Restorative Approaches

Habits of Mind

Persistence Circle

Overview: Persistence involves seeing a task through to completion and remaining focused. 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?

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?