

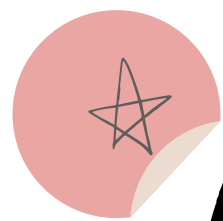
# Restorative Questions at Home

Questions like these can help participants share their own feelings and validate others' feelings. These questions also assist with understanding perspectives and in moving forward to repair harm.



## Responding to Challenging Behavior

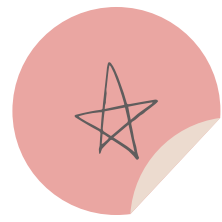
- *What happened?*
- *What were you thinking at the time?*
- *What have you thought about since?*
- *Who has been affected by what you have done? In what way?*
- *What do you think you need to do to make things right? What support do you need to do it?*
- *How can we make sure this doesn't happen again?*



## Helping Those Who Have Been Harmed

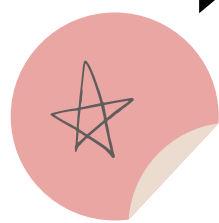
- *When you realized what had happened, what did you think?*
- *How has this affected you? How has this affected others?*
- *What has been the hardest thing for you?*
- *What do you think needs to happen to make things right?*

# Communication Strategies



## I-Message

I FEEL \_\_\_\_\_  
WHEN \_\_\_\_\_  
BECAUSE \_\_\_\_\_  
I NEED \_\_\_\_\_



## Sample Empathic Responses

- *I'm listening.*
- *Sounds like this has been really disappointing for you.*
- *Wow. That's got to be tough to handle.*
- *Oh no...*
- *I bet it feels that way.*
- *I hear you.*
- *That's one way of thinking about it.*
- *Maybe so...and what are you thinking might work better?*
- *That's an option.*
- *Thanks for sharing.*