







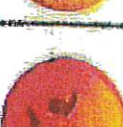



















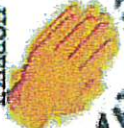























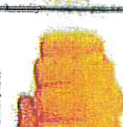



Name:

Date:

How do you feel today?

 LOVED	 ECSTATIC	 CONTENT	 SLEEPY	 SAD	 HEARTBROKEN	 STRESSED	 WORRIED	 ANGRY
 HAPPY	 WARM	 AFFECTIONATE	 SHOCKED	 ANXIOUS	 HESLTANT	 CONFUSED	 DEPRESSED	 BETRAYED
 INTELLIGENT	 LUCKY	 CONFIDENT	 SKEPTICAL	 SCARED	 HELPLESS	 DISAPPOINTED	 IRRITATED	 EXPLOSIVE
 ACCEPTED	 HOPEFUL	 PLAYFUL	 HOPELESS	 INVISIBLE	 FRUSTRATED	 POWERLESS	 DISGUSTED	 VIOLENT
 STRONG	 SILLY	 GOOD	 UNSURE	 EMPTY	 WORTHLESS	 GUARDED	 SNEAKY	 RAGE
 UNBREAKABLE	 EXCITED	 ABANDONED	 LOST	 ALONE	 REJECTED	 TOXIC	 HURT	 OVERWHELMED

Calming Corner Directions

Regulate

1. Pick an activity to help you regulate.



2. Turn over the timer.



3. Use your activity.

4. Wait for the teacher to come to you.

Calming Corner Directions

Relate

1. How did you feel when you came to the Calming Corner?

1	2	3	4	5
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2. What activity did you choose to help you regulate? Can you show me?

3. How do you feel now?

1	2	3	4	5
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4. What happened to you? How can I help?

Calming Corner Directions

Reason

Must Do

Choices

$$(x+3)^2=4$$

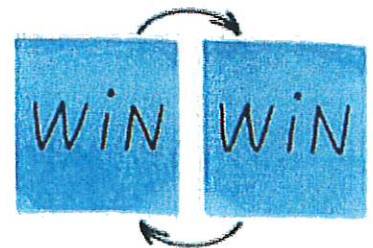
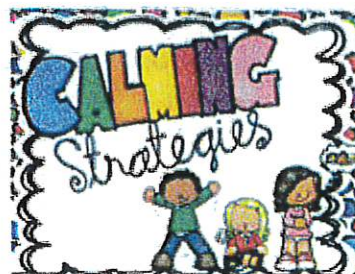
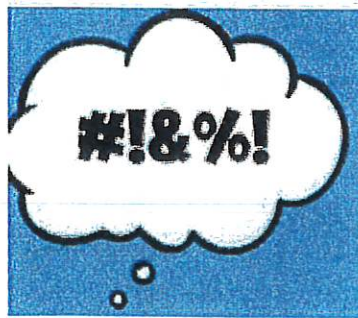
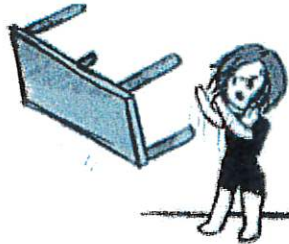
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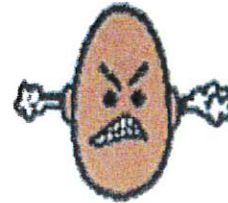
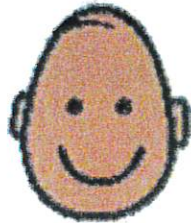
**AFTER
SCHOOL**

Calming Corner Directions


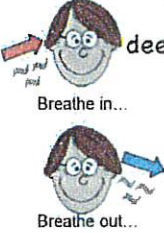








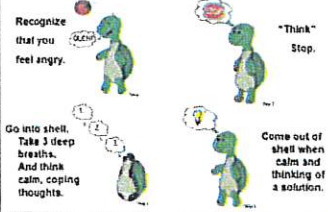










Reason



I feel ...



I can....

<p>Ask for and take a break.</p> 	<p>Take slow, deep breaths.</p>  <p>Breathe in...</p> <p>Breathe out...</p>	 <p>Count to 10 slowly.</p>	<p>Combine and try:</p> <p>1 + 3 + 10</p> <p><small>1 = Say "The Calm" 3 = Take 3 Deep Breaths (Pick up and blow bubbles) 10 = Count Slowly to 10</small></p>
<p>Tell them to stop.</p> 	 <p>Walk away and let it go for now.</p>	<p>Stay calm and talk to someone.</p> 	<p>Wait and cool off.</p> 
<p>Blah, blah, blah, blah, blah, blah,</p>  <p>Ignore</p>	<p>Say how you feel.</p> 	<p>Raise my hand and wait to be called upon.</p>  <p>Ask for help.</p>	<p>Use the turtle strategy.</p> 
<p>Go to a calm place. Use fidgets. Hug a stuffed animal.</p> 	<p>Draw or write about it.</p> 	<p>Tense and relax muscles.</p> 	<p>Go to another activity.</p> 
<p>Run it off.</p> 	<p>Compromise - Work It Out</p> 	<p>Apologize</p> 	<p>3 + 3 + 3 Rule</p> <ul style="list-style-type: none"> Look around and name 3 things you  Name 3 things you  Move 3 parts of your body 

HOW IS RESTORATIVE THINKING DIFFERENT?

Conventional Thinking:	Restorative Thinking:
Focused on the rules broken	Focused on the people harmed
Accountability equals punishment	Accountability means repairing the harm
Focus on Past	Focus on Future
Focused on offender	Focused on community
Offender defined by their crime	Offender seen holistically
Justice is focused on establishment of guilt/innocence	Justice is focused on needs and responsibilities of all involved
All behavior is motivated by punishments and rewards	All behavior is motivated by basic universal human needs
Challenging behavior is used to get things (e.g., attention) or escape / avoid things (e.g., work, responsibility).	Behind most challenging behavior is: a problem to be solved and skills to be trained.
Behavior is a matter of the child's will	Behavior is a matter of skills
Focused on "what" people are	Focused on "how" people are
Outside interventions (court, police)	Community interventions (people most affected by harm)
Focus on control/compliance	Focus on connection/influence/skills
Focused on behavior	Focused on problem-solving
Power over/under	Power-with
Based on moral judgments	Based on values judgments
External motivation	Internal motivation

