## Pupil’s Restorative Diary

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| I found it difficult because… | I could tell it was difficult because I experienced… | I chose to… | The outcome was… | Things I can do to manage this better in the future… | Things staff could do to help me manage this better… | A better outcome from this would be… |
| (Scenario) | (Symptoms e.g. fear, anxiety, anger, too warm) | (Behaviours) | (Consequences) | (Strategies / Preferred behaviours) | (Supports) | (Preferred consequence) |
| The routine changed |  |  |  |  |  |  |
| I felt pressured / trapped |  |  |  |  |  |  |
| I felt alone |  |  |  |  |  |  |
| I felt / thought that people were looking at me |  |  |  |  |  |  |
| I could hear / see coins |  |  |  |  |  |  |
| I felt that others were being unkind |  |  |  |  |  |  |
| People were being too loud |  |  |  |  |  |  |
| The work was too hard |  |  |  |  |  |  |
| I wasn’t happy with my work |  |  |  |  |  |  |
| I had trouble thinking / I was confused |  |  |  |  |  |  |
| I was hurt |  |  |  |  |  |  |
| I needed help |  |  |  |  |  |  |
| I was told no |  |  |  |  |  |  |
| I felt that others were being unfair |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |

## Pupil’s Restorative Conversations

|  |  |
| --- | --- |
| What happened? | How did this make you feel? |
| What did you do and who was affected? | What do we need to do to now to make things better? |

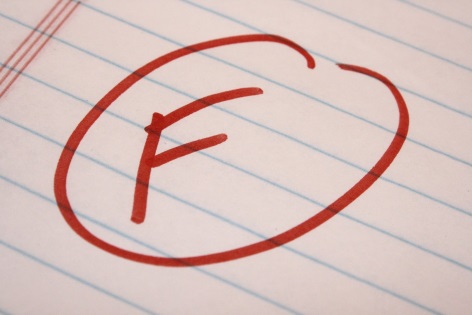
## What happened?

Coins Change of Plan / Routine Feeling Trapped / Under pressure

Alone People looking at me People being unkind

Too loud Work is too hard Not happy with work

Trouble thinking / confused Hurt Not allowed / Told no



Someone is being unfair

## How did this make you feel?

 ![](data:application/xhtml+xml;base64,)

Sad Angry Annoyed



Anxious / Afraid

## What did you do and who was affected?

Screaming / Shouting Head Banging Crying Defiance

(Insert pictures of Pupil and pictures of staff)

## What do we need to do now to make things better?

(Agree upon restorative solutions with Pupil and create pictures)

Apologise Catch up on work Make amends / reach out



Accept responsibility

## Emotional Zones

|  |  |  |  |
| --- | --- | --- | --- |
| **Green** | **Blue** | **Yellow** | **Red** |
| Happy, Calm, Ok | Sad, Worried, Unsettled | Anxious, Fearful, Annoyed | Frustrated, Angry, Raging |
| I can stay here by…  Playing music  Stretching  Using Safe Spot  Relaxation / Breathing Exercises  Movement breaks  Keeping busy – doing some work  Practising CBT | I can get to Green from here by…  Using my words – talking to friends / staff  Taking a short break  Getting a drink of water  Distraction techniques and games  Relaxation / Breathing Exercises Movement breaks  Keeping busy – doing some work  Moderate Exercise  Using Safe Spot  Practising CBT | I can get to Blue from here by…  Using my words – talking to friends / staff  Asking for time out  Taking a short break  Getting a drink of water  Distraction techniques and games  Relaxation / Breathing Exercises Movement breaks  Keeping busy – doing some work  Moderate Exercise  Using Safe Spot  Practising CBT | I can get to Yellow from here by…  Time out  Deep breathing  Mindfulness exercises  Distraction  Time to talk  Rigorous exercise  Practising CBT |
| Where am I right now? | | | |
|  |  |  |  |

## Feelings Thermometer

This can be used to support solution focussed conversations. Where are you now? How do you get from 7 to 6 etc.

