Our check in question this week was: If you could have any power to make today a really good day, what power would you choose?
This week we are turning our conversation from what we need to how our needs create our values. What are values? What do you value?

1. Settle into a comfortable position, sitting upright but not uptight, allow the eyes to gently close or gaze downward.
2. Notice that you are breathing and see if you can follow the flow of your breath for a few moments.
3. As you inhale notice where you feel your breath moving most. Nostrils? Chest? Belly?
4. Notice the rise and fall of the chest, the expansion of the belly as you breathe in and the sensation of the breath at the top of the nose.
5. And then taking one more inhale and exhale, as you gently let this practice go.

Circle schedule
Monday- 1st Grade Spellman weekly, Kindergarten every other week
Tuesday - 5th grade every other week
Wednesday- 2nd grade- weekly, 4th grade weekly
Friday- 3rd grade- weekly, 1st grade Haggerty weekly

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.