



**Tariq
Khamisa**
FOUNDATION

RESTORATIVE WORKSHOP

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

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 prevention educational programming. For over 25 years, TKF has developed and facilitated character building curriculums with thousands of students. Our curriculum lessons instruct students in skills that support healthy social-emotional development. Our school partners determine how best to incorporate the curriculum within their specific academic structure, class schedule and school calendar.



Curriculum Impacts

The curriculum for the Restorative Workshop was tested with over 10,000 students at multiple San Diego County schools. Evaluation results from a San Diego State University 2016 process study of the TKF curriculum found for participating students:

94%

**Learned how to take
actions to prevent or
resolve problems**

91%

**Learned to be positive
about themselves**

87%

**Learned how to be
peacemakers**

Restorative Practices

Restorative Practices is a social science methodology being utilized in educational and justice systems to develop communication skills for addressing wrongdoing, harm, conflict, adversities, and life's many challenges. All across our country, this method is being used to support the well-being and needs of children especially when misconduct and disciplinary issues happen. TKF teaches restorative concepts as a life skill process for healing and returning to a healthy balance when something impactful has occurred. Our curriculum align with the problem-solving structure of the Restorative Practice Questions. We simplify the understanding, application, and purpose of Restorative Practices into three goals:



REPAIR Relationships
FIX Hurtful Situations
HEAL Self

Restorative Practices Questions

1. What happened?
2. What were you feeling and thinking when the incident happened?
3. What were the impacts of what happened?
4. Who was affected by what happened?
5. What needs to happen to make things right?

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, find their voice, and advocate for cooperative behaviors. Content activities promote deeper level learning and often touches students in an emotional heartfelt manner. The instruction is interactive and integrates various learning formats to keep students interested and engaged. The life skills course emphasizes active student discussions and encourages sharing personal views, opinions, and experiences on the various topics. All curriculum instruction correspond to the California Common Core Standards for student speaking and listening skills. The workshop series promotes peace and safety for all students.



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. A virtual version of the curriculum is also available for online learning with 30-minute interactive lessons. Curriculum facilitator manuals, student workbooks, and visual supports are provided. Access to digital workbooks is also available.



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

Curriculum Topics

- Understanding the impacts and consequences of harm, conflict, misconduct, and violence
- Learn how actions are influenced by feelings and needs
- Accountability and owning our actions
- Mindfulness and critical thinking skills
- Making amends and forgiveness
- Importance of positive relationships and resources
- Resiliency and self-esteem
- Citizenship 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. Positive Relationships

- Trust
- Supportive adult relationships
- Positive friendships

3. Understanding Harm

- TKF story
- Defining harm and conflict
- Harmful actions

4. Actions and Your Feelings

- Connecting actions to feelings

5. Be Mindful

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

6. Consequences

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

7. Apologizing

- Accepting responsibility for your actions
- Making meaningful apologies
- Applying restorative practice question 5

8. Healing and Forgiveness

- Importance of healing from harm
- Compassion
- Understanding forgiveness
- Practicing forgiveness

