A decorative graphic featuring various colored circles (teal, blue, green, yellow, orange, pink) and dashed lines of different colors (teal, green, yellow) arranged in a circular pattern around the text.

Restorative Circles: Implementation, Building Community and Practicing Mindfulness

A Team: Amanda Cannon & Amanda
Ramkarran

The background features several overlapping circles in shades of teal, lime green, orange, and yellow. A dashed light blue line curves across the page, passing through some of the circles. The title 'Land Acknowledgement' is centered in a large, dark grey font.

Land Acknowledgement

As we begin our discussion around Restorative Practices today, we want to acknowledge that we are meeting on the traditional land of the Anishinabek, Huron-Wendat, Ojibway/Chippewa peoples and the home to the Metis.

As settlers, we are grateful for the chance to meet together in this space that has been cared for by generations before us.

We want to recognize the contributions of these Indigenous peoples in shaping our community and country in the past and the present.

It is our hope that in learning from each other this week, we can strengthen our commitment to Restorative Practices in all environments and continue on the journey towards truth and reconciliation within our classrooms, communities and country as a whole.

Kahoot Survey

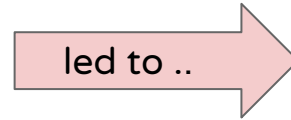
- Open your device and make sure it's connected to WiFi
- Go to: <http://kahoot.it>
- Input the Game Pin:
- Press "Enter"
- Get ready for your first question!



Our
Circles
Journey

Our Journey

**Restorative
Practices PD
through
YRDSB**



**School-wide
learning and
implementation**



First 10 Days document

Community, Circles and Collaboration : The First 10 Days

Created for use at ARMADALE PUBLIC SCHOOL

September 2017



This guide is designed to support you during the first 10 days of school. The purpose of these activities is to use Circles as a teaching strategy; to implement class routines and start building community within your class by teaching students to be an active participant, a problem solver, and a collaborator. This guide aims to complement your current practices and was created with the vision to use Restorative Practices and Circles school wide.

Created By: D. Bucci, A. Cannon & A. Ramkarran


Table of Contents

The Reason for Circles at Armadale: A Review	p. 3
Day 1: Community Building in Circles	p. 4
Day 2: Introduction to Circles	p. 5
Day 3: Introduction to Classroom Norms	p. 7
Day 4: Review and Practice of Classroom Norms	p. 8
Day 5: Different Types of Circles: Fishbowl	p. 9
Day 6: Co-creating Expectations for Collaboration	p. 11
Day 7: Using Circles for Community Meeting	p. 13
Day 8: Different Types of Circles: Academic Circles	p. 15
Day 9: Using Circles to Learn about Identities, Diversity and Equity	p. 17
Day 10: Using Circles for Restorative using a Scenario	p. 19
Kindergarten Considerations	p. 21
Glossary	p. 22
Appendix A: Types of Circles	p. 23
Appendix B: Examples of Classroom Norms	p. 24
Appendix C: Sample of Expectations for Collaboration	p. 26
Appendix D: Exit Tickets/ Goal sheet for Collaboration	p. 27
Appendix E: Template for Identity Circle	p. 28
References	p. 29




try a mindfulness practice

BREATHE IN
Pretend you are smelling a flower



BREATHE OUT
Pretend you are blowing a leaf



WHAT IS MINDFULNESS?

Mindfulness means being present in the moment with your thoughts and feelings without getting caught up in them. Mindfulness is a practice of not being distracted. Practicing mindfulness as a regular habit can help you become more aware of your own thoughts and feelings.

STEPS TO PRACTICING MINDFULNESS

When there are many different thoughts and feelings for practicing mindfulness, the steps are really simple:

- You need time and space for your practice. It doesn't have to be 10 or 15 minutes, but it needs to be quiet and free from distractions. You can do it during a break, before or after school, or even during a lesson. The most important thing is to be present and aware of your thoughts and feelings.
- You need to be aware of your thoughts and feelings. This means being aware of your thoughts and feelings as they happen, not just when you think about them.
- You need to be aware of your body. This means being aware of your body as it feels, not just when you think about it.
- You need to be aware of your breath. This means being aware of your breath as it goes in and out, not just when you think about it.

POSITIVE EFFECTS OF MINDFULNESS

Practicing mindfulness can help you to:

- Reduce stress and anxiety
- Improve your concentration
- Increase your self-awareness
- Improve your relationships with others
- Increase your resilience
- Improve your overall well-being

The next time you're feeling stressed, overwhelmed, or unsure, reach for a "Mindfulness Snack!" Here's how to do it...

S
STOP

Just stop whatever you're doing.

N
NOTICE

What is happening within you, and around you?

A
ACCEPT

Whatever you are struggling with, acknowledge it for what it is. (i.e. I'm feeling angry because ...)

C
CURIOUS

Ask yourself questions about your experience: "What am I feeling?" "What do I need right now?"

K
KINDNESS

Respond to yourself and others with kindness (even when you make mistakes!) and notice how that helps things get better.



Academic circles



Mindfulness Activity



Identity Circles



Q&A

amanda.ramkarran@yrdsb.ca

amanda.cannon@yrdsb.ca

