

2023-2024 Restorative Practices Seminars & Workshops for Educators, Parents/Caregivers, & Students

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(Updated December 26, 2023)*

Introduction: The trainings are divided into three sections. The first section features seminars and workshops for educators, the second section is for parents/caregivers, and the third section is for students. The workshops are identified as introductory, intermediate, or advanced. The length for each workshop is also noted. Some workshops are offered in Spanish while a few have a pre-requisite. Be sure to check out the **NEW** RP 201 seminar and workshops offered. To schedule workshops, please email Christina Trinidad at ctrindade@cvyouth.org or send an email to RP@CVyouth.org

SEMINARS

*Six Hour Seminars on selected Saturdays, 8:30 am to 3:30 pm
The two seminars are eligible for the MCS PD stipend.*

Seminar RP 101: Introduction to Restorative Practices

*“Restorative practices are an emerging field of study
that enables people to restore and build community
in an increasingly disconnected world.” ---iirp.org*



Administrators, certificated, and classified staff in Modesto City Schools are all encouraged to attend one of two six-hour seminars typically held on a Saturday from 8:30 am to 3:30 pm. *RP 101: Introduction to Restorative Practices* was created for employees interested in learning the basics of restorative practices in schools in one day with an emphasis on the practical – what you can do on Monday! Join hundreds of colleagues who’ve enjoyed this training and gained a much better picture of how they can implement restorative practices in their sphere of influence. Register with MCS PD.

NEW Seminar RP 201: From ACEs to PACEs - Building Restorative Relationships

“Restorative practices, at their best, are part of a school culture that prioritizes culturally sustaining pedagogy and authentic relationship building -- connections that allow for trust, openness and inclusive spaces.” –Cory Collins, 2021

Many students come to school disconnected, lonely, isolated, and/or burdened by the effects of trauma and loss affecting their health, learning, and behavior. Although humans are hardwired with the desire to connect and thrive on healthy relationships, developing healthy relationships in our schools are often skipped.



RP 201 is a six-hour seminar that begins with research and implications on loneliness, isolation, disconnected students, Adverse Childhood Experiences (ACEs) outcomes and their impact on learning, plus the more recent research (2019) on Positive Childhood Experiences (PCEs) from Johns Hopkins.

This foundation is connected to building restorative relationships. Restorative Practices principles focus on intentional actions meant to emphasize the importance of building trusting relationships, improving existing relationships, and repairing relationships when harm has occurred. Educators will explore the importance of student-teacher relationships and how to create relationships with students. Many practical activities are woven into the content. To accommodate differences between elementary and secondary students, some of the training will offer content simultaneously for elementary and secondary participants. Recommended pre-requisite RP 101: Introduction to Restorative Practices. Register with MCS PD.

Restorative Circles Workshops: Proactive & Responsive

Introduction to Restorative Circles: The Basics (Introductory)



Whether building community culture, restoring relationships after harm, or delivering content, Restorative Circles are a fundamental tool used in the restorative process. A key principle in Restorative Practices is having a school community and environment to which students want to be restored. Restorative Circles are a well-known method used to build school culture, address harm caused in a school community, and convey content in a way that builds socio-emotional skills, empathy, and students conscious of the school environment and community.

Educators will learn the basics of running a Restorative Circle in a classroom setting, develop and keep circle guidelines, and explore the importance of circle structure and methods. Proactive Circle. *Workshop Length: 1 hour*

Community Building Circles (Introductory)

Teachers don't have behavior management challenges; they have community relationship problems. The foundation of restorative practices is to proactively build relationships with students so that they can restore relationships by repairing harm when there are challenging behaviors. "We feel connected to other people when we sense that they *see us, know us, and care about us*. That's what connection circles are about: being seen, being heard, being known, and developing affection."¹



Community building circles focus on building healthy relationships and a culture of care in the classroom. Sample Prompting Circle Questions provided. During this workshop, educators will learn components and practice community building circles. Educators will leave with actionable steps towards immediate implementation. Proactive Circle. *Workshop Length: 1 hour*

NEW Building Community Using Circles and Social Justice Picture Books (PS-3rd grades) (Intermediate)



Learn how your elementary students can connect. Using the restorative practices framework, educators can develop safe, supportive spaces in schools by creating community-building circles around picture books. This workshop for K-3rd grade educators begins with an overview of restorative practices in education, circle guidelines, community building circles basics, and connections to CASEL's social-emotional standards.

