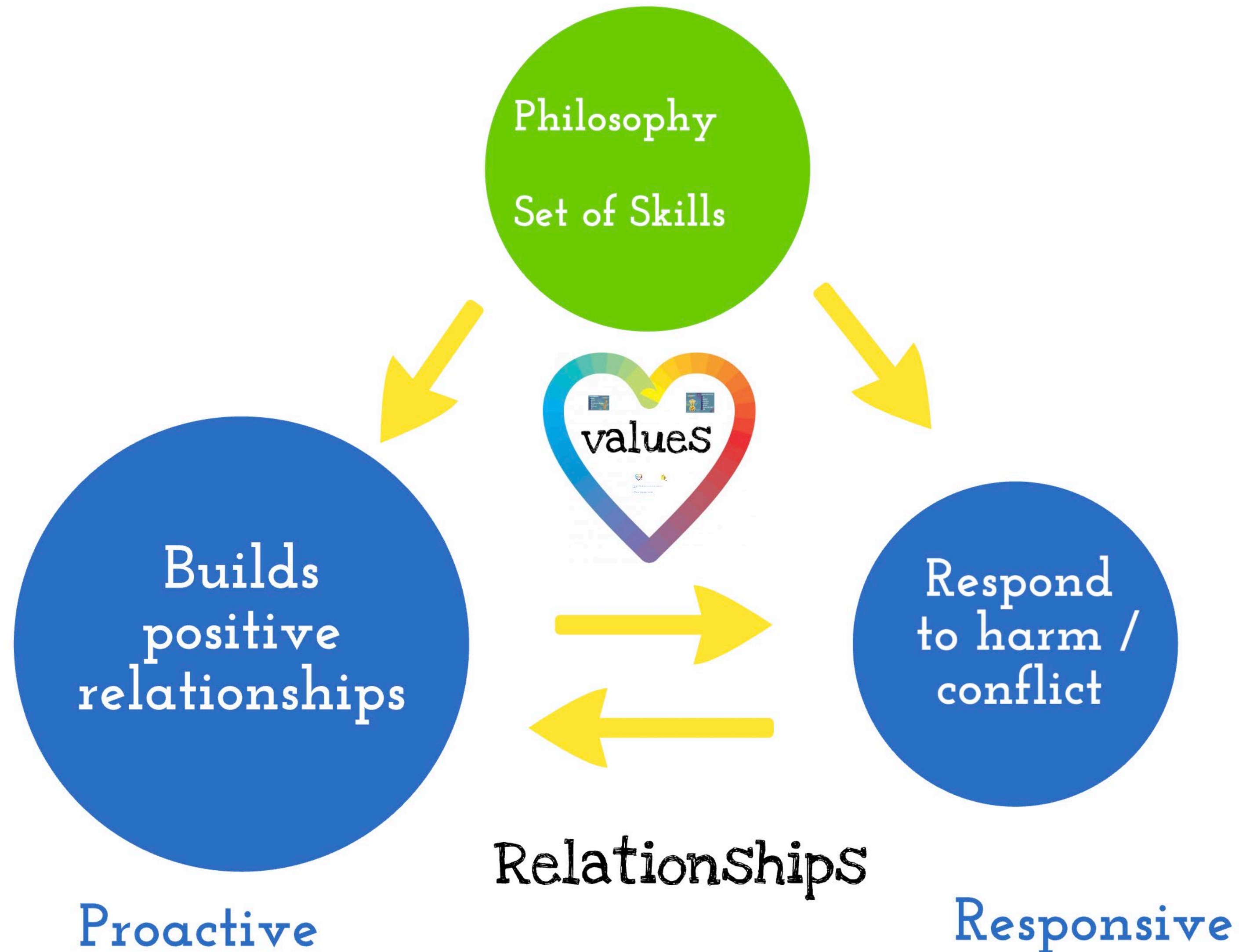
What springs to mind when you think about Restorative Practice?

What do you want to know about Restorative Practice?

**On this sheep-scale, how do you feel today?**





# What is Restorative Practice?



# Restorative Values

What values do you care about as an educator?



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Values Light the Way!

