

# **RP 201: From ACEs to PACEs - Building Restorative Relationships Resources Galore!**

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## **Dr. Fritzemeier's "Go To" Restorative Practices Webpages & Webinars**

1. San Diego County Office of Education: *Restorative Justice Practices*  
<https://www.sdcoe.net/students/whole-child-and-community-design/restorative-justice-practices>
2. Los Angeles Unified School District: *PBIS and Restorative Practices*  
[https://www.lausd.org/PBIS\\_RP](https://www.lausd.org/PBIS_RP)
3. Chicago Public Schools: *Restorative Practices Guide and Toolkit*  
<https://www.pathwaystoadultsuccess.org/project/restorative-practices-guide-and-toolkit/>
4. Minnesota Department of Education: *Restorative Practices*  
<https://education.mn.gov/MDE/dse/safe/prac/>
5. Restorative DC: *Restorative Practices*  
<https://restoratedc.org/restorativepractices/>
6. Oakland Unified School District: *Restorative Justice*  
<https://www.ousd.org/restorativejustice>
7. *International Institute of Restorative Practices (IIRP)*  
<https://www.iirp.edu/>
8. Top 3 Free Webinars: Generation Schools, Empowering Education, and Panorama Ed. Sign up for newsletters.  
<https://www.generationschools.org/>; <https://empoweringeducation.org/>;  
<https://www.panoramaed.com/>

## **Restorative Practices Skills Workshops By Dr. Marian Fritzemeier, Ed.D. & Colleagues**

- *Restorative Practices in Schools Overview* (Introductory)
- *The Power of Affective Statements: Elementary or Secondary* (Introductory)

- *Restorative Apologies: Beyond Just Saying, “Sorry.” Elementary or Secondary (and Parents)* (Introductory)
- *Fine Tuning the Nuances of Restorative Questions* (Intermediate)
- *The Relationship Matrix for Educators* (Introductory)
- *Dodging the Power-Struggle Trap: 10 Restorative De-escalation Strategies for Elementary or Secondary* (Introductory)
- **NEW** *The Ultimate Guide to Tier 2 RP Strategies* (Intermediate, Responsive)

### **Proactive and Responsive Circle Workshops**

1. *Introduction to Restorative Circles: The Basics* (Introductory, Proactive, Tier 1)
2. *Community Building Circles* (Introductory, Proactive, Tier 1)
3. *Community Building Circles Using Social Justice Picture Books* (K-3<sup>rd</sup> grades) (Intermediate, Proactive, Tier 1)
4. *Decision-Making Circles* (Intermediate, Proactive, Tier 1)
5. *Academic Content Circles: Elementary or Secondary* (Intermediate, Proactive, Tier 1)
6. *Problem-Solving Circles* (Intermediate, Responsive, Tier 2)
7. **NEW** *Tier 2 Circles for Repairing Relationships* (Advanced, Responsive, Tier 2)

### **Resources for Circles and Circle Prompts**

- *50 Unique SEL Questions for Middle and High School Kids* (Free Printable Cards). We Are Teachers Staff, July 27, 2021. NOTE: Can use select prompts with lower grades)  
<https://www.weareteachers.com/questions-to-ask-middle-and-high-school-kids/>
- *Question Bank: Student Check-ins 80 Questions Across Well-Being, SEL Skills, Relationships, and Classroom Feedback*. No author, January 2023. <https://go.panoramaed.com/question-bank-student-check-ins>
- *Using Circles to Build Positive Relationships: A Practical Guide*. Kristy Elliott, 2021. <https://restorativepathways.com.au/wp-content/uploads/2021/10/A-guide-to-using-classroom-circles-2021-Update.pdf>
- *Restorative Justice in Schools: A Whole-School Implementation Process; and Appendix: Circle Curriculum*. Center for Court Intervention,

no author, January 2020.

<https://www.innovatingjustice.org/publications/Restorative-Justice-Schools-Implementation-Process>

- Hundreds of circle prompts are available at Dr. Marian's webpage <https://gatewaytorestorativepractices.com/restorative-practices-resources/> .

