

Restorative Approaches

# Habits of Mind

## Persistence Circle

**Overview:** Persistence involves seeing a task through to completion and remaining focussed. This involves not giving up when stuck.



**Round 1:** How are you doing today?

**Round 2:** Please describe a time in your life where you were faced with a challenge and you felt like quitting, but didn't.

**Round 3:** Why can it be important to not give up on our goals when we face challenges?

**Round 4:** What is a challenging goal you are currently striving for? What support might you need to ensure that you don't give up on your goal?

**Round 5:** How do you feel about today's circle?



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## Managing Impulsivity Circle

**Overview:** Managing impulsivity involves taking the time to think before acting and remaining calm, thoughtful, and mindful.



**Round 1:** How are you doing today?

**Round 2:** Think back to a time where you experienced a conflict and reacted too quickly. How did you feel afterwards?

**Round 3:** Why is it sometimes hard to slow down before reacting when we experience conflict?

**Round 4:** What are some strategies that you use to remain calm and thoughtful in situations where you otherwise may act impulsively?

**Round 5:** How do you feel about today's circle?

