



**Tariq
Khamisa**
FOUNDATION

RESTORATIVE WORKSHOP

A Social-Emotional Curriculum Teaching Restorative Practices, Peace, and Forgiveness

The **TKF Restorative Workshop** is a ten-session curriculum series based on researched, cognitive development strategies that have grown from the organization’s history of delivering violence prevention educational programming in local schools. For over fifteen years TKF has developed an educational curriculum that has been successfully facilitated with thousands of students. Our school partners determine how best to incorporate the curriculum within their specific academic structure, class schedules, and school calendar.



Curriculum Impacts

The curriculum for the Restorative Workshops was tested with over 3,000 local students at multiple schools. Evaluation results from a 2016 San Diego State University process study of the TKF Restorative Curriculum found for participating students:



Learned how to take actions to prevent or resolve problems



Learned to be positive about themselves



Learned how to be peacemakers

Restorative Practices

Restorative Practices is a social science methodology for addressing wrongdoing, harm, and violence. Restorative means to heal, fix or make healthy. This method is being used as an alternative to punitive methods of addressing student disciplinary issues and misconduct in schools and justice systems across the country. Our service strategies are designed to support students and schools as they adopt less punitive ways to address discipline. The lessons in this curriculum instruct students in the goals of restorative practices that promote accountability, healing, and learning.



Restorative Practices Questions	
1.	What happened?
2.	What harm was caused and to whom?
3.	How did the event affect those involved and impact them?
4.	How did they feel and think about what happened?
5.	What needs to happen to make things right?

TKF's Restorative Workshop is a ten-session character building curriculum with lessons focused on teaching restorative practice principles. The TKF curriculum is built on tested instructional materials developed to meet educational standards for social competency, healthy decision making and personal safety. Our curriculum is intended to help students develop social skills, sound reasoning abilities, and advocate for collaborative behaviors. The instruction is interactive and integrates various learning formats to keep students interested and engaged. The curriculum utilizes a questioning model to promote student thinking on a deeper heart level. TKF's life skills course emphasizes active student discussions and encourages sharing personal views, opinions, and experiences on the various topics. All curriculum materials correspond to the California Common Core Standards for student speaking and listening skills.

The TKF curriculum, primarily used with students in grades 5 to 9, is available in three learning levels that can be facilitated separately or as a series across multiple school years. The 50 to 60-minute lessons can be facilitated within a classroom or group setting. Our curriculum facilitator guide includes all lesson summaries, handouts, and list materials needed. Student workbooks and visual support are also available. For evaluation purposes, TKF is currently providing a classroom-experienced, trained facilitator to conduct the curriculum at the partnering school.



Students learn what restorative practice concepts are and practice their delivery as a means to build skills for cooperative behaviors, managing conflict, and reducing misconduct incident. The curriculum uses a student misconduct incident and personal exercises to take one through understanding restorative practices for mediating conflict, reducing harm, and learning from mistakes. The workshop series promotes peace and safety for all students.



Goals of the TKF Restorative Workshop

- Offer instruction that develops problem solving skills, cooperative behaviors, and promote nonviolence.
- Conduct activities that practice effective communication skills, build healthy relationships, and offer reflection on one's actions
- Teach restorative practices concepts to support positive school disciplinary practices.
- Promote positive, peaceful change and growth within all students
- Support the California Common Core State Standards for student instructions.

Curriculum Topics

- Understanding the impacts and consequences of harm, conflict, misconduct, and violence
- Learn how actions are influenced by needs and feelings
- Accountability and taking responsibility for actions
- Mindfulness and critical thinking skills
- Making amends and forgiveness
- Importance of positive relationships and resources
- Resiliency and self-esteem
- Civic engagement and social responsibilities

To learn more about the TKF Restorative Workshop visit: www.tkf.org

CURRICULUM SESSIONS

Level 1 (Grades 5, 6)



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SESSION

1. Restorative Peacemaking

- Introduce restorative
- Being restorative and peacemaking
- Community building

2. Understanding Harm

- TKF story
- Defining harm and conflict
- Harmful actions

3. Actions and Your Feelings

- Connecting actions to feelings

4. Be Mindful

- Finding calm
- Mindfulness
- Mindfulness exercise
- Applying restorative practice questions 1 and 2

5. Consequences

- Understanding the consequences of actions
- Applying restorative practice questions 3 and 4

6. Apologizing

- Taking accountability for actions
- Meaningful apologies
- Applying restorative question 5

7. Healing and Forgiveness

- Importance of healing from harm
- Compassion
- Understanding forgiveness
- Healing our hearts