## **Workshops & Resources for ACEs and Trauma**

- Workshop: *Trauma Awareness and Restorative Steps to Brain Regulation* (Advanced)
- Workshop: *Restorative Practices, Social-Emotional Learning (SEL), and Mental Health* (Advanced)
- *10 Things You Didn't Know Were Trauma Responses*. Shenandoah Chevalo, November 8, 2022. <https://www.pacesconnection.com/blog/10-things-you-didn-t-know-were-trauma-responses>
- *5 Tips to Practice Emotional Regulation in the Classroom*. Resource Guide, Crisis Prevention Institute, no author, 2023. <https://www.crisisprevention.com/CPI/media/Media/Resource-Center/Free-Resources/5-Tips-to-Practice-Emotional-Regulation-in-the-Classroom.pdf>
- *2025. Four Ways Providers Can Assess Positive Childhood Experiences handout*. TuftsMedicine, May, no author. <https://positiveexperience.org/wp-content/uploads/2025/05/Four-ways-providers-can-assess-positive-childhood-experiences-handout.pdf>
- *Effective Responses to Trauma*. No date or author. Sections Include: The 3 R's for Reaching the Brain; What to do – Trauma informed support for children; Strategies for each of the 3 R's. <https://wvpbis.org/wp-content/uploads/Effective-Responses-to-Trauma.pdf>
- 2021. *Triggered—Don't Let Your Good Intentions Cause Trauma*. Amber Chandler, August 18. <https://sharemylesson.com/blog/triggered-dont-let-good-intentions-cause-trauma>
- 2021. *Trauma-Informed Restorative Discipline A Guide for Creating Restorative Learning in Your School*. Co-Authored by Mali Parke and Tarek Maassarani, March, Restorative DC. <https://www.restoratedc.org/wp-content/uploads/2021/03/SchoolTalk-RestorativeDC-Trauma-Informed-Restorative-Discipline-Guide.pdf>
- *What is Co-Regulation and What Does It Look Like in the Classroom? The 10 Blog*. No author, March 22, 2022.

<https://turnaroundusa.org/what-is-co-regulation-and-what-does-it-look-like-in-the-classroom/>

- *Let's Be Trauma-Sensitive to Teachers, Too*. Jo Lein, March 1, 2024, Vol. 81, No. 6. <https://www.ascd.org/el/articles/lets-be-trauma-sensitive-to-teachers-too>
- 2017. "At-risk Youth Issues and Interventions." *Victim Offender Conferencing Training Manual*. Umbreit and Lewis, Nebraska Office of Dispute Resolution, State Court Administrator's Office, pp. 34-36. [https://supremecourt.nebraska.gov/sites/default/files/odr/VYC\\_Facilitators\\_Training\\_Manual\\_rev\\_2017.pdf](https://supremecourt.nebraska.gov/sites/default/files/odr/VYC_Facilitators_Training_Manual_rev_2017.pdf)
- 2018. *Building Resilience in Students Impacted by Adverse Childhood Experiences: A Whole-Staff Approach*. Victoria E. Romero, Ricky Robertson, and Amber N. Warner, Corwin; 1st edition.

### **Books for Educators on the Effects of Childhood Trauma**

- *What Happened to You? Conversations on Trauma, Resilience, and Healing*. Bruce D. Perry, M.D., Ph.D. and Oprah Winfrey. NY: Flatiron Books. 2021.
- *The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma*. Bessel Van Der Kolk, M.D. NY: Penguin Books, 2014.
- *The Deepest Well: Healing the Long-Term Effects of Childhood Adversity*. Nadine Burke Harris, M.D. NY: Houghton Mifflin Harcourt, 2018.

### **Resources for Relationship-Centered Practices**

- *Relationships First Lesson Plan 6-12th Grades*. No date or author. <https://www.allsides.com/schools/lessons/relationships-first>
- 2022 *Using a Relationships First Approach in the Classroom* [blog.optimus-education.com]
- "Do you want to connect with others interested in relationship-centered practice? From February 2025, we're hosting regular small group conversations on Zoom: space for those in the relationships field to share a bit about each other's work, make new connections and explore areas of shared interest. <https://relationshipsproject.org/connect/>

## Resources for Building Restorative Relationships

- 2025. *Promoting School Connectedness Through Restorative Practices*. January, no author. <https://www.cdc.gov/youth-behavior/school-connectedness/restorative-practices.html>
- 2024. *Strengthening School Connectedness to Increase School Success*. Robert Balfanz, Angela Jerabek, Krystal Payne, and Jenny Scala , EdSearch for Action, Annenberg College, May 17. <https://barrcenter.org/2024/05/17/strengthening-school-connectedness-to-increase-student-success/>
- 2023. SEL Webinar: *Ten Ways to Create Connection and Community*. Generation Schools Network. [https://www.youtube.com/watch?v=PGN\\_LjhrINg](https://www.youtube.com/watch?v=PGN_LjhrINg)
- *Caring Relationships at School: 15 Activities That Promote Staff and Student Connection*. 2022. California Center for School Climate Toolkit, no author. [https://www.wested.org/wp-content/uploads/2022/11/CCSC\\_Toolkit\\_Cultivating-Caring-Relationships-at-School.pdf](https://www.wested.org/wp-content/uploads/2022/11/CCSC_Toolkit_Cultivating-Caring-Relationships-at-School.pdf)
- 2010. *Improving Students' Relationships with Teachers to Provide Essential Supports for Learning: Applications of Psychological Science to Teaching and Learning modules*. Sara Rimm-Kaufman, Ph.D., and Lia Sandilos, Ph.D., University of Virginia. <https://www.apa.org/education-career/k12/relationships>
- Pineda, Kirk MHC-LP. *The Importance of Being Seen*. May 17, 2022. <https://humantold.com/blog/the-importance-of-being-seen/>
- Buckle, Jenna . *101 Inclusive Get-to-Know-You Questions for Students* [+ PDF Download]. No date. <https://www.panoramaed.com/blog/get-to-know-you-questions-for-students>
- *Relationship-Building Strategies*. Summer 2015. No author. <https://staff.arlingtonisd.org/wp-content/files/Culture-and-Relationships-Handouts.pdf>
- *Strategies to Build Student Belonging* [With Templates]. No author or date. <https://go.panoramaed.com/strategies-to-build-student-belonging>
- *12 Ways Teachers Can Build Resilience So They Can Make Systemic Change*. Katrina Schwartz, July 30, 2019. <https://www.kqed.org/mindshift/53640/12-ways-teachers-can-build-resilience-so-they-can-make-systemic-change>
- *Strengthening School Connectedness to Increase Student Success*. Robert Balfanz, Angela Jerabek, Krystal Payne, & Jenny Scala.

