

Week 1

Hello!

Please take a moment to review the materials, prompts, and suggestions below to help you feel prepared and ready for our first session. See you soon!

Watch

- [RJ 101 with David Karp](#) (12 min)
- [A Talking Piece that Inspires Hope](#) (3 min)

Read

- [Positionality Awareness](#)
- Read: [Story As Core Communication](#) (The Circle Way ch.7)

Connect

- [Click here to jump on the Week 1 Discussion Board](#) to introduce yourself, post reflections, and see posts from other community members. **Make sure to visit a couple of times to see new posts!*

Prepare

- Bring an item with you to the session that can serve as a **talking piece**. Think of something that feels special, that has a story behind it, and that inspires hope in you. Prepare to share your story about your special item.
- You may find it helpful to have the following items handy as well:
 - Notebook or paper for taking notes, drawing, or journaling
 - A stress ball, fidget, clay, play-doh, or other energy-absorbing material
 - Tissues, as emotions can come and go

Reflect *in your personal journal*

- *What are you thinking about and feeling after watching the videos and reading the content?*
- *Where do you think your learning edge is with what you know about this work so far?*
- *What are some questions that are coming up for you?*

Practice

Active listening: Find an opportunity when you are in conversation to thoughtfully engage in [active listening](#). Avoid interruption and reflect back on what you heard the speaker say. Listen with deep curiosity. Reflect on how that experience was and what you noticed (not giving advice). What were you thinking as you were listening? Journal or jot down your reflections.

Week 2

Hello!

We had a great start to our 6-week training program and deeply appreciate all of you showing up so fully and authentically to begin building a strong RJ community.

To support your restorative justice journey, your training team is providing a variety of resources to bridge learning and personal reflection from session one to session two, and to help you feel prepared for next week. It is our hope that these materials support you and do not feel just another task to complete. This asynchronous work can really come to life in discussion, so I encourage you to continue to build community here by sharing your reflections.

Please let any of us on the training team know if you have questions or need additional support by posting here in the group, and we'll see you next week!

Read

- [Seven Core Assumptions](#)
- [Essential Elements of a Circle](#)
- [Community Building Circle Case Study](#)

Review

- [Circle Values](#)
- [Facilitation Skills Tip Sheet](#)
- [List of core human values](#)

Watch

- [Community Building Circle Design](#)

Reflect *in your journal*

- *Which of the core assumptions speaks most deeply to you? Do you think any of these assumptions might feel healing for you? In what way?*
- *Looking at the list of core human values in the 'review' section, try this exercise:*
 - *Choose 20 values that speak deeply to you*
 - *Narrow those 20 choices down to 10 choices*
 - *Now narrow those down to 3*
 - *What do you notice about what you chose? How does this value show up in your life? How might this value potentially show up in circle?*

Discuss in community forum

- *How does a circle process support a sense of belonging and community?*

- *Share a time when you felt a deep sense of belonging in a community. What was that community like? What helped you feel a sense of belonging?*

Practice

- Mindful breathing: At least once per day for a few days (set a reminder if helpful), take the opportunity to be mindful with your breath. Breathe in through your nose for a count of 7, hold for a count of 4, breathe out through your mouth for a count of 8. Repeat 5 times. What do you notice? What changes are you experiencing in your body?

Week 3

Hello!

Thank you for a really wonderful session last Wednesday! The community is already feeling so warm and connected. Thank you for being there.

We hope you enjoy the following activities to help deepen your understanding of restorative justice and to help you feel prepared for Week 3.

The materials and assignments below are supplementary and can be completed at your own pace, although you are encouraged to participate in the discussion board each week.

You can see our agenda for Week 3 here. We look forward to seeing you soon!

Plan for your Community Building Circle

- [Sign up with a team to facilitate a Community Building Circle together](#)
- Read about the [Community Building Circle Assignment](#)
- Use the [Community Building Circle Agenda Template](#) to help you plan

Connect

- **After** reading and watching the materials below, head over to the [Community Discussion Board](#) to share your reflections and read how things are landing with the rest of the group.
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Watch

- [Restorative Conferences for Addressing Harm](#) (9 min.)
- [Restorative Justice and the Evidence of Effectiveness](#) (7 min.)