- Fair
- Respect
- Inclusive
- Empathy
- Nurture
- Did you Giraffe?
- Safe

Co-Creating  
Relational  
School  
Communities

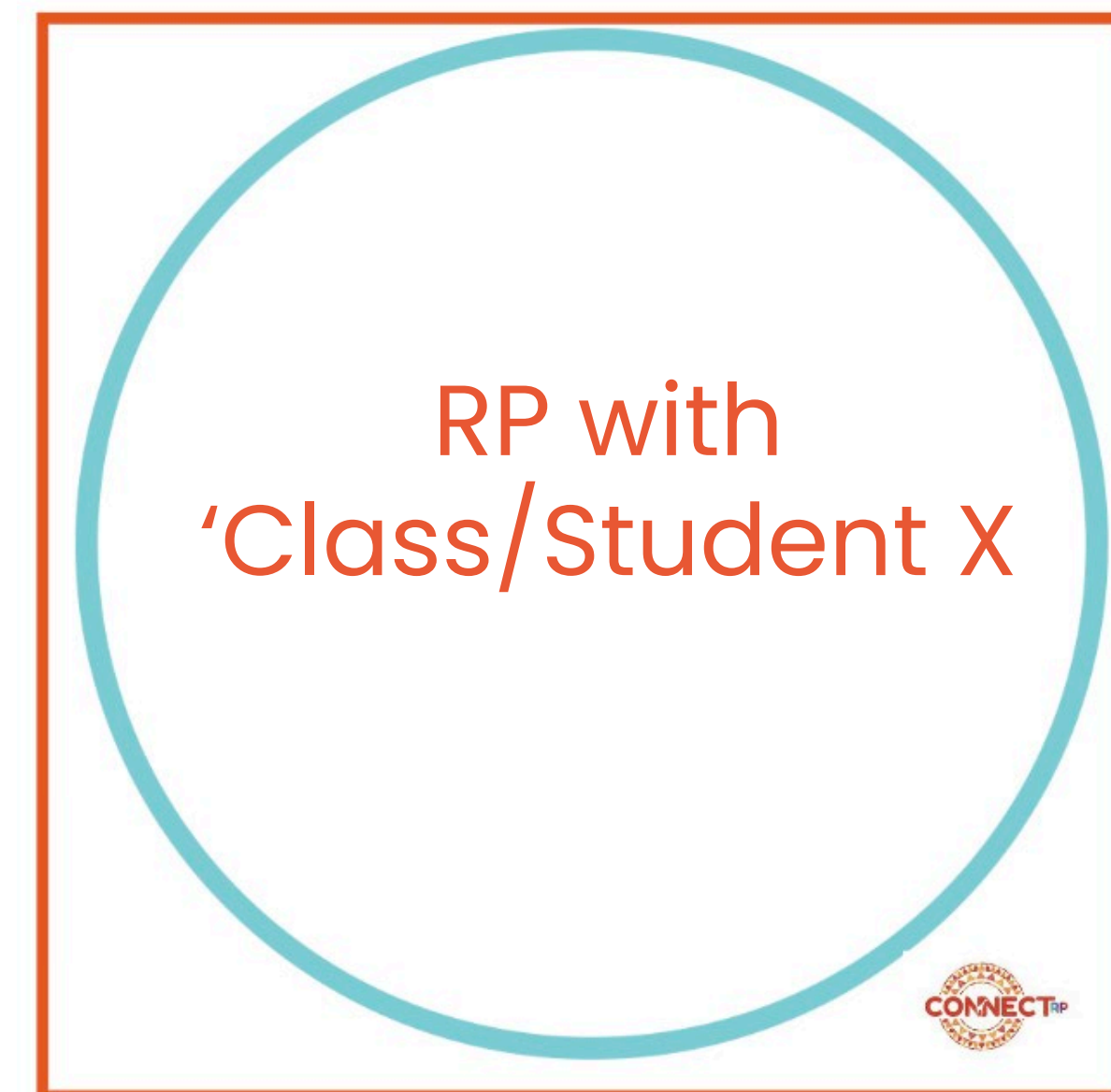
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# Action Research –

## Implementation of RP with 'Class/Student X'

- Relational Practices/Processes
- Relational Thinking (philosophy)
- Relational Language



