

## How Restorative Am I Worksheet

Reflect on how, in your role, you deal with students (or staff) when an incident or issue has arisen. Answer the questions below by marking a check in the column choices of no, not often, usually or always.	No	Not Often	Usually	Always
1. Do I remain calm during the conversation?				
2. Do I really listen, without interrupting?				
3. Does the student understand why they are having this conversation?				
4. Would the student feel I am a good listener?				
5. Do we explore how the school values apply to the issue?				
6. Does the student understand the harm they've caused, who has been affected, and how?				
7. Do I talk about how the incident affects me?				
8. Do I take responsibility for any part I might have played when things went wrong, acknowledge it, and apologize?				
9. Do I consider the extent to which I have a relationship with this student and how that affects my expectations for our interaction?				
10. If the student apologizes to me, do I accept the apology respectfully?				
11. Do I collaborate with the student to formulate a plan?				
12. Have I, at any stage, asked someone I trust to observe my practice and give me honest feedback?				
13. Do I try to handle most issues or incidents myself?				
14. Do I seek support when issues get tricky for me?				
15. Do I follow the school's systems when looking for more support?				
16. Is the relationship with the student repaired?				

Look through your results and use them to identify where you could further strengthen your communication skills and restorative approach.