9. Self-Confidence

- Importance of confidence
- Positive self-confidence activity

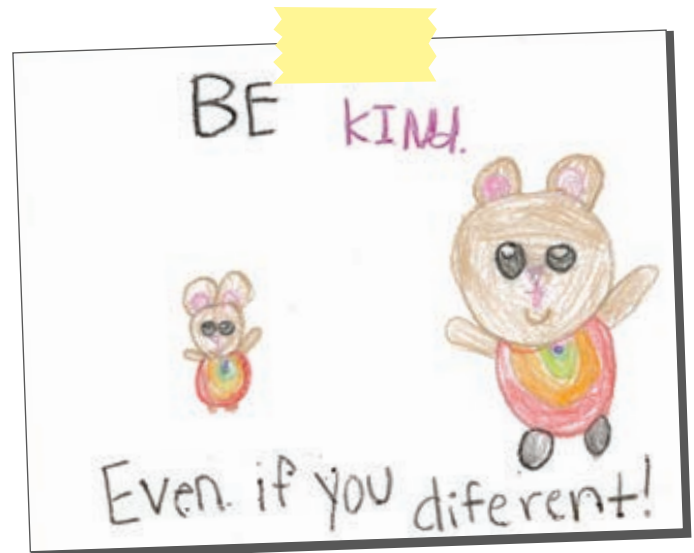
10. Be A Restorative Peacemaker

- Restorative peacemakers
- Review activity



**"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

Virtual Learning

Level 1 (Grades 5, 6)



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SESSION

Introduction

- Workshop purpose and goals
- Introduce Soulular
- Community building

1. Restorative Peacemaking

- Importance of restorative
- Finding life balance

2. Repair, Fix, and Heal

- Goals of restorative process

3. Positive Relationships

- Trustworthy adults
- Positive friendships

4. Understanding Harm

- Defining harm and conflict
- Characteristics of Harm

5. Actions and Your Feelings

- Connecting actions to feelings

6. Be Mindful

- Finding calm
- Practicing mindfulness

7. Consequences

- Understanding consequences

8. Apologizing

- Accountability
- Apologizing

9. Healing and Forgiveness

- Importance of healing
- Compassion
- Understanding forgiveness

10. Self-Confidence

- Self-confidence
- Social development
- Review activity



**“Do your little bit of good where you are;
it’s those little bits of good put together
that overwhelm the world.”**

- Desmond Tutu



CURRICULUM SESSIONS

Level 2 (Grades 7, 8)



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SESSION

1. Being Restorative

- TKF story
- Defining restorative
- Community building activity

2. Compassion and Cooperation

- Compassion and cooperation
- Group activity

3. Harm and Violence

- Understanding harm and violence
- Discussing harm

4. Needs and Feelings

- Our needs
- Connecting needs to your feelings and actions

5. Critical Thinking

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

6. Impacts

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

7. Making Amends

- Making things right
- Apologizing
- Applying RP question 5

8. Forgiveness

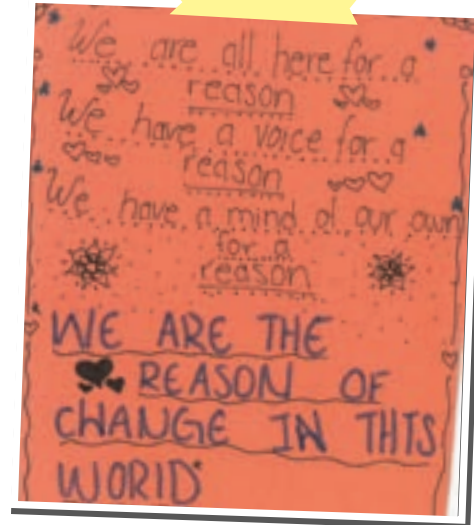
- Understanding forgiveness
- Forgiveness activity

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





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CURRICULUM SESSIONS

Level 3 (Grade 9)

SESSION

1. Restorative Peacemaking

- TKF story
- Restorative practice process
- Group activity

2. Taking Restorative Actions

- Restorative practice questions
- Restorative practice activity

3. Healthy Relationships

- Relationships
- Establishing personal boundaries
- Building healthy relationships

4. Understanding Harm

- Community circles
- Harm
- Actions that harm

5. Self-Awareness

- The actions, feelings, and thoughts cycle
- Developing self-awareness

6. Impacts

- Understanding the impacts of your actions
- Recognizing who is impacted by your actions

7. The Digital Age

- Online communication
- The impacts of online harm

8. Improving The Situation

- Making amends
- Second chances
- Worthiness

9. The Process of Forgiveness

- Understanding forgiveness
- Learning to let go

10. Restorative Strategies Reflection

- Practicing compassion
- Social responsibility
- Review activity



**"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

