RJ circle this week!

Check in questions of the week:
Definition of perseverance.
How are you? Do you think persevering when things are difficult is important?

Mindfulness - Release tension in the shoulders and neck.

Activity/Discussion: Scenarios-
Have you ever quit something because it was just too hard? How did you feel after? Have you ever persevered through something that was difficult? How did you feel after?.

"Restorative practices build community and promote healthy relationships among educators and students in order to teach social-emotional and conflict-resolution skills necessary to reduce conflict."
Denver School-based Restorative Practices Partnerships

"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."