

Restorative Approaches

Habits of Mind

Listening with Empathy Circle

Overview: Listening with empathy involves devoting mental energy to another person's thoughts and ideas so that all efforts are made to perceive their point of view and emotions.



Round 1: How are you doing today?

Round 2: What does good listening look like?

Round 3: Why is it important to make others feel like they are truly listened to?

Round 4: What are strategies we can use to make someone feel listened to?

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



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Thinking Flexibly Circle

Overview: Thinking flexibly involves approaching problems and conflicts from multiple perspectives so that alternatives and options can be generated.



Round 1: How are you doing today?

Round 2: Why is it important to learn multiple strategies for solving problems and conflicts?

Round 3: Describe the feeling you get when you take something that is "good" and make it "better".

Round 4: As a class, how can we support each other in looking at problems and conflicts through multiple ways?

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

