

RJ circle this week!

What do you need to be at your best? Using our RULER charters we are discussing needs and values that support us in feeling and being our best selves.

In circle students are talking about values and sharing what they need to feel the resulting about values and sharing what they need to feel the resulting about values and sharing what they need to feel the resulting about values and sharing what they need to feel the resulting about values and sharing what they need to feel the resulting about values and sharing what they need to feel the resulting about values and sharing what they need to feel the resulting about values and sharing what they need to feel the resulting about values and sharing what they need to feel the resulting about values and sharing what they need to feel the resulting about values and sharing what they need to feel the resulting about values and sharing what they need to feel the resulting about values and sharing what they need to feel the resulting about values and sharing what they need to feel the resulting about values and sharing what they need to feel the resulting about values and sharing what they need to feel the resulting about values and sharing what they need to feel the resulting about values and sharing what they need to feel the resulting about values and sharing what they need to feel the resulting about values are the resulting about values and sharing what they need to feel the resulting about values are the resulting about the result discussing needs and values that support us in feeling and being our best selves. In circle students are talking about values and sharing what they need to feel they are at their best. We will be working on this for the month of December. I am at my best when I...

> Mindfulness- Elevator breath. Count the floors in your belly using your breath as your inhale moves you to the top of the elevator in your body.

> > Team Building Game: Poison frog and the detective

Check in questions of the week: Name. How are you and why? How many breaths are in your "belly-vator"?

Activity/Discussion: Scenarios-Using 5 fingers students are creating a hand that will display what they need to feel their best in school. Using the values and needs from our RJ circles we can dive deeper into our RULER classroom charters, creating safe and equitable spaces throughout our school.







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.