

Restorative Approaches

# Habits of Mind

## Metacognition Circle

**Overview:** Metacognition involves being aware of your own thoughts, strategies, feelings, actions, and their impact and affect on others.



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

**Round 2:** In what ways might the way you are feeling today impact others?

**Round 3:** Why is it important to be aware of how our feelings impact others?

**Round 4:** In what ways can you help support those in the class who are not feeling positive today?

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

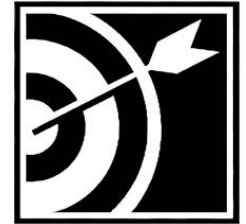


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## Striving for Accuracy Circle

**Overview:** Striving for accuracy involves always doing our best and setting high standards. This includes seeking feedback on actions in the spirit of continued improvement.



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

**Round 2:** Please describe a goal that you are currently working towards right now.

**Round 3:** What support and feedback from others will you seek to meet your goal? Why is it important to have this feedback?

**Round 4:** How can you support one of your classmates in helping them meet and improve upon their goal?

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