Using social justice picture books, educators will experience the circles process and learn how they can engage students in their learning through circles while holding meaningful conversations about how they felt as they read and listened to the story. Not only will educators walk away from understanding the process, but they'll be equipped with the resources to replicate this powerful strategy in their own PS-3rd grade classrooms. Proactive Circle. *Workshop Length: 1 hour*

NEW Decision-Making Circles (Intermediate)



Building upon, *Introducing Restorative Circles: The Basics*, this workshop continues developing circle skills through teaching circle formats for decision-making circles. Purposes, prompts for students, and follow-up prompts for decision-making circles provide the foundation of this workshop. Educators will create a respect agreement using decision-making circles. Basic Tips for Working with Difficult Dynamics are included. Educators will leave with

knowledge and resources to utilize dialogue and decision-making circles to address these issues in their school community. Proactive Circle. *Workshop Length: 1 hour*

Academic Content Circles: Elementary or Secondary (Intermediate)

School faculty and staff regularly cite “lack of time” as a significant hurdle to implementation of circles amid high levels of demand in their positions. Learning circles utilize the structure and benefits of the circle format to convey and review classroom content. The workshop begins with purposes, benefits, and outcomes of content circles. Educators will practice using content to explore a topic, consider characteristics of prompting questions, and practice building sentence frames. Sample content circles questions included. Learning circles are a great way to engage both academic learning while also teaching valuable communication skills, empathy, and social-emotional skills. Proactive Circle. *Workshop Length: 1 hour*



NEW Problem-Solving Circles (Intermediate)



The culminating workshop in the circle’s series will use problem-solving circles for participants to address any problems or challenges they experienced in using circles in their classrooms by participating in a fishbowl problem solving circle. When something negative happens, such as something being destroyed, students being unkind to one another, students talking during instruction, etc., the teacher can use that opportunity to gather the class in a

problem-solving circle. Tips for problem-solving circles and benefits of using problem-solving circles to resolve complaints are included. Participants will leave knowing how they can use problem-solving circles in the classroom. Responsive Circle. *Workshop Length: 1 hour*

More Workshops for Educators

Overview of Restorative Practices in Schools (Introductory)



[Formerly titled Introduction to RP in Schools] This is a perfect presentation for those newer to restorative practices in schools. Zero tolerance and punishment that doesn't work for many students has led to what's now known as the school-to-prison pipeline. But there's good news.

Modesto City Schools District's LCAP (Local Control Accountability Plan) has included Restorative Practices as one alternative to decrease suspensions and improve school climate since 2013-2014. Restorative practices are described as holding students and staff accountable, and when necessary, making things as right as possible. Discover the paradigm shift from the traditional punitive approach to the restorative approach, principles of restorative practices and the restorative practices pyramid. Learn how restorative practices are changing the lives of students and staff. *Workshop length: 45 minutes*

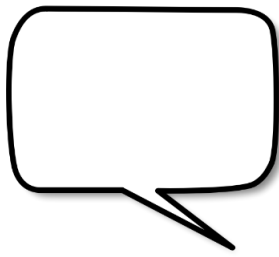
REVISED ***Changing Lenses: From Punitive to Restorative***

(Introductory) This workshop is based on change. Changing our lenses on how we view students, school discipline policies, and the power of restorative practices to change lives. This is the perfect workshop for presenting a broader picture of restorative practices.