8. Self-Confidence

- Importance of confidence
- Positive self-confidence

9. Positive Relationships

- Trust
- Supportive adult relationships
- Positive friendships

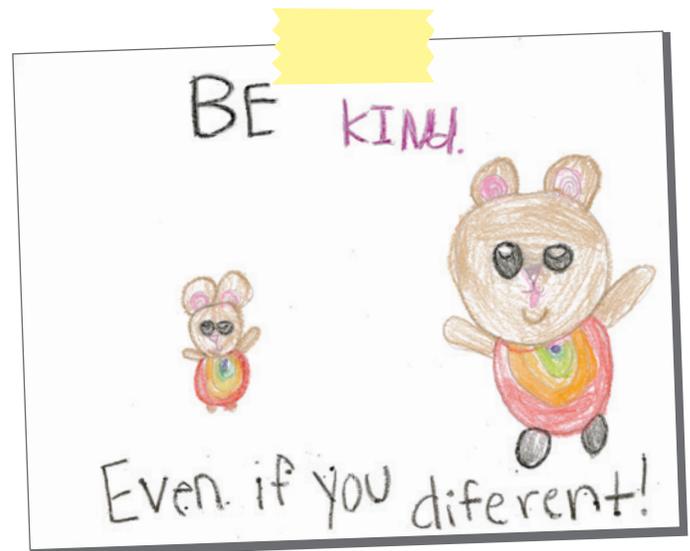
10. Be A Restorative Peacemaker

- Restorative peacemakers
- Review exercise



“We cannot change the past, but we can change our attitude towards it. Uproot guilt and plant forgiveness. Tear out arrogance and seed humility. Exchange love for hate, thereby, Making the present comfortable and the future promising.”

- Maya Angelou



CURRICULUM SESSIONS

Level 2 (Grades 7, 8)



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SESSION

1. Restorative Peacemaking

- TKF Story
- Defining restorative practices
- Community building activity

2. Harm and Violence

- Defining harm and violence
- Discussing types of harm

3. Needs and Feelings

- Understanding our needs
- Connecting our needs to our feelings and actions

4. Critical Thinking

- Understanding critical thinking
- Practicing critical thinking skills
- Applying RP questions 1 and 2

5. Impacts

- Understanding impacts
- The ripple effect
- Applying RP questions 3 and 4

6. Making Amends

- Making things right
- Apologizing
- Applying RP question 5

7. Forgiveness

- Understanding forgiveness
- Forgiveness Exercise

8. Compassion and Cooperation

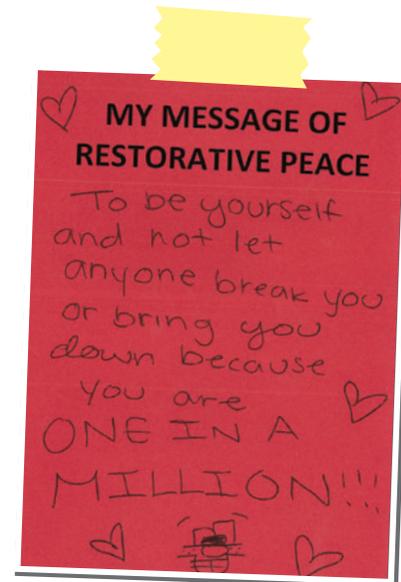
- Compassion and cooperation
- Group activity

9. Resiliency and Personal Strengths

- Understanding resiliency
- My personal strengths activity

10. Restorative Citizenship

- Restorative citizenship
- Review activity



“Life is not the way it’s supposed to be.
It’s the way it is.
The way you cope with it is what
makes the difference.”

- Virginia Satir





CURRICULUM SESSIONS

Level 3 (Grade 9)

SESSION

1. Restorative Peacemaking

- TKF Story
- Restorative Practice Process
- Safe Space Activity

2. Taking Restorative Actions

- Restorative Practice Questions
- Restorative Practice Activity

3. Understanding Harm

- Community Circles
- Harm
- Actions That Harm

4. Self-Awareness

- The Actions, Feelings, and Thoughts Cycle
- Developing Self Awareness

5. Impacts

- Understanding the Impacts of Your Actions
- Recognizing Who Is Impacted by Your Actions

6. Healthy Relationships

- Relationships
- Establishing Personal Boundaries
- Building Healthy Relationships

7. The Digital Age

- Online Communication
- Impacts of Online Harm

8. Improving The Situation

- Making Amends
- Second Chances

9. The Process of Forgiveness

- Understanding Forgiveness
- Learning to Let Go

10. Restorative Strategies Reflection

- Practicing Compassion
- Curriculum Review



**"Imagine all the people,
living life in peace.
You may say I'm a dreamer,
but I'm not the only one.
I hope someday you'll join us,
and the world will live as one."**

- John Lennon

