Building Community Through Restorative Practices

Orange County Department Of Education Webinar August 13, 2020 3:00-4:00 pm



Mood Meter

ENRAGED	PANICKED	STRESSED	JITTERY	SHOCKED	SURPRISED	UPBEAT	FESTIVE	EXHILARATED	ECSTATIC
LIVID	FURIOUS	FRUSTRATED	TENSE	STUNNED	HYPER	CHEERFUL	MOTIVATED	INSPIRED	ELATED
FUMING	FRIGHTENED	ANGRY	NERVOUS	RESTLESS	ENERGIZED	LIVELY	ENTHUSIASTIC	OPTIMISTIC	EXCITED
ANXIOUS	APPREHENSIVE	WORRIED	IRRITATED	ANNOYED	PLEASED	НАРРҮ	FOCUSED	PROUD	THRILLED
REPULSED	TROUBLED	CONCERNED	UNEASY	PEEVED	PLEASANT	JOYFUL	HOPEFUL	PLAYFUL	BLISSFUL
DISGUSTED	GLUM	DISAPPOINTED	DOWN	APATHETIC	AT EASE	EASYGOING	CONTENT	LOVING	FULFILLED
PESSIMISTIC	MOROSE	DISCOURAGED	SAD	BORED	CALM	SECURE	SATISFIED	GRATEFUL	TOUCHED
ALIENATED	MISERABLE	LONELY	DISHEARTENED	TIRED	RELAXED	CHILL	RESTFUL	BLESSED	BALANCED
DESPONDENT	DEPRESSED	SULLEN	EXHAUSTED	FATIGUED	MELLOW	THOUGHTFUL	PEACEFUL	COMFY	CAREFREE
DESPAIR	HOPELESS	DESOLATE	SPENT	DRAINED	SLEEPY	COMPLACENT	TRANQUIL	COZY	SERENE

Unpleasant

Virtual Etiquette



Mute your Microphone



Invitation to turn on your camera



Use that chat box for questions and comments



Stay Engaged

Today's Presenters

Lina Bender **Krystel Miranda** Rebecca Harrison Sandra Azevedo **Toby Espley**

Frame for this Webinar

For practitioners Review Foundations of RP Connection to Academics, SEL & CAMTSS **Brief of Circles** Example Circle topics Breakout Room conversations Next Steps

What are Restorative Practices?

Restorative Practices are a **framework** for building community and for responding to challenging behavior through authentic dialogue, coming to understanding, and making things right.

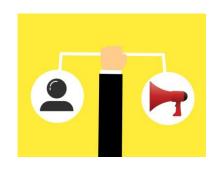


Ted Wachtel, Founder IIRP

Human beings are happier, more productive and more likely to make positive changes in their behavior when those in positions of authority do things WITH them, rather than TO them or FOR them.

Goals of Restorative Practices









Create inclusive community and positive climate

Promote equity and voice of all stakeholders

Create opportunities for SEL

Decrease exclusionary discipline

Outcomes of Restorative Practices

Address and discuss the needs of the school community

Build healthy relationships between educators and students

Restorative Practices

Resolve conflict, hold individuals and groups accountable Reduce, prevent, and improve harmful behavior

Repair harm and restore positive relationships

Phases of Disaster from SAMHSA



Classroom or distance learning, our goal is to create **emotional safety**,

encourage respect,

teach empathy and

provide a space where all students feel like they belong.

How do we begin to build?

Connecting to Academics

The Nine Affects

The Compass of Shame Enjoyment - Joy Adapted from D.L. Nathanson, Shame and Pride, 1992 Engagement Withdrawal: Interest - Excitement Collaboration Persistence Not engaging in discussion Productive struggle Withdraway Surprise - Startle Compliance **Attack Other:** Other **Attack Self:** Low efficacy Shame - Humiliation Attack Criticizing the work of others. Distress - Anguish Disgust Avoidance Math anxiety Fear - Terror Stereotype threat Lazy disengaged Anger - Rage **Avoidance:** learners Dismell Not doing the work

Nathanson, 1992

Engagement

Involving individuals in decisions that affect them by listening to their views and genuinely taking their opinions into account

Provide multiple means of Engagement

Affective Networks
The "WHY" of Learning

Building Community with Academics

Explanation

Explaining the reasons behind a decision to everyone who has been involved or who is affected by it

Making sure that

everyone clearly understands what is expected of them

Expectation

Provide options for Recruiting Interest

- · Optimize individual choice and autonomy
- · Optimize relevance, value, and authenticity
- Minimize threats and distractions

Provide options for

Sustaining Effort & Persistence

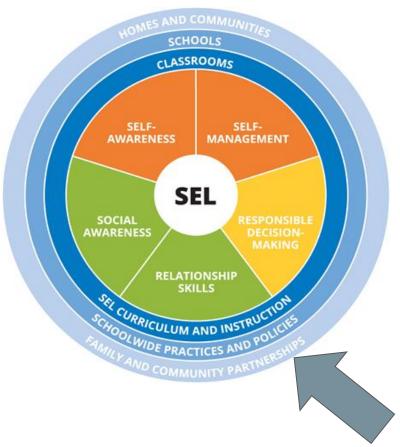
- · Heighten salience of goals and objectives
- · Vary demands and resources to optimize challenge
- · Foster collaboration and community
- · Increase mastery-oriented feedback