Educators will examine school discipline policies that lead to the school-to-prison pipeline, the paradigm shift, restorative questions demonstration, an overview of restorative practices, including the 5Rs, how to change lenses, a look at California's RP Paradigm Shift, and RP resources. The workshop includes Community Building and Dialogue Circles. Educators will leave with an overview of how restorative practices have the power to change the lives of both students and staff. *Workshop Length: 1 hour*



The Power of Affective Statements: Elementary or Secondary (Introductory)



This workshop introduces the most informal restorative response and the easiest tool for building restorative relationships. Affective statements are responses to others' negative or positive behaviors. Educators learn the purposes of affective statements; ten characteristics of high-quality affective statements; and how to construct affective statements. Practicing the statements will provide educators with a jump-start and discussion questions allow reflection on multiple aspects.

Educators are challenged to use this new skill to develop the emotional literacy of students and improve school culture. *Workshop Length: 45 minutes*

Fine Tuning the Nuances of Restorative Questions (Intermediate)

You know the restorative questions. You use them with students and staff. But sometimes they feel awkward while at other times you get stuck. Is there anything else you can do? This workshop, *Fine Tuning the Nuances of Restorative Questions*, helps educators introduce restorative questions to students, effectively deal with students' interruptions, use a conversational style, summarize the process, reach an agreement, and determine when to go beyond apologies. With practice time included, educators will fine tune how effectively they use restorative questions with others. *Workshop Length: 1 hour*



Trainer Dr. Fritzemeier's Favorite Workshop

Restorative Apologies: Beyond Just Saying, "Sorry." Elementary or Secondary (Introductory)



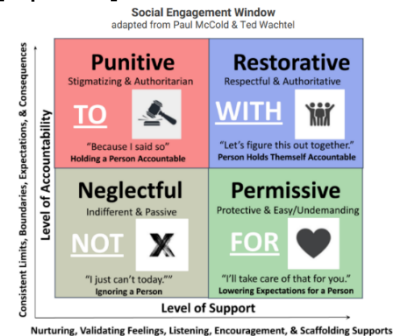
Do you know that insincere apologies can cause more harm than help? They are also ineffective in many situations. In this workshop, *Restorative Apologies* connects restorative questions with potential apologies. Rather than just saying, "I'm sorry," which is often not genuine, educators learn how to help others make a full apology. Full apologies usually have three parts corresponding to verb tenses: past, present, and future. The 4-part model is easy to learn and implement. Tips on responding to repetitive apologies with no change in behavior and a computer program students can use to write

apology letters are included. Pre-requisite: *Introduction to Restorative Questions*.
Workshop Length: 45 minutes

The Social Engagement Window for Educators (Introductory)

“The fundamental hypothesis of restorative practices is that students are the happiest, healthiest and most likely to make positive changes in their behavior when teachers do things with them rather than to them or for them.” [iirp.edu]

Educators will determine their teaching style as they learn about the four quadrants of the Social Engagement Window: To, Not, For and With. When educators work with students using this framework, the results for students’ behaviors are surprising. A video, discussion, and personal reflection make this workshop insightful and practical. *Workshop Length: 1 hour minutes*



Trainer Kourtney Kauffman’s Favorite Workshop

Dodging the Power-Struggle Trap: 10 Restorative De-escalation Strategies for Elementary or Secondary (Introductory)

Are you relieved when certain students are absent? Do you have students who “push your buttons”? Do you find yourself butting heads with the same students day-after-day? How do students “trap” educators in power struggles?

