

Restorative Practices and Social Emotional Learning (SEL)

Children who learn social-emotional skills early in life are more self-confident, trusting, empathetic, intellectually inquisitive competent when using language to communicate and capable of relating well to others. (Cohen et al. 2005)

Using the proper Restorative strategies allows students to take control over their actions and thoughts to help promote **self-awareness** and **self-management**.

Restorative Practices can provide opportunities to teach students the impact of their actions. Proper reflection on how we can “make things right” promotes accountability and **responsible decision making**

One fundamental goal for Restorative Practices is to build and maintain healthy relationships. It is through this process were relationships are built and restored. The restorative mindset helps individuals focus on **social awareness** and develop the necessary **relationship skills** to help maintain healthy relationships and truly understand the impact of ones actions.

