

**Restorative Practices in Education** are built upon the principles of restorative justice. Core values include: 1) focus on building and repairing *relationships*, 2) *respect* for self, others, and one’s environment, and 3) individual *responsibility* for the well-being of the community.

**Restorative Youth Sports** is an extension of restorative practices in education. Youth often face conflicts and tensions in relationships during physical activity or sports programs. Sport participation inevitably includes successes and failures that impact relationships.

**Restorative Practices in Education**

Restorative Essentials	Restorative Circles	Restorative Conferences
Relational approach	Community-building	Mini conferences
Effective communication	Dialogue	Classroom conferences
Restorative conversations	Learning	Formal restorative conference
	Decision making	
	Integration/Leaving	
	Conflict/healing	
<b><i>Build Relationships</i></b>	<b><i>Maintain Relationships</i></b>	<b><i>Repair Relationships</i></b>

**Restorative Youth Sports**

RYS Essentials	Awareness Circles	Team Meetings
Be relational	Model respect	Strategy/planning
Reflective practice	Set expectations	Repair relationships
Diversity/inclusiveness	Provide youth voice	Address team priorities
	Share decision making	Provide youth leadership
	Address conflict/healing	
	Build relationships	

**Suggested Lesson Format for Restorative Youth Sports**

- 1) Relationship Time      Before, during and after the program, leaders can interact briefly with kids to focus on building positive relationships.
- 2) Awareness Circle      Open the program with a formal meeting to emphasize the purpose of the day’s lesson and the values of restorative practice.
- 3) Sport Time              The majority of the lesson includes sport/physical activity time, this should integrate the core values of restorative practice.
- 4) Awareness Circle      End the program with a formal meeting to reflect on individual contributions to the lessons and the needs of the team/community.

The suggested lesson format provides some structure to ensure that restorative practice becomes a theme throughout the youth sport program. The format guides the progression of a normal sport practice. Periodically, teachers/coaches may need to hold more formal Team Meetings to focus on strategy, repair relationships, address team priorities, or provide youth leadership.

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### Practice Plan Template

<b>Relationship Time</b>	
<b>Awareness Circle</b>	
<b>Sport Time</b>	
<b>Awareness Circle</b>	
<b>Notes</b>	

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