Learn specific strategies to respond to challenging behavior in ways that are intended to prevent escalation and conflict of power. This workshop features 10 restorative de-escalating strategies to deescalate power struggles. Options are also available for yard supervisors and campus supervisors. *Workshop Length 45 minutes or 1 hour*

Most Popular Workshop

7 Effective Guidance Techniques for Yard Supervisors or Campus Supervisors (Introductory)

This workshop engages educators in simple yet powerful strategies to



guide students’ behavior. Guides include using a confident voice, redirection, positive language, avoiding methods that lead to loss of respect, defining limits and maintaining consistency, reinforcing directions, and being alert to the total situation. After each guide is presented, educators “practice” what they learned. This workshop offers a foundation for those newer to these roles and practice for those with more experience. *Workshop Length: 1 hour*



More Effective Guidance Techniques (Intermediate)

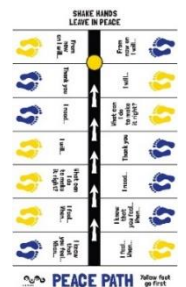
Many staff who work with students are frustrated with discipline challenges. This workshop begins by answering two questions that will improve guidance and decrease frustration. What doesn't work or is inappropriate when guiding children or teens?

After reviewing the *Seven Guidance Techniques*, educators will learn three more effective guidance techniques: ignoring, offering choices, and natural consequences.

The workshop culminates with discussion focusing on connecting guidance challenges with techniques that work. Pre-requisite: *Seven Effective Guidance Techniques for Yard Supervisors or Campus Supervisors*. *Workshop Length: 1 hour*

Peace Paths for Elementary Playgrounds (Introductory)

Peace Paths can be painted at cohort elementary school sites. Peace Path training is available for students and/or staff. Contact your site team consultant to request a peace path painted at your site and/or schedule training. *Workshop Length: 45 minutes*



Trainer Christina Soto-Trinidad's Favorite Workshop

10 Strategies for De-escalating Students' Behaviors (Introductory)



Do you work with students who are triggered by something, and their behaviors escalate quickly? Do you find yourself caught off guard and unsure of what to do? What are current methods for de-escalating students' behaviors? This workshop offers 10 effective strategies to help de-

escalate students' behaviors whether in the classroom or outside the classroom. *Workshop Length: 45 minutes*



Today's Disconnected Students (Intermediate)

This workshop begins by "meeting" two disconnected students (often related to life events, trauma, and chronic stress) and the challenging behaviors that can arise in schools. A small group activity allows participants to explore the needs and benefits of adult-student relationships for students and for staff. The workshop includes discussion on reaching today's disconnected students. It is recommended that school sites schedule the workshop *Connecting with Disconnected Students* to learn connection strategies. *Workshop Length: 45 minutes*

Connecting with Disconnected Students (Intermediate)



Teachers are busier than ever. Yet more students arrive with challenging behaviors and are the ones who most need a caring adult. Educators spend so much time on students' disruptive behaviors, little energy is left to reach them. This workshop features 8 to 12 strategies educators can use to take a few minutes here and there to invest in building relationships with disconnected students. *Workshop Length: 1 hour*

Social-Emotional Learning (SEL) & Restorative Practices (Advanced)

This workshop begins by introducing the five Social and Emotional Learning Core Competencies. Common Characteristics of Social-Emotional Learning (SEL) and RP provide the foundation of the workshop. Educators will look at how SEL Supports the Development of RP and vice versa. Participants will consider implementing SEL and RP together using schoolwide strategies. Educators will experience both a SEL and RP activity that builds skills. Small groups and discussion included. *Workshop Length: 1 hour*



Special Needs & Restorative Practices (Advanced)



Special Education students are part of the school community, and they matter. Restorative practices in schools can improve and support the practices of special education teachers, staff, and school counselors. Exploring the RP intersection is Important for inclusion. Educators will begin looking at the RP basics that are required for a chance of success. Special needs students can gain essential social skills with restorative practices. The workshop concludes by adapting restorative questions for special needs students. *Workshop Length: 1 hour*

Trainer Sam Tallon's Favorite Workshop

The Trauma Sensitive Educator (Advanced)