EdResearch for Action. May 2024, Brief #29.

<https://edresearchforaction.org/research-briefs/strengthening-school-connectedness-to-increase-student-success/>

- *From Behaving to Belonging: The Inclusive Art of Supporting Students Who Challenge Us*. Julie Causton & Kate McCloud, Alexander, VI: ASCD, 2021.
- *We Belong: 50 Strategies to Create Community and Revolutionize Classroom Management*. Laurie Barron & Patti Kinney, Alexander, VI: ASCD, 2021.
- *Learning for Justice*. Sign up for free magazine. Regularly offers new resources. <https://www.learningforjustice.org/magazine/spring-2021/toolkit-the-foundations-of-restorative-justice>

### **Resources for Healthy Boundaries for Staff**

- **Elementary:** *Setting Boundaries Your Scholars Will Respect: Tips from Veteran Teachers*. Written by Jeanne Sager. <https://www.teachstarter.com/us/blog/setting-boundaries-student-respect-teacher/>
- **Secondary:** *9 Examples of Boundaries to Implement in The Classroom*. Julia Francis, December 7, 2022. <https://blog.alludolearning.com/classroom-boundaries>
- *Setting Boundaries: A guide for staff in schools*. September 2021. <https://teachershub.educationsupport.org.uk/sites/default/files/2021-09/Setting%20Boundaries.pdf>
- *Classroom Management Built on Boundaries*. Megan Moore, March 14, 2023. <https://www.edutopia.org/article/classroom-management-boundaries/>
- 2022. *Tips for Setting Healthy Boundaries with Your Student*. February 23. No author, University of Colorado, Boulder. <https://www.colorado.edu/orientation/2022/02/23/tips-setting-healthy-boundaries-your-student>

### **Elementary Resources**

- *Make It Right Poster; Restorative Practices; Social Skills-1* FREE by Teaching with Miss Bonham, no date. <https://www.teacherspayteachers.com/Product/Make-It-Right-Poster-Restorative-Practices-Social-Skills-8904207>



- *Community Building FREEBIE Ice Breakers Conversation Starters-1*. No date or author.  
<https://www.teacherspayteachers.com/FreeDownload/Community-Building-FREEBIE-Ice-Breakers-Conversation-Starters-4034852>
- *The OUSD RJ Elementary Toolkit*. No author or date.  
<https://sites.google.com/ousd.org/elementaryrjguide/home>
- *Students Teacher Relationship Self-Assessment*. 2021, no author. Adapted from Howard, Milner-McCall, & Howard (2020); No More Teaching Without Positive Relationships © TwistED Teaching (2020).  
[https://twistedteaching.com/wp-content/uploads/2021/11/Student-Teacher-Relationship-Self-Assessment\\_Handout.pdf](https://twistedteaching.com/wp-content/uploads/2021/11/Student-Teacher-Relationship-Self-Assessment_Handout.pdf)

## **Secondary Resources**

- *A Moment for Me: A Self-Compassion Break for Teens*. 2020, no author.  
[https://ggie.berkeley.edu/wp-content/uploads/2020/03/GGIE\\_A\\_Moment\\_for\\_Me.pdf](https://ggie.berkeley.edu/wp-content/uploads/2020/03/GGIE_A_Moment_for_Me.pdf)
- *Conversation Starters 9-12<sup>th</sup>*. Counseling in Schools, no date or author.  
<https://partnersinhealing.counselinginschools.org/activities/conversation-starters-9-12>
- *50 SEL Questions for Middle School and High School*. No date or author. <https://www.weareteachers.com/questions-to-ask-middle-and-high-school-kids/>
- *Trauma-Sensitive Schools for the Adolescent Years: Promoting Resiliency and Healing, Grades 6 – 12*. Susane E. Craig, NY: Teachers College Press, 2017.
- *Check In Questions High School*. Santa Ana Unified School District. No date or author. <https://www.sausd.us/>
- *Shifting Gears: Recalibrating Schoolwide Discipline and Student Support [A Restorative and Accountable Approach for Middle and High Schools]*. Carol Miller Lieber, Michelle Tissiere, and Nicole Frazier, Cambridge, MA: Engaging Schools, 2015.

## **Contact Information**

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