# RP PLC – (Professional Learning Community)

## RP as a Lived Experience

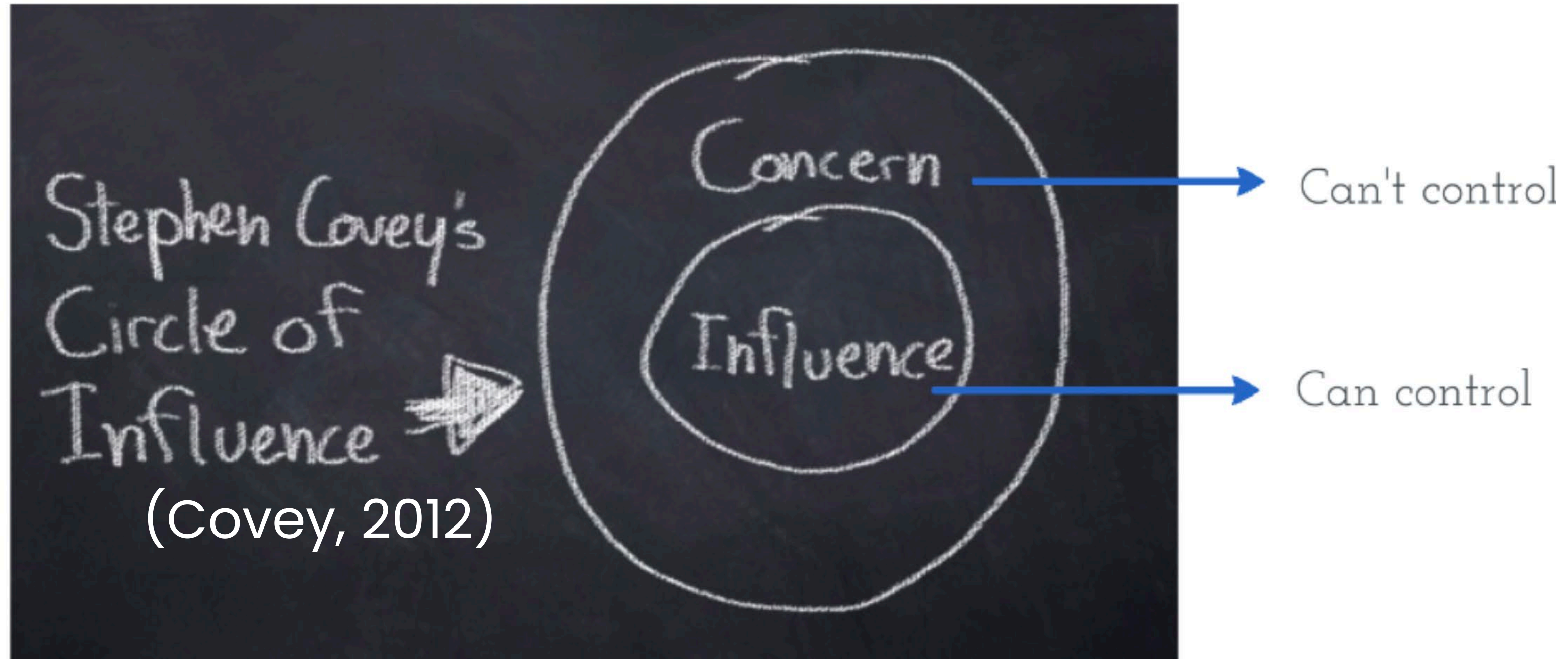
"The cure for burnout is not self-care; it is all of us caring for each other. We can't do it alone. We need each other."

Amelia Nagoski



# What is Our Area of Influence?

## Circle of Influence v Circle of Concern





# Outcomes of RP PLC – (Stowe, 2012)

## Positive relationships between young people and teachers

- promotes working WITH environment
- increases work ethic
- positive culture

## Improves Teacher well-being and reduces stress

- people taking responsibility for their actions
- being solution-focussed
- greater staff awareness of interactions with young people – visible & connected

## Staff feel more confident dealing with young people's needs/behaviours

- developing emotional literacy
- demonstrating empathy
- sharing and promoting ownership
- explicit skills – promotes reflective and sharing of best practice

# Relational Processes/Practices

What are your top tips for building positive relationships?