Participants will start the process of incorporating knowledge of trauma and brain changes to your curricular considerations. Spend time exploring trauma processes in the brain, learning and memory impact, and study about small adjustments in teaching that can have a big impact in the effectiveness of leading a class with students under intense stressors. *Workshop Length: 1 hour*



Professional Development Catalog

Online Workshops for MCS Staff

Sign up with MCS PD Catalog

The Restorative Elementary Teacher (Introductory)

This introductory workshop is perfect for those new to the principles and practices of restorative practices. This workshop is from the perspective of the elementary student who describes eight strategies that the teacher uses to create a restorative classroom, such as my teacher is respectful when talking about feelings, my teacher apologizes and encourages classmates to apologize if they've hurt someone else and my teacher does things with me as opposed to for me or to me. *Workshop Length: 1 hour*



The Restorative Secondary Teacher (Introductory)



How can a secondary teacher with five or six classes every day with over 200 students implement restorative practices? This introductory workshop is perfect for those new to the principles and practices of restorative practices. It is based on the acronym RESTORE: Reinststate, Re-establish, Return, Bring Back, Give Back. The basics of what the restorative secondary teacher looks like is the foundation of this workshop. The workshop will conclude with a personal reflection, *Am I Truly Restorative?* *Workshop Length: 1 hour*

Self-Care for Educators (Intermediate)

Are you tired after work, dreading the next day or sleep challenged? Learn the symptoms of burnout and take the Professional Quality of Life Scale (PROQOL) Survey. As educators we have direct contact with students & colleagues. Your compassion for others can affect you in positive and negative ways. Learn about self-care, how to avoid burnout and the ABC's of Self-care. *Workshop Length: 1 hour*



Coming in January 2024

Integrating Mindfulness into Everyday Classroom Culture (Introductory)

“In today’s rush we all think too much – seek too much – want too much – and forget about the joy of just being.” – Eckhart Tolle.

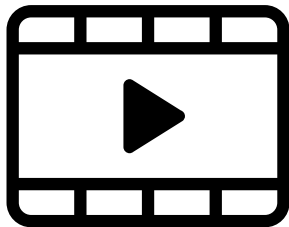
Mindfulness is paying attention in a particular way. Participants will explore the benefits of mindfulness in the classroom, examine 7 mindfulness myths, learn how to introduce mindfulness with students,

consider the phrase “do no harm,” and discuss social-emotional learning competencies. Integrated throughout the workshop are participatory mindfulness activities. Participants will leave with resources for books and apps that will help educators begin using mindfulness in the classroom.

Workshop Length: 1 hour



Practitioners & Student Perspectives in Videos with Guiding Questions (Introductory)



The publication *Getting Started with Restorative Practices in Schools* by MAEC, Center for Educational Equity, offers five videos about Restorative Practices in Schools. Participants will choose to watch videos and answer guiding questions that total one hour. All the videos are short, so you will watch several. Participants will receive a handout for each video that provides details and guiding questions. The titles and length of videos are:

- *Second Chances: School Profiles* [9:97]
- *Repairing Our Schools through Restorative Justice* [13:26]
- *School Suspensions Are an Adult Behavior* [12:23]
- *Colorado High School Replaces Punishment with Talking Circles* [7:30]
- *The Transformation of West Philadelphia High School: A Story of Hope* [9:00]

WORKSHOPS FOR PARENTS/CAREGIVERS

**Note: The following workshops
are available in Spanish.**

NEW Dodging the Power-Struggle Trap for Parents/Caregivers



(Introductory)

Does this sound familiar? You ask your child or teen to do something, and it ends with opposition, aggression, or apathy to your request? Power struggles typically do not end well. They create distance and hostility instead of closeness and trust. Where do power struggles come from and what are our kids/teens trying to achieve?