Sel • Pro op • Fac

Provide options for Self Regulation

- Promote expectations and beliefs that optimize motivation
- · Facilitate personal coping skills and strategies
- · Develop self-assessment and reflection

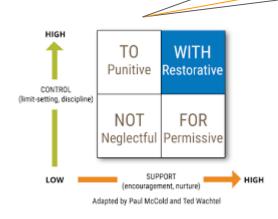
Connecting RP & SEL



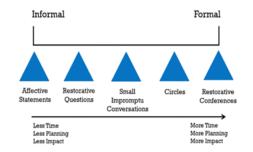
Self-Awareness

Self-Mngmt Social-Awareness Responsible **Decision Making**

Relationship **Skills**



RP CONTINUUM



The Compass of Shame

Adapted from D.L. Notherson, Sharee and Pride, 1992:

Withdrawal:

- · isolating oneself
- · running and hiding

Attack Other:

- 'turning the tables'
 blaming the victim
- lashing out verbally or physically



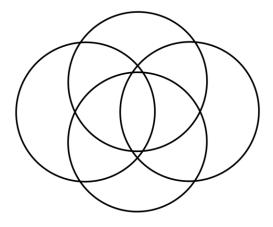
Attack Self:

- · self put-down
- · masochism

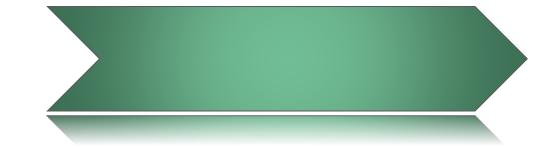
Avoidance:

- denial
- · abusing drugs and alcohol
- · distraction through thrill seeking

Community Circles



Community
Inclusion
Equality
Wholeness



Proactive to Reparative

Restorative Practices Continuum

Affective Statements Small Impromptu Conversation

Formal Conference











Affective Questions

Circle

Informal Proactive (80%)

- Less people
- Less time
- Less resources

Formal

Responsive (20%)

- More people
- More time
- More resources

Circle Stages





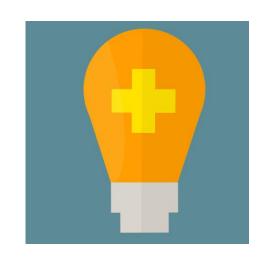




Addressing issues



Building relationships



Circle Tips

Pragmatics of online circles (large or small circles)

Presence

Talking piece

Break out

Order

Chat box

Hand raise

Change name on zoom

- Covid Circle: Staying In Touch
- Q1: What is something you are grateful for?
- Q2: What has the hardest part about social distancing been for you?
- Q3: How do you stay in contact with your friends?
- Q4: What is something you can do this week to let someone important to you know that you are thinking about them?

Math Circle: Fibonacci Sequence

Question 1: What is one word that describes how you're feeling this morning/afternoon?

Question 2: What are things in nature that have a pattern to them? Example: Rings on a tree, corn on the cob, petals on a flower, etc.

Introduce Fibonacci Sequence.

Game: Fibonacci Sequence as a group. Going around the circle, each student gives the subsequent number by adding the two previous numbers and see how far the class can get.

ELA Circle: Of Mice and Men

"Jus' wanted to feel that girl's dress—jus' wanted to pet it like it was a mouse— Well, how the hell did she know you jus' wanted to feel her dress? She jerks back and you hold on like it was a mouse. She yells and we got to hide in a irrigation ditch all day with guys lookin' for us, and we got to sneak out in the dark and get outta the country. All the time somethin' like that—all the time." (Chapter 1)

Jam Board Activity

- 1. Jamboard link
- 2. Visit each page to make comments or add circle questions, read what others have posted
- 3. Be prepared to share some highlights from what you read or created



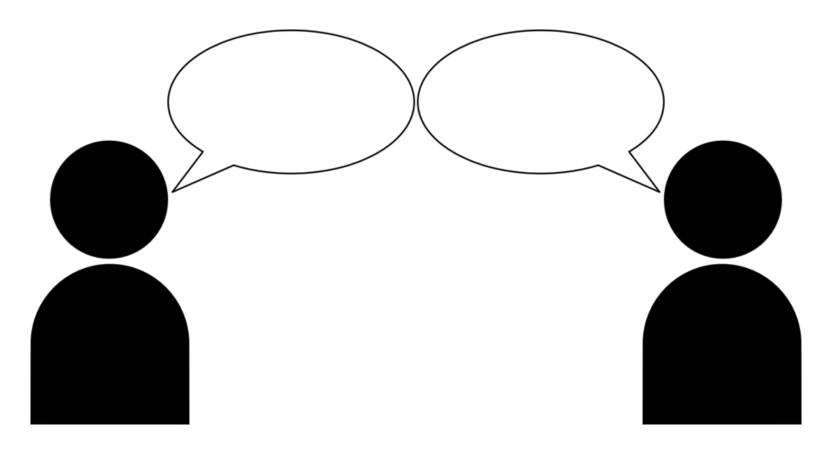








Group Share out



Optimistic Closure







What moves your thinking?

What moves your heart?

What moves you to action?

Evaluation link

https://bit.ly/2XQQLHf

Restorative Practices within the California Multi-Tiered System of Support Series

10/7, 10/14, 10/21, & 10/28

2:00-4:00 pm

\$100 for the series

Thank you!





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