Read

- Review the [Restorative Justice Continuum](#) and consider where on the continuum you might place a procedure, policy, or program. Think about what might change if this procedure, policy, or program were farther along on the continuum.
- Read these two short chapters from [The Little Book of Restorative Justice for Colleges & Universities](#)

- Chapter 11: *Preparing for a Restorative Justice Conference*
 - Chapter 12: *Conference Facilitator Apprentice Script*
 - *If you have not yet received the book, please contact a trainer*
- Read this brief [Restorative Role Play Synopsis](#) about the case we'll be role playing in the Week 3 live session.
 - *This short reading will give you an overview of the role play you'll be able to see demonstrated in next week's live session. Please note the reflection questions below the scenario.*

Reflect in your journal

- *Consider an experience you or someone you know had that resulted in a disciplinary action. (This could be a situation where you or the other person either caused or experienced harm.) Reflect on the actions that were taken and how you or the person you know felt afterward.*
- *If Restorative Justice had been applied to this same situation, what might have been different for you or the person you know? What might have been the short-term results? Long-term?*

Practice mindfulness

- *Listening to the body:* For the next few days, several times a day (set reminders if helpful), stop where you are, and do a body scan. Start with the top of your head and slowly scan your thoughts down to the tips of your toes. Where do you notice tension? Where do you notice feelings of relaxation? Try to connect conversations, events, or thoughts to this awareness. Are you carrying a recent conversation in your shoulders? Are you feeling calm after an interaction with a friend? Listen to your body to share messages about your feelings. Take notes and see if your general awareness of your emotions becomes more clear over the next few days.

We hope you're enjoying your learning journey, and please don't hesitate to reach out with questions!

Week 4

Hello! We hope last week's restorative conference role play answered a lot of questions for you, raised new questions, and gave you a lot to think about. As we head into the next session where you'll have the opportunity to practice a restorative conference yourself, we are providing the following materials and assignments to help round out your learning. Please reach out if you have any questions!

As always we encourage you to [connect in the Group Discussion Board](#) and to support one another by sharing questions, ideas, and reflections. Think of this space as an asynchronous circle. :)

Please make sure you review this document fully and note that at the bottom you'll find a link to sign up for roles in the next live session restorative conference practice.

Watch

- [Taking Responsibility: The Case of Dr. Anjali Ramkissoon](#) (6 min)
- [A victim shares his story of the impact of restorative justice](#) (3 min)

Read

- [Holding the Container in a Storm](#) (from [The Circle Way](#), Baldwin & Linnea)
- Review [Universal Human Needs](#) (shared in the previous live session)
- Review this [facilitation tip sheet](#)

Reflect in your journal

- *What does it mean to you for someone to take responsibility?*
- *What facilitation skills have you seen or witnessed do you think will specifically benefit you in your facilitation? In your everyday life and relationships?*
- *What skills, beliefs, or mindsets might you need to unlearn in order to be the restorative facilitator you would like to be?*

Practice

- **Compassion** - consider the idea that *all behavior is a result of an unmet need*. Set an intention to look at people in your life for the next few days through this lens. If you are activated by a person's behavior, take a moment to lean into curiosity and consider what needs might be represented. There is no need to act on this, just be curious and notice if anything changes within yourself as a result of this curiosity.
- **Using Restorative Questions**
 - Open this [Restorative Coaching Questions document](#) and ask someone you know to help you practice these questions. We recommend you have the experience of both asking and being asked, to understand more deeply how these questions affect the experience of those who have caused and experienced harm.

Week 5

Hello! We're looking forward to our next session, where you'll experience a climate circle and continue to deepen your RJ practices. The prep materials below are fairly light and will help you feel ready for the live session.

As always, your training team is here to support, so let us know if you have any questions!

[Visit the Discussion Board to share your thoughts on this week's topics.](#)

Watch

- [Restorative Justice for Faculty Misconduct](#) (13 minutes)
- [RJOY video](#) (14 minutes)

Read / Review

- [Organizational Shift \(The Circle Way - p.89\)](#)
- Chapter 9 - [The Little Book of Restorative Justice for Colleges & Universities](#)
- Take a look at this helpful [action plan](#) and start to think about what implementing RJ might look like in your world.

Reflect in your journal

- Consider yourself as a facilitator of a circle. How do you see yourself showing up with your full authenticity?
- What skills might you want to work on to strengthen yourself as a facilitator? (where are your learning edges?)

Practice

- Check-in with your body throughout the day. Try to notice different physical sensations associated with your emotions. Notice shoulders tensing, jaw clenching, belly tightening, or other sensations that arise when different emotions happen. Your body can often inform you of your emotions before you become conscious of them. And, you can reverse the effects of some emotions by focusing on shifting your body and releasing tension.

Text Book:

“The Little Book of Restorative Justice for Colleges and Universities, Second Edition Repairing Harm and Rebuilding Trust in Response to Student Misconduct”
Part of Justice and Peacebuilding
By David R. Karp
Foreword by Marilyn Armour
Published 2019