

# Restorative Practices

## Life Space Crisis Intervention (LSCI)

### Reflection Sheet: Family

Use the following to think about and/or discuss the video, "LSCI"

- 1. LSCI trainer Robert Lopez explains that in the first step of LSCI "we drain off [students'] intense emotions by validating their feelings." Why is this an essential part of helping young people through a crisis? What can we as adults do to "validate" our children's feelings?

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- 2. LSCI rests upon the assumption that we can de-escalate crisis situations through verbal communication. How do you work with your child to verbally de-escalate the situation when your child is upset or in crisis? What things can you say to your child to help them to de-escalate?

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- 3. Cheryl Hall explains the importance of the "drain off" stage of LSCI: "The bottom line is that if you're not properly drained off, things are going to come back and it's going to escalate again." Think about a time when you tried to help your child through a moment of crisis, but it just kept re-escalating. How might allowing time for your child to "drain off," even if it takes a while, yield better outcomes when helping your child through a conflict?

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4. Robert Lopez explains that through the stages of LSCI “ultimately what you help this student to recognize is that maybe there’s another way to look at the situation.” What are some circumstances in your own life when it has helped you to understand things from another person’s perspective? Why is this an important skill for children to acquire? How may understanding different perspectives of an event or experience help students as they grow into adulthood?

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5. Sometimes in life we learn the most from challenging experiences that we endure. Consider a conflict you’ve had and worked through as an adult. What new skills or ideas did you acquire as a result of working through that conflict? Why do you think that LSCI places an emphasis on helping students to develop new skills as a result of processing a moment of crisis? How do you think that this stage of the process could help your child?

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