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Nurturing Relationships Through Positive Communication

**5:1**  
Relationship  
SCALE

**S**mile  
**C**onnect  
**A**sk  
**L**isten  
**E**ngage

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# Relational Thinking



# Relational Thinking = Needs -led

What feeling is underneath the behaviour?

What is the need underneath that feeling?

How do we meet the need?

\*NB What do I need?



*What is the most generous assumption I can make in this situation?*

(Brené Brown)



# Relational Language



- Whole school preferred practices
- Modelling
- Connection before correction
- Gratitude
- Self-talk



# Restorative Practice – Questions Investigator or Educator?... (sharing our stories)



Thinking • Modelling • Asking

## Making Amends & Filling Buckets

### Restorative Questions



1. What happened?



2. What were you thinking/feeling at the time?



3. What are you thinking/feeling now?



4. Who is sad/hurt now and in what way?



5. What could have been done differently?



6. How can we fix this/make amends?

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School  
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# Relational Practices – Circles!



## Circle Practice



### Facilitation Guidelines

#### Give me 5!

1. Ask Question
2. Model Answer
3. Pass Sharing Piece
4. Support Shares
5. Thank Circle

1. What **poster** would have been on the wall when you **were a kid** 😊?



2. What does you **do well as a teacher** that you can sometimes **take for granted**?

3. What is the **hardest thing** for you personally as a teacher in your role at the minute?

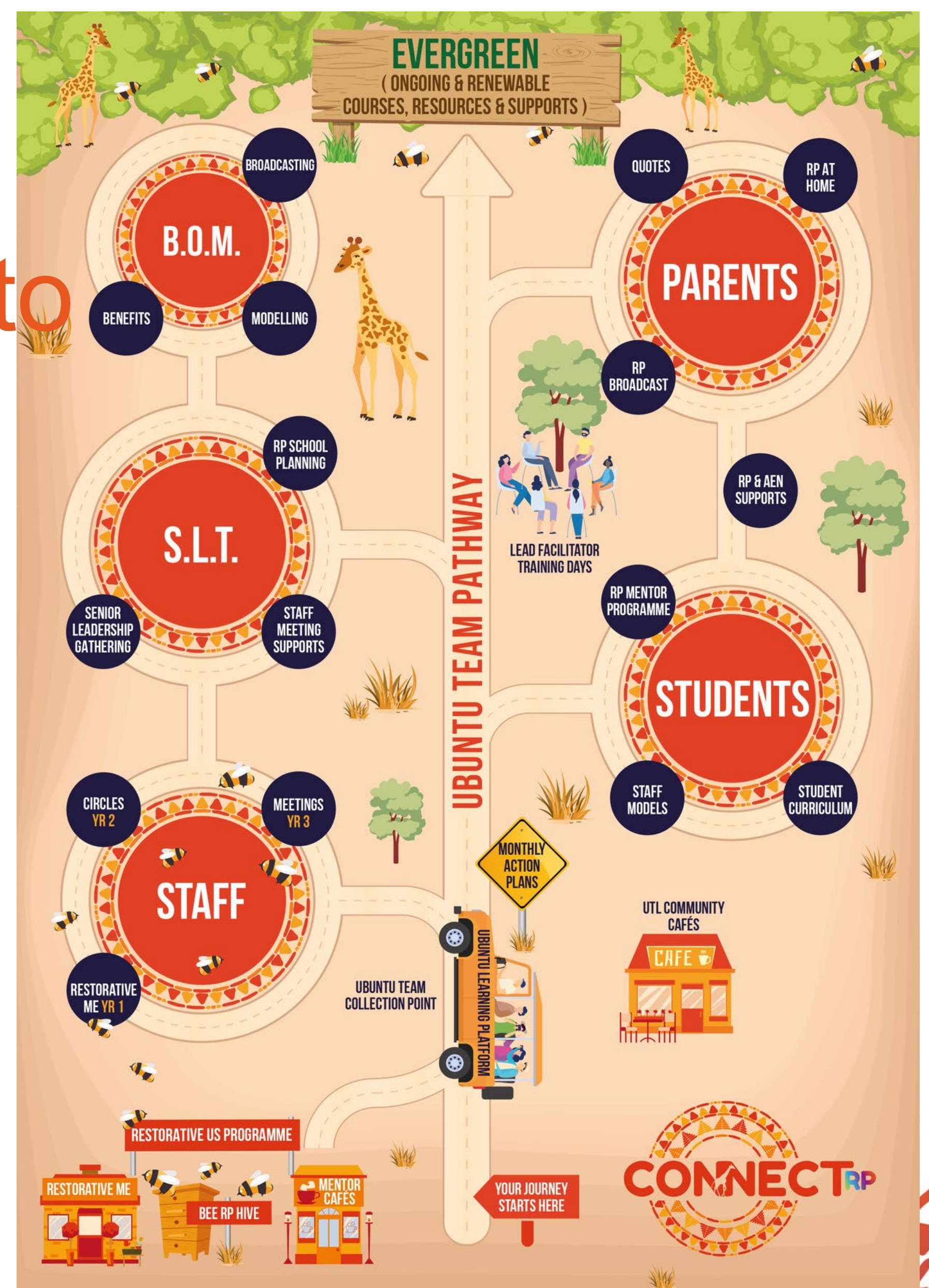
4. What one thing can you do **now to be more restorative with yourself**?







