



Restorative Practice Tools

Restorative tools and techniques are simple interpersonal skills used throughout a community to help build relationships, create understanding, and deescalate conflict.

ASK QUESTIONS

Shifting from statements to questions.

- We ask questions to understand or to clarify
- We listen patiently for answers.



Sample Restorative Questions

- What happened?
- What were you thinking?
- Who was affected?
- In what ways?
- What could make this right?
- What can you do to prevent this from happening again?

“I” STATEMENTS

Expressing emotions with “I” statements.

- We speak about what we saw, we felt, what we did or want to do.
- We avoid “you” statements that might sound like accusing.

I feel...
I want...
I saw...

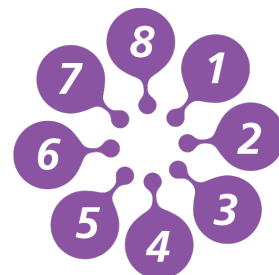
Sample “I” statements

- I feel hurt when ...
- What I need is ...
- What I am hearing is ...
- I am concerned about ...
- When I am shouted at I ...

CIRCLE UP

Regularly gathering in groups and as a community.

- Circles can be with just two people or as many as a whole community
- Circles can be planned for regular times or they can be formal and spontaneous.



Sample Circle Rules

- We speak from the heart
- We do not interrupt
- We wait our turn.
- We listen to each person.

When we use restorative practices tools:

We build our relationships
We maintain our community
We repair harm.

