



THE RESTORATIVE PRACTICES --ADVOCATE--

VOLUME 6: ISSUE 9 – June 2026

A NEWSLETTER for LEARNERS & PRACTITIONERS

Restorative Expression

“My Life Is about My Relationships... You will never find yourself in a point in time when the subject of relationships is not an active part of your now experience, for everything you perceive or notice or know is because of your relationship with something else. Without a comparative experience, you would be unable to perceive or focus any kind of understanding within yourself. Therefore, it is accurate to say that without relationships you could not exist at all.” - Excerpted from **The Vortex: Where the Law of Attraction Assembles All Cooperative Relationships.** – Abraham Hicks

“The quality of your life is the quality of your relationships.” – Tony Robbins

“It is of practical value to learn to like yourself. Since you must spend so much time with yourself you might as well get some satisfaction out of the relationship.”
— Norman Vincent Peale

CALENDAR

FROM YOU!

SHARE RESTORATIVE EVENTS OF VALUE! We'll promote them here. Write to:

rob@centerforrestorativecommunities.org

For YOUR Information



The 10th National Conference on Community and Restorative Justice is in New Orleans, July 7–10, 2026. Join practitioners, advocates, educators, and community leaders from across the country and elsewhere for a transformative gathering, where your **Rob Simon will be presenting a breakout session!** For more: <https://www.nacry.org/2026-conference/>

BUILDING A NEW REALITY

REVOLUTION BY CONVERSATION

To see part of the Restorative Practices future, follow RP OG, Ted Wachtel, here. BANR is part of the new vanguard of community focused RP!

<https://mailchi.mp/b581e3d957eb/scholarship-opportunity-for-leadership-training-17273412?e=732e5fe915>



By Rob Simon
Editor

CARE FIRST!

(There's no reason to not do so.)

“People don’t care how much you know until they know how much you care.” -Anonymous

Let’s start with those of you who are EDUCATORS.

As June begins to wind down and July is right around the corner, most of you have swung into a summer mode, and that’s good. Any of you who are dedicated to opening minds are fully deserving of plenty of time to rest your own mind ... and definitely your heart ... assuming you are in the habit of leading with it. If you are, you can stop reading this article now ... because you probably already accept the premise.

If not, consider this your invitation to devote some mental bandwidth to thinking and feeling your way into the truth of how important it is to put your caring, your compassion, your love ahead of everything else you do. And don’t forget to include yourself as a top priority recipient of the love you have. Not INSTEAD of others, of course, but AHEAD of others.

But don’t take my word about the need for this primacy. There is wisdom galore available which supports the same idea and aim, and it’s to your advantage. Most of us tend to care about those who care about us. That makes us allies for the good of the whole instead of antagonists.

Now, for the REST OF YOU.

It doesn’t matter if you are a CEO or a line worker at McDonald’s; the pastor of a church, or a lawn care specialist with one push mower and a bicycle; head of a large family, or an unhoused orphan; a well-known chef, or a bar back at a nightclub; a successful independent trucker, or a door-to-door salesperson; or ... whatever and whomever you are, can imagine, or identify with; caring about yourself and others and the world we all live in must be our principal aim. Our collective survival depends on it... and that’s not hyperbole. We are already on the road to self-destruction.

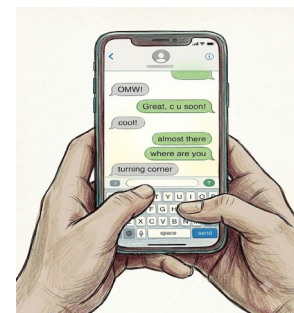
In restorative justice/restorative practice, we know that strong caring relationships and communities are a necessary foundation for the best in outcomes, and most of us simply can’t do life any other way. If you disagree, you no doubt have your reasons. But I DARE you to experiment heartily with this paradigm, and double dog dare you to promote it with others. That is exactly what more and more of us are doing, and...

We. Stay. The. Course.