In this workshop, parents/caregivers learn specific strategies to respond to challenging behavior in a way that is intended to prevent escalation and conflict of power, techniques to deescalate power struggles including restorative practices techniques, and how we can transform power struggles, so our kids/teens learn important life skills including self-discipline, responsibility, cooperation, and problem-solving skills. Available in Spanish. *Workshop Length: 1 hour*

NEW Restorative Parenting: Building Stronger Relationships with Your Children and Teens (Introductory)

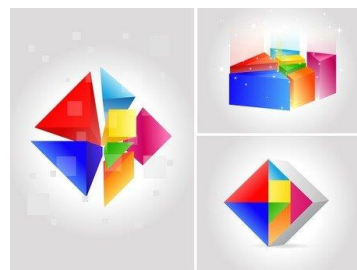


Your student's school is using Restorative Practices as an alternative to punitive discipline. How can you use these strategies at home? Parents/caregivers will understand the basics of Restorative Practices and how and why to incorporate them into their parenting/caregiving. Through practice and discussion, parents and caregivers will learn skills through a Restorative Practices lens. These include the social engagement window, the use of affective statements, and restorative conversations to promote accountability and repair of harm for both children/teens and parents/caregivers. Available in Spanish. *Workshop Length: 1 hour*

NEW Helping Children and Teens Change Their Behavior (Intermediate)

“Restorative practices are based on the fundamental belief that our children (and teens) are the happiest, healthiest and most likely to make positive changes in their behavior when parents/caregivers do things with them rather than to them or for them.” [iirp.edu]

Based on the social engagement window, parents/caregivers will discover where their discipline style lies on the four quadrants: To, Not, For or With. When parents/caregivers implement discipline using this framework, the results for children’s/teen’s behaviors are surprising. An overview of the quadrants and styles, video clip, and a reflective circle make this workshop engaging and practical for parents/caregivers. Available in Spanish. *Workshop Length: 1 hour.*



Overview of Restorative Practices in Schools (Introductory) See description in educators’ section. Available in Spanish.

Restorative Practices and the Home School Connection: Elementary (Introductory)



Have you heard about the school-to-prison pipeline? Are you concerned with the number of students suspended from schools? This workshop begins by addressing school discipline concerns and explains why punishment doesn’t work. The school discipline change features a shift from rules and punishment to relationships and restorative approaches.

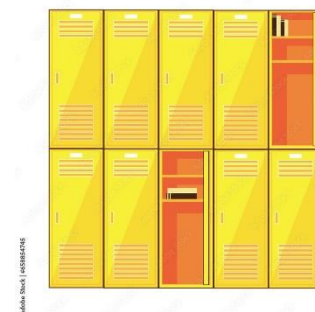
Parents/caregivers will role play restorative questions that are used at school and can easily be used at

home. Available in Spanish. *Workshop Length: 1 hour*

Restorative Practices and the Home School Connection: Secondary (Introductory)

This workshop introduces parents/caregivers to changes in school discipline at their students’ school site. Parents/caregivers will learn why punishment doesn’t work for many students and how changing our questions about adolescents’ misbehavior shifts from breaking rules to repairing relationships.

Parents/caregivers will role play restorative questions that are used at school and can easily be used at home. Available in Spanish. *Workshop Length: 1 hour*



Beyond Saying Sorry: Using Restorative Apologies with Your Children (K-6th) or Teens (7th-12th Grades) (Intermediate)



Do you know that some apologies can cause more harm than help? Why are these types of apologies ineffective? In this workshop parents/caregivers will connect restorative questions with potential apologies. Rather than just saying, “I’m sorry,” which is often not genuine, parents/caregivers learn how to help their children make a full apology. Full apologies usually have four parts: past, present, future, and forgiveness. The 4-part model is easy to learn and use at home. Available in Spanish. Pre-requisite: *RP and the Home School Connection: Elementary or Secondary*. Workshop Length: 1 hour

WORKSHOPS FOR STUDENTS

- *Overview of Restorative Practices in Schools*
- *Introduction to Restorative Questions: Elementary or Secondary*
- *Restorative Apologies, Beyond Just Saying, “Sorry.” Elementary or Secondary*
- *Introduction to Restorative Peer Leaders (Pilot Program)*
- *Peace Paths: Elementary Restorative Peer Leaders*

