

# Restorative Justice Edgemont Elementary School



RJ circle this week!

This time of year we recognize some very important people through Black History Month, Presidents Day, MLK Day and the upcoming Woman's History Month. Thinking about all these wonderful people in our history we can think about the people we look up to. We will talk about who our heroes are.

Mindfulness- Breath awareness. What moves in your body when you breath? Can you feel the air enter your nose and exit?

Team Building Game: People to People. Find a partner then touch finger to toe. Switch partners and touch ear to back. Switch partners and...

Check in questions of the week: How are you feeling? What do you think it means to be a hero? What is it that makes a person a hero?

Activity/Discussion:

Who is one of your hero's and why?

What is one quality of a hero that you want to have/develop/be like?



**Restorative Justice (RJ) is an indigenous philosophy that emphasizes building relationships. If there is a need to repair harm caused by conflict and wrongdoing, restorative justice provides an opportunity for everyone impacted by an incident to come together in a safe space to address their feelings and needs, and reach a resolution that heals and restores relationships.**