The Neuroscience Behind Writing: Handwriting vs. Typing—Who Wins the Battle?

Giuseppe Marano ^{1,2,3,*}, Georgios D Kotzalidis ^{1,2}, Francesco Maria Lisci ^{1,2}, Maria Benedetta Anesini ^{1,2}, Sara Rossi ^{1,2}, Sara Barbonetti ^{1,2}, Andrea Cangini ^{4,5}, Alice Ronsisvalle ³, Laura Artuso ³, Cecilia Falsini ^{1,2}, Romina Caso ^{1,2}, Giuseppe Mandracchia ^{1,2}, Caterina Brisi ^{1,2}, Gianandrea Traversi ⁶, Osvaldo Mazza ⁷, Roberto Pola ⁸, Gabriele Sani ^{1,2}, Eugenio Maria Mercuri ⁹, Eleonora Gaetani ^{10,11,†}, Marianna Mazza ^{1,2,3,†}

PMCID: PMC11943480 PMID: [40141690](https://pubmed.ncbi.nlm.nih.gov/40141690/)



Abstract

Background: The advent of digital technology has significantly altered ways of writing. While typing has become the dominant mode of written communication, handwriting remains a fundamental human skill, and its profound impact on cognitive processes continues to be a topic of intense scientific scrutiny.

Methods: This paper investigates the neural mechanisms underlying handwriting and typing, exploring the distinct cognitive and neurological benefits associated with each. By synthesizing findings from neuroimaging studies, we explore how handwriting and typing differentially activate brain regions associated with motor control, sensory perception, and higher-order cognitive functions.

Results: Handwriting activates a broader network of brain regions involved in motor, sensory, and cognitive processing. Typing engages fewer neural circuits, resulting in more passive cognitive engagement. Despite the advantages of typing in terms of speed and convenience, handwriting remains an important tool for learning and memory retention, particularly in educational contexts.

Conclusions: This review contributes to the ongoing debate about the role of technology in education and cognitive development. By understanding the neural differences between handwriting and typing, we can gain insights into optimal learning strategies and potential cognitive advantages, in order to optimize educational, cognitive, and psychological methodologies.

<https://pmc.ncbi.nlm.nih.gov/articles/PMC11943480/>

Why does this matter? Ask yourself, “How often do you type or text versus **handwrite** anything?” OR, “When was the last time you wrote a note or letter by hand ... and delivered it? Or received one? OR “How does it feel when you need or choose to **handwrite** something versus any other way of creating notes? What is missing when writing by hand doesn’t often appear in our communication? *Being arrested by these queries is why it matters.*

For your...

RESTORATIVE
TOOLBOX



IS THIS NEWSLETTER OF USE TO YOU?

It is intended to be, but we want to know what YOU think!

The **Restorative Practices Advocate** has been in existence as a monthly newsletter since 2021, and it has always been designed the same way – with the same key features; but this may be the first time you have seen it.

We KNOW there is an audience that appreciates this newsletter’s **Restorative Expressions**, **Events and Opportunities**, **News and Commentary**, & **Research and Tools** that all relate to the growing paradigm of **Restorative Practices**, and we want to find who these people are and serve up tasty morsels of good and useful information and ideas on a regular basis. We are interested in what helps us all to GROW!

If this publication is new to you, let us show you more. If you find any value here – a quote, an insight, an event, a tool, share the newsletter with someone else. We will be glad to include any reader in our completely

FREE

distribution, and we will take any feedback at all from anyone who is willing to take the time to share it. Also, when you catch on to what we are delivering month to month, we will also happily accept *(and likely print)*

SUBMISSIONS

that fit with **ATTITUDES**, **SKILLS & KNOWLEDGE** a.k.a. **The ASK Framework** as it relates to Restorative Practices. And for the record, our feelings won’t be hurt if you would rather NOT receive our newsletter. Let us know that, too. We don’t want to waste your time any more than we want people to waste ours. **COOL?**