Trainer’s Contact Information

<p><i>Dr. Marian Fritzemeier, Ed.D.</i> Restorative Practices Trainer, Consultant, & Coach</p> <p>C: (209) 765-7016 NEW Email, Webpage & Facebook Page! drmarian@GatewaytoRestorativePractices.com https://www.GatewaytoRestorativePractices.com https://www.facebook.com/GatewaytoRestorativePractices Sign up for Dr. Marian’s RP Blog at her website.</p>	<p>Restorative Practices Team</p> <p>Kourtney Kauffman, M.S., LMFT Family Concern Counseling Director, Marriage & Family Therapist (#116593)</p> <p>Central Valley YFC Office 1101 M Street, Modesto, CA 95354 209-522-9568 x128 RP@CVyouth.org</p>
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Source 1: *Trauma Informed Care: An element of success.* May 12, 2022, HCDE Communications.
<https://blog.hcde-texas.org/2022/05/12/trauma-informed-care-a-fundamental-element-of-school-success/>

Image Sources:

thumb_chalkboard-with-introduction-message [freepik.com]; pexels.com/photo/hands-forming-a-star-6146696/; Story [favpng] storytelling-child-clip-art; publicdomainvectors.org_photocms_files1_geraltSketch; circles [reddragonnetwork.org]; man holding heart & brain [publicdomainpictures.net/ en/view-image/decision-making](https://publicdomainpictures.net/en/view-image/decision-making); reading book in blue circle cosaco.org/images/reglam-copia; pixabay.com/illustrations/problem-problem-solution-solution-98377; Overview icon Adobe Stock 80731064; wikimedia.org/wikipedia/commons/c/c0/Vision_Of_Eyechart_With_Glasses; freesvg.org/callout-with-rounded-corners-right-vector-image; creazilla.com/nodes/79029-speech-bubbles-with-question-mark-clipart; needpix.com/photo/download/659247/im-not-sorry-yellow-sticker-note-post-reminder-message-notice-yellow-memory; Social Engagement Window [adapted Paul McCold & Ted Watchel 2001]; pixabay.com/photos/goats-competition-dispute-692660/; freeimages.com/download/that-way-1496856; clker.com/clipart-532694; soulshoppe.com/products; [wikimedia.org/wikipedia/commons/ thumb/d/dc/Gnome-face-angry.svg/Gnome-face-angry](https://wikimedia.org/wikipedia/commons/thumb/d/dc/Gnome-face-angry.svg/Gnome-face-angry); freesvg.org/t-shirt-negativity-typography; pixabay.com/illustrations/conversation-dialogue-interview-1262311; [freerangestock.com/photos/118921/ emotions-expressed-with-black-color-in-yellow-squares](https://freerangestock.com/photos/118921/emotions-expressed-with-black-color-in-yellow-squares); hiclipart.com/free-transparent-background-png-clipart-fbyti; wikimedia.org/wikipedia/commons/d/d7/Human_Brain; pixabay.com/illustrationsschool-globe-world-map-apple-27029; [wikimedia.org/wikipedia/commons/d/de/Red_Silhouette - Teacher](https://wikimedia.org/wikipedia/commons/d/de/Red_Silhouette_-_Teacher); pixabay.com/photos/self-care-umbrella-protection-2904778/; pixabay.com/photos/stones-rock-balance-balanced-rocks-6788593/; Irshad, CC0, via Wikimedia Commons; white-lions-tug-o-war publicdomainpictures.net; openclipart.org/detail/219884/Family-Picnic-Silhouette; freeimages.com/download/seven-color-changing-vector-5426021; Locker Image Modern yellow school lockers on white background [Adobe.com]; pixabay.com/illustrations/sorry-dog-text-cute-puppy-sad-13630/