

Check-In Check-Up Check-Out Circles for Schools

Purpose

This restorative practice option utilizes the talking circle process. It allows one or more students who require additional structure and connection throughout the school week to participate with their assigned circle keeper(s) and support(s).

Process

The "basic circle" process is utilized. Chairs are positioned in a circle with no table or other barrier. A circle keeper facilitates the conversation with a talking piece. Values and guidelines must be established. (Training may be required).

Check-In/Monday of each week

Monday circles welcome all participants back to school after a weekend or extended holiday. Sitting in circle, each person takes a turn sharing information about their past **weekend as well as ideas and goals they would like to accomplish for the week.** Suggested questions may be, **"Name one goal that is important to accomplish this week."** **"How do you want to feel after this week is over?"** **"What are you looking forward to this week?"** **"What are some challenges you may face this week that we need to prepare for?"**

Check-Up/Wednesday of each week

Wednesday circles bring participants together to discuss how the week is going and where each participant is at with goal accomplishment. If additional support is needed, the circle keeper or support persons assist in redesigning the goal. Suggested questions may be, **"Let's review your status on goal accomplishment."** **"Who needs additional assistance this week to achieve their goal?"** **"Have there been any surprises or unexpected challenges this week that we need to attend to?"**

Check-Out/Friday of each week

Friday circles bring participants together to review the week, discuss accomplishments and/or setbacks and to look forward to the following week. Suggested questions may be, **"Let's review this week. What worked well and what did not work well?"** **"Let's review our goals for this week."** **"What are you looking forward to for this weekend?"** **"What do we need to think about for next week?"** **"What can you do this weekend to work toward future goal achievement?"**

Adaptations

Check-In Check-Up Check-Out can be enhanced for students that need additional learning in areas such as social-emotional capacity building, anger management, and/or cognitive thinking skills. At each circle session, additional lessons/activities/role-plays can be incorporated into the circle discussion. The circle keeper or student support is responsible for designing lessons that are relevant to the needs of the student(s). Some examples include the following: How to Give a Sincere and Effective Apology, Self-Talk, Journaling, Hot-Button Identification, Conflict Resolution, Moral Dilemmas... This process can also be utilized to respond to misbehavior in the school. Restorative Conferences within Check-In Check-Up Check-Out are an effective tool for working through any harm done due to misbehavior in the school setting. (Training is required to facilitate a restorative conference. You may contact the Carlton County Restorative Justice Program for facilitator resources or attend our restorative conferencing training.)