

Book Study

Bundle One

Pre-Reading Bundle: Laying the
Foundation for a Relational Community

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BOOK STUDY: DEEPENING YOUR RESTORATIVE PRACTICES JOURNEY

Champions, welcome to the **Book Study** page!

Book Study can serve as an introduction to **Restorative Practices** or as a way to explore specific aspects of the work more deeply. Whether you're leading a team, a group of educators, or engaging parents in meaningful discussions, this resource is designed to support you.

We've compiled a set of **pre-study and during-study agendas** filled with exercises, reflection prompts, and activities that guide groups in learning more about **Restorative Practices**. These agendas are designed to help you facilitate conversations that build both **connection and challenge—because together, they create real change.**

Use this page as a tool to **spark learning, reflection, and action** in your community. However you choose to engage, remember: Restorative Practices are not just something we implement—they are something we live. Let's keep building together!

CHAMPION MEETING AGENDA

GROUP AGREEMENTS & IDEAL COMMUNITY SESSION 1

DURATION: 45 MINUTES

1 Purpose (5 minutes)

- ✓ Establish group agreements for trust and collaboration.
- ✓ Explore the purpose of implementation through visioning our ideal community.

2 Group Agreements (5 minutes)

3 Connection Before Content (10 minutes)

4 Exploration

Activity: Ideal Community Visioning

Discuss in small groups or pairs:

- ✓ What does our ideal restorative environment look like?
- ✓ What are the benefits of this environment?
- ✓ What assets/gifts can we contribute?
- ✓ What doubts or sacrifices might arise?

5 Close & Next Steps (5 minutes)

Closing Circle:

Discuss in small groups or pairs:

- ✓ Share one word about how you feel after the session.
- ✓ Facilitator will thank the group and reinforce the importance of building our ideal restorative community.

CHAMPION MEETING AGENDA

GROUP AGREEMENTS & IDEAL COMMUNITY SESSION 1

DURATION: 45 MINUTES

1 Purpose/Objective (5 minutes)

- ✓ Establish the foundational agreements that will guide the group's interactions and set the tone for restorative practices.
- ✓ Determine purpose of implementation through ideal community activity.
- ✓ Emphasize that these agreements will support trust, accountability, and a collaborative spirit in all Champion meetings.

2 Group Agreements (5 minutes)

- ✓ Review the **4 Agreements** from The Four Agreements by Don Miguel Ruiz:
 - Take Nothing Personal
 - Make No Assumptