

## Affective Statements and Restorative Questions

### Using Affective Statements

“Affective Language” is a powerful skill to model ways of expressing our feelings and needs. Naming feelings helps students develop a larger vocabulary to use words vs. acting out emotions. It also helps students understand the impact of their actions.

Here are four parts to an affective statement that starts with your observation, “It looks like you are frustrated (angry, upset, disappointed)” and ends with your request.

1. **Observation** (vs. evaluation): free of judgement, labels, opinions.... It makes it clear the student is being seen and recognized. “I see....” “I notice....” “I hear....”
2. **Feelings** (vs. thoughts): empathic response to others, honestly express your feelings  
“I am worried because..... I feel frustrated..... I get excited.... I feel disappointed.....”
3. **Needs** (vs. rules or directions): What values determine your needs? “I value cooperation.....”  
“ I need your help ..... “ “I need a safe classroom....” “I value fairness .....”
4. **Plans/Requests** (vs. demands): “In the future....” “Would you be willing to...?”  
(State what you want, not what you don’t want.)

### Using Restorative Questions

Collaborative problem solving is foundational to Restorative Practices. Teachers and students can work together to resolve conflicts and find common ground. Agreements can be formal or informal, they can take 2 minutes to 20 minutes. It’s important to take the time, be calm and be willing to work together. Students can be taught this process before conflicts happen so they know how resolution happens.

*a language of compassion vs. dominations*

*a talk of understanding vs. demand*

#### Restorative Questions

1. **What happened?**  
How were you feeling? What were you thinking?  
Who was hurt by what happened?
2. **What do you need?**  
How do you want things to change?  
How do we fix the problem together?
3. **What’s the plan?**  
What needs to be done to make things right?  
What is our agreement for the future?

#### Preparing for a Restorative Talk

1. Be calm
2. Be curious about the student’s culture and perspective - Open Mind
3. Suspend judgement - Open Heart
4. Use active listening and supportive language
5. Offer time and personal space