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?

Restorative Approaches
Habits of Mind
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?