

Restorative Practices

Elementary School Restorative Practices

Reflection Sheet: Student

In this video, we visit PS 142 in New York City to observe Restorative Practices in classrooms and hear what some of their teachers and students have to say about Restorative Practices. Use the following questions to reflect on the information presented about elementary school level Restorative Practices.

- 1. The video opens with the students sitting in a circle and creating the sounds of a rainstorm with their teacher, Ms. Esperon.
 - Why do you think they are sitting in a circle instead of at their desks or in rows?
 - What do you think about the rainstorm experience? Is it something you would like to try? Why or why not?

- 2. Cindy Vaquero, a fourth-grade student, says, "I want to come to school because I get to express my emotions with people that I trust." What makes you want to come to school? Who do you trust to share your emotions?

- 3. Nestor Bencosme tells us, "Restorative Circles makes me feel calm, and like, I wouldn't know how to breathe out the stress without it."
 - What makes you feel calm?
 - What do you think it means to "breathe out the stress"? How would you do that?
 - What stress would you like to "breathe out"?

4. Cindy speaks a bit later in the video and says, "In the Restorative Circle, I talk a lot about how I'm feeling, my emotions, and what's going on in my personal life... you feel protected of who you're around and who you're with. And it's just more fun. School is a place to have fun, to learn, and be with your friends and it's a community."

- Where do you get a chance to talk about your feelings and what's going on in your personal life? Would you like to be able to do that in your classroom each day? Why or why not?
- Cindy feels protected in her Restorative Circle. Why is it important to feel like you are protected? Where do you feel safe?
- What does Cindy mean when she says that her school is a "community"? How is a community different from a class?

5. Ms. Esperon says that Restorative Circles give students three things: a voice, a space, and precise language to talk about their emotions.

- What does it mean to have "a voice"? How do Restorative Circles give students "a voice"?
- What is "precise language"? How do Restorative Circles give students "a space"?
- What is "precise language"? How do Restorative Circles give students "precise language to talk about their emotions"?

6. If your school participates in Restorative Circles, talk about the ways they help you. If your school does not participate in Restorative Circles, talk about what you think Restorative Circles would "give you."
