

Restorative Practices

Therapeutic Crisis Intervention in Schools (TCIS)

Student Reflection: High School

After watching the video about TCIS, think about your answers to the questions below and share your answers with your classroom community.

- 1. What does self-regulation mean? Think about a time when you were upset about something. How did you self-regulate in that moment? Were you aware of your actions at the time? Why or why not? Think about a time when you were upset and you didn't self-regulate. How did you behave? How did other people respond? What are the advantages of self-regulation? Are there any disadvantages?

- 2. One TCIS trainer says, "seeing the connection between the feeling and the behavior is a very difficult task for our students." What does she mean by the "connection between the feeling and the behavior"? Why is it challenging for people to see that connection?

- 3. What is an "intervention"? When are interventions useful?

- 4. What systems does your school have set up for students who are feeling upset about something personal or school-related? Where can a student go and whom can they talk to when they are dealing with a challenging emotional situation?

- 5. How do you know if an adult is really listening to you? What are the signs that they are hearing and understanding what you're saying to them?