RP is the vehicle we use to transform and enhance your school culture...





"We're all just walking each other home"

Ram Dass



# Thank You & Stay in Touch!



[www.connectrp.ie](http://www.connectrp.ie)



Michelle Stowe,  
Restorative Practice

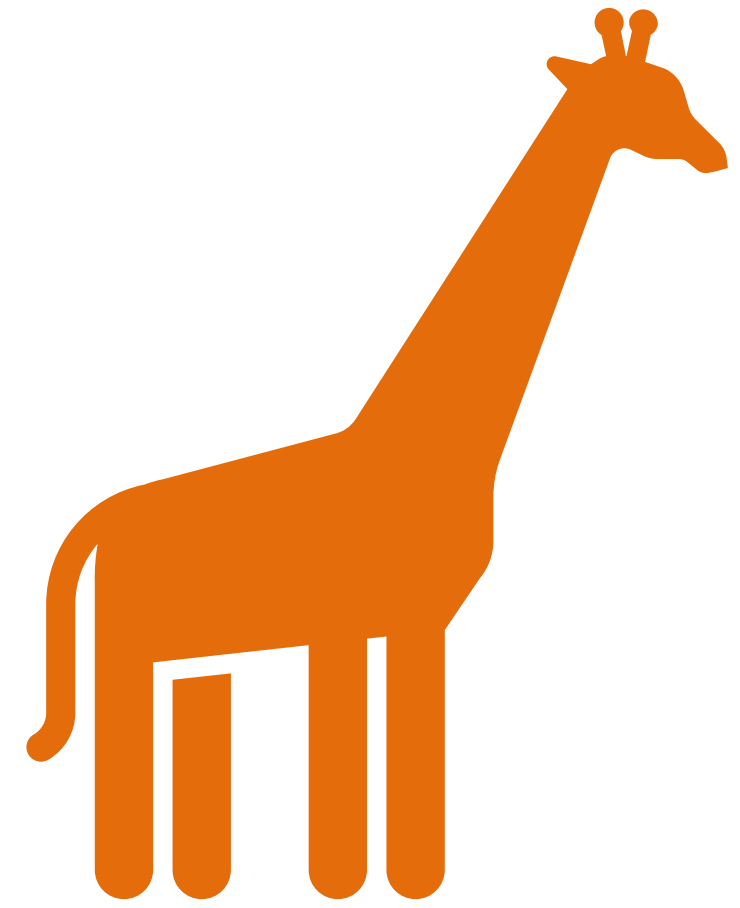


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⋮  
✉ [hello@connectrp.ie](mailto:hello@connectrp.ie)



# Potential Next RP Steps

Check out

[www.connectrp.ie](http://www.connectrp.ie)

Or

Book in a check in  
with me about your  
school's RP Journey!

