



Restorative Resources
transform conflict • repair harm • build community

Restorative Questions

When responding to conflict, a restorative approach consists in asking the following key questions:

- 1. From your perspective, what happened?**
- 2. What were you thinking and feeling at the time?**
- 3. What have you thought about or felt since then?**
- 4. Who has been affected by what happened and how?**
- 5. What about this has been the hardest for you?**
- 6. What do you think needs to be done to make things as right as possible?**

Sample Questions/Topics for Community Building

CIRCLES

Example Circle Guidelines:

- Respect the talking piece: everyone listens, everyone has a turn.
- Speak from the heart: your truth, your perspectives, your experience.
- Listen from the heart: let go of stories that make it hard to hear each other.
- Trust that you will know what to say: no need to rehearse.
- Say just enough: without feeling rushed, be concise and considerate of the time of others.

Getting Acquainted

- Share a happy childhood memory
- If you could be a superhero, what super powers would you choose and why?
- How would your best friend describe you?
- What would you not want to change about your life?
- If you had an unexpected free day, what would you like to do?
- If you were an animal, what animal would you be and why?
- Name one thing or person who always makes you laugh.
- What do you like to collect?
- If you could have a face to face conversation with anyone, who would it be and why?
- Describe your favorite weekend activity.
- Describe your favorite place.
- If you could change anything about yourself what would it be?
- What is your favorite color?
- What is your favorite thing to eat?
- What is your favorite movie?

Check-in Circle

- How are you feeling today?
- What was a highlight or a low point of your evening/weekend?
- What is something that you are looking forward to today or this week?
- What is one thing you would like to accomplish today?
- What was the biggest challenge you had in completing your homework?

Check-out Circle

- What was your favorite thing about today?
- What are you looking forward to the rest of the day, this evening, or this weekend?
- Give a compliment to someone for something they did well this week.
- Talk about one of your academic goals, and how you furthered that in class.
- Tell something fun or funny that happened to you today.