

**The Sorrybox is an online tool with simple methodologies for restorative practices**

The Sorrybox (<http://www.sorrybox.org>) helps children and youngsters to restore conflicts. It inspires educators, teachers and parents to work in a restorative way. The online tool is also adapted to children or youngsters with intellectual disabilities and emotional or language difficulties and refugees because of the visual support.

**Testimonials**

**Tine, educator**

“I am Tine, educator at Medical and pedagogical center Terbank nearby Leuven (Belgium). After a serious conflict with a young person it is not easy to pick up the thread again. The Sorrybox helps me with that. Thanks to Sorrybox and with our support, the young person is now writing a letter of apology with the help of the computer. “

**Evy and Stephanie, teachers**

“We are Evy & Stephanie, two teachers of non-Dutch speaking newcomers (refugees migrated from Africa) aged 11 to 18 years. After another case of aggression at school, we worked with the Sorrybox. The Sorrybox is a simple, little-language mean of communicating with these young people as well. They can make a print story with drawings to restore a conflict.”

The new online tool “Sorrybox 2.0' helps children and young people to restore relations after a conflict. For example, with a personalized sorry letter, a personalized comic, a music rap or interactive video. Teachers, educators and parents also find methodologies to work more restoratively instead making use of the traditional method of reward and punishment. The Sorrybox 2.0. can be used in youth movements, in behavior therapy, at school and in parent courses.

In the online tool of the Sorrybox, there is a part made for children and youngsters named “I want to make up for something”

When clicking here, children and youngsters can make a Sorry letter or a personalized Sorry comic strip. The tools are also accessible to children and young people with an intellectual disability or a language deficiency. Digitally-skilled youngsters can make a rap song or an animation film. They learn how to deal with conflicts by interactive video clips on the video channel.

The tool was made in Dutch but in April 2019 there will be a translated part provided in English and French.

Another part of the Sorrybox is made for teachers, educators, therapists, supervisors, …

This part of the Sorrybox collects all sorts of methodologies to work in a restorative way. There are methodologies to reflect together with the young people on their behavior, methodologies to develop recovery skills in concrete parenting situations and methodologies to work more restorative at the level of the organization.

Restorative practices improve relationships and the living environment. As a result, it often works better than punishment. This vision is gaining more and more input in the educational sector.

The Sorrybox is based on the principles of non-violent communication by Marshall Rosenberg, the prevention pyramid by Johan Deklerck and “the secret of the sorry brain" by Eric Beke.

The power of the Sorrybox 2.0 is also the special attention for children and young people with a low social-emotional development level. This is necessary because within a restorative approach, taking responsibility for restoring emotional damage is a central theme. This assignment is very difficult for children and young people with a low socio-emotional development level. As a result, there is a danger that restoration and taking responsibility is a new threshold that these young people do not overcome. This is why in the Sorrybox, a larger part is assigned for the teacher and the therapist to do "substitute" restorative practice.

The initiative was started in 2014 in Medical and pedagogical center Terbank in Leuven (Belgium) and was co-developed by ICOBA (Brussels- Organization Everyone competent in controlling aggression) and got the support of Ligand (Kortrijk). The Department of Public Health and Family Welfare supported this project as part of a project “Incentives online help for well-being and health”.

Eric Beke
psycho-pedagogue MPC Terbank
Founder Sorrybox

[www.sorrybox.be](http://www.sorrybox.be)

info@sorrybox.be

eric.beke@mpcterbank.be



Example personalized comic

