



# RESTORATIVE PRACTICES: SOCIAL EMOTIONAL SKILLS

Restorative practices are an invaluable tool for fostering social-emotional skills in youth.

Conversely, social-emotional development is also a crucial component for youth to meaningfully engage with restorative practices. These skills will not only help your students learn better but also develop into better citizens. The benefits of these practices extend beyond the classroom.

Below are some skills that are part of restorative practices:

## IDENTIFYING FEELINGS



Identifying Feelings in Self and Others (I-Statements)\*

Expressing and Regulating Feelings

Responsibilities in the Classroom and School

Taking Responsibility For My Own Actions (decision making)

Choices and Consequences

Peaceful Conflict Resolution

Apologies and Forgiveness

Perspective Taking and Empathy

To better understand other people's emotions, it's essential to recognize physical cues such as body language and facial expressions. It's also important to respect the wide range of feelings that others may experience in different situations (empathy).

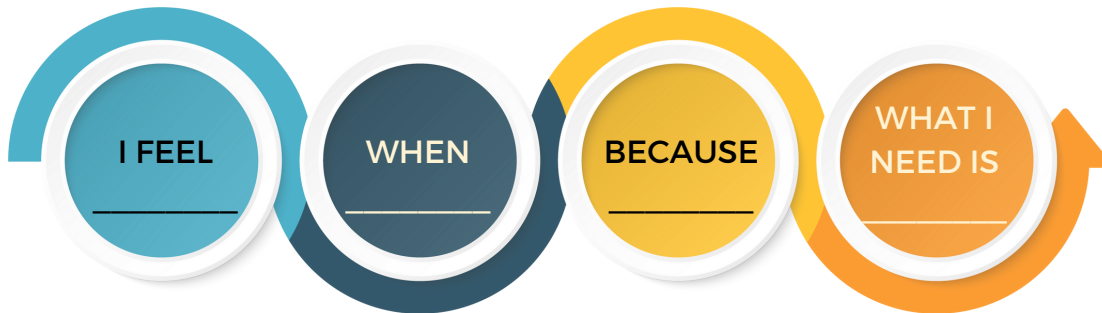
**Examples:** What does excitement feel like in your body? How does anger feel in your body? What things might make someone feel angry at Afterschool/summer camp?



# IDENTIFYING FEELINGS: I-STATEMENTS

Affective statements, also known as I-statements or I-messages, are a critical social emotional skill in restorative practices. These statements allow both adults and youth to express their emotions and requirements, while also encouraging empathy among those around them.

I-statements are incredibly helpful in both developing AND repairing relationships .



## PEACE PATH - CONFLICT RESOLUTION

Before you begin, make sure everyone feels calm and ready.

Person 1: "I feel \_\_\_\_\_."

Person 2: (listen and repeat) "You feel \_\_\_\_\_"

Person 1: "I want/need \_\_\_\_\_."

Person 2: (listen and repeat) "You want/need \_\_\_\_\_,"

Both brainstorm some solutions and share them out.

Person 1: "We could \_\_\_\_\_."

Person 2: "What if we \_\_\_\_\_."

If both agree, they can shake, high five, or hug.

If one disagrees, go back to brainstorm and find a win-win solution.