Welcome to this beautiful day by taking a moment to yourself to read and breath.
The Week of Respect starts 10/3. All RJ (Restorative Justice) circles will offer children the opportunity to explore the concept of respect and what it is for them individually, at home and in a classroom setting. It also starts our full circle schedule with students. Each class has had the opportunity to sit circle and will continue weekly or bi-weekly ongoing.

Take a moment to pause. Find a comfortable place to sit. Read the below instructions first. Next, practice this on your own and if you feel to, then bring the children to sit and breath with you. Take a moment to try Coherence Breathing with me (also called Resonance Breathing). Research by HeartMath Institute shows this technique brings the frequencies of the brain and heart into coherence with each other (connection), it aligns physical, mental and emotional systems, reduces blood pressure, induces a sense of calm/ease and improves mood, creativity, clarity and decision-making.

1. Sit comfortably in an upright position, allowing the eyes to gaze down or close and pay attention to the sensations of the breath
2. Breathe deeply, imagining the breath flowing through the heart as you fully expand the lungs and the belly on the inhale and let the body soften on the exhale.
3. Coherence Breathing: Breathe in deeply for 5 seconds and out slowly for 5 seconds. Do this for 3 cycles - focusing on the count and rise and fall of the breath in the belly.
4. Pause to notice how you feel and when you're ready, gently wiggle your fingers and toes before blinking your eyes open.

Thank you to Bianca Campbell, TOSA from Montclair High School for sharing this practice. This is derived from her weekly Mindful Moment newsletter.

Restorative Justice (RJ) is an indigenous philosophy that emphasizes building relationships. If there is a need to repair harm caused by conflict and wrongdoing, restorative justice provides an opportunity for everyone impacted by an incident to come together in a safe space to address their feelings and needs, and reach a resolution that heals and restores relationships.