



# THE RESTORATIVE PRACTICES --ADVOCATE--

VOLUME 6: ISSUE 4 – December 2025

A NEWSLETTER for EDUCATORS

## Restorative Expression

"What counts in life is not the mere fact that we have lived. It is what difference we have made to the lives of others that will determine the significance of the life we lead." – Nelson Mandela

"Vision without action is merely a dream. Action without vision just passes the time. Vision with action can change the world."  
– Joel Arthur Barker

"Anything you can dream of is not too great for you to undertake if it hurts no one and brings happiness and good into your life." – Ernest Holmes

"You are not stuck because of the thought; you are stuck because you believe it."  
– Byron Katie

"Spiritual leadership at its best bridges uniqueness to the whole and offers an appreciation of diversity as a prerequisite of connection." – Carol Burbank, PhD

"We have forgotten how to be with what is true. We learned to manufacture identity rather than listen for essence. We traded the slow, relational work of soul for the fast, consumable performance of persona.." – Angell Deer

## CALENDAR

### FROM YOU!

SHARE EVENTS OF VALUE! – If you should become aware of any scheduled events, trainings, conferences etc. that would be useful in enhancing our district's restorative practices related ATTITUDES, SKILLS or KNOWLEDGE, please pass them on to possibly be included in this newsletter. Share information with [rob.simon.rp@usd259.net](mailto:rob.simon.rp@usd259.net).

### For Your Information

Events that support learning about and implementing restorative practices happen regularly. We will share, here, any and all that we learn about.

## FOCUS>

By Rob Simon  
RP Consultant/Advocate

## You Are Part Of A Dream!

You are probably among the persons on Earth who want the world to be a better place for you, for those you care about, and likely everyone else. After all, if life is good for you and yours, why not for others too?

Most of us are tired of selfishness, of exploitation, of violence, of suffering, of poverty, of wars, of a world that seems to work very well for some people but not very much at all for certain others.

You may also be one of the many people who are consciously and consistently working on this better world outcome. If so, thank you. Your efforts and those of people like you matter a great deal

If you find yourself agreeing with these suppositions so far, then here is something you need to know:

---

***You are part of a DREAM. How wonderful the DREAM will be for ALL of us depends on YOU and all who engage with restorative ideas.***

---

And what ARE restorative ideas? They are notions such as

- We're all in this together.
- It's ALL about RELATIONSHIPS ... of all kinds, and at all levels.
- The quality of our lives is directly related to the quality of our relationships.
- When we do harm to ANYONE it is essentially harm to EVERYONE – especially those with whom we are in direct community.

And what is the DREAM? It's one that many share and often refer to as "a world that works for everyone." If you are willing to do whatever you can to help build such a world, you are part of the dream. ***YOU ARE ALSO PART OF THE DREAM IF YOU ARE UNWILLING TO HELP BUILD IT.***

We all know that sometimes dreams come true, and sometimes not. And this is likely a perfect segue for this encouraging and challenging thought from author, Richard Bach: "***You are never given a wish without also being given the power to make it come true. You may have to work for it, however.***" And so...

***We. Stay. The. Course.***

## Prosocial Behavior Improves the Well-Being of the Giver

**"I cannot do all the good that the world needs. But the world needs all the good that I can do." - Jana Stanfield**

When we speak of a behavior being **prosocial**, what we mean is **"behavior which is positive, helpful, and intended to promote social acceptance and friendship."** Now, with this meaning tucked in mind, consider these factoids:

- A large diary-study of students transitioning to university found that in weeks when individuals performed more than their own average of prosocial acts, they reported significantly higher levels of well-being: increased happiness, flourishing, resilience, optimism, and lower anxiety and loneliness.
- In two large daily-diary studies across countries, self-reported doing good for others brought more of both daily meaning and happiness – especially meaning.
- Experiments also show that even a short-term kindness intervention — acts of kindness over a 7-day period — increased self-reported happiness, and the number of kind acts matched up nicely with the amount of happiness increase.

These findings support the idea that a person's small contributions — when each one contributes **"all the good that I can do"** ... although **"I cannot do all the good the world needs"** (as Jana Stanfield says above) can benefit not only others psychologically, but also those doing good.

Prosocial choices like kindness, charitable giving, volunteering, and "pay-it-forward" programs are associated with improved health outcomes - including better mood, reduced social anxiety, increased social connectedness, and other mental-health benefits. Furthermore, individual good deeds, when many people engage in them, can contribute to social connections, the welfare of the community, and other collective benefits — and this lines up with Jana's assertion on behalf of each of us that **"the world needs all the good that I can do."**

Finally, other evidence shows that even just witnessing generosity or altruism tends to increase generosity in others. Kindness can multiply or be contagious in this way. Even if one person cannot fix every problem alone, the **"good"** we each do does contribute to increased positive behavior and influence.

**(NOTE: A list of citations that support the ideas in this article is available by request.)**

For your...

RESTORATIVE  
TOOLBOX



## Restorative Questions– A Quick Review

**(Below are ten (10) often used restorative questions. All such questions are designed to focus on understanding, empathy, and repairing harm, rather than blame and punishment.)**

- **"What happened?"** This is an open-ended way to invite people to share their perspective on situations.
- **"What were you thinking at the time?"** This question helps persons who cause harm reflect on their thought process and gain more self-awareness.
- **"What have you thought about since?"** This encourages further reflection and shows that growth and change in perspective over time are expected and valued.
- **"Who has been affected by what you have done, and in what way?"** This crucial phrase shifts the focus from an abstract rule violation to the real human impact on others, building empathy.
- **"What impact has this incident had on you and others?"** (often used for those who have CAUSED harm) This validates their experience and helps them articulate their feelings and the consequences.
- **"What has been the hardest thing for you?"** (most often used for those who have BEEN harmed) This helps provide shared space to support vulnerability and a deeper understanding of the emotional toll of incidents.
- **"What do you think you need to do to make things right?"** This empowers the person who caused harm to take responsibility and suggest a path for amends.
- **"What do you need to help you do that?"** This offers support for the person who is the wrongdoer while she or he is in the process of repair – emphasizing collaboration and expecting future success.
- **"What can you do differently next time?"** This focuses on learning and future prevention based on altering behavior rather than dwelling on mistakes that have already been made.
- **"Can we agree on this plan?"** A phrase like this can be used at the end of a repair process to create a clear, mutual (usually written) agreement and ensure that everyone involved is committed to the resolution.

**Of course, there are guiding principles for the restorative approach, and many resources to support the power of Restorative Questions WITHIN the approach including wall posters, cards, lanyard attachments and MORE.**