

# Restorative Practices

## Therapeutic Crisis Intervention in Schools (TCIS) Student Reflection: Middle 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 adults at your school would you feel safe talking to if you had a problem? Why? How have they shown you that they would make you feel comfortable?

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- 2. What does it mean to be in "crisis"? How do you know if you're in crisis?

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- 3. One of the TCIS trainers in the video explains that even if school staff have a relationship with students, in moments of emotional crisis, the students "don't know anything, they're not logical." What does it mean to behave logically? Why is it that when we're in emotional crisis are we unable to behave logically?

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- 4. When you are upset about something, what helps you to calm down? How do you react if an adult tells you to "calm down"? Why?

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- 5. TCIS trainers talk about school staff providing "emotional first aid" to students. What is first aid? What do you think is different about "emotional first aid" compared to standard first aid? What might "emotional first aid" look like?

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