

# Using Restorative Practice at Home

Restorative Practice is part of everything we do at Terrace Road. It is a philosophy and guides the way we act in all our dealings. The aim of Restorative Practice is to develop community and to manage conflict and tensions by repairing harm and building relationships. It is about a fair process, allowing everyone the opportunity to freely express their emotions. Always using fair processes and encouraging wrongdoers to take responsibility for harming others.

It can be used anywhere and adapted for use at home.



Working with each other to resolve conflicts

Use restorative questions in a circle to talk through any problems or arguments that occur. It is important as the adult to stay calm and influence the mood of the circle. Questions should be asked to everyone involved so that a discussion is developed and the questions will encourage everyone to think about their feelings, the feelings of others and ways to move forward.

[Click here to see more about Restorative Questions.](#)



Sharing feelings

Check in with each other every day. This is as simple as sitting down together and everyone having the opportunity to express how they feel and talk about their day. You could ask questions like...

How are you feeling?

What was the best part of your day?

What made you happy today?

Remember... everyone should be involved if possible and everyone should have the chance to express how they feel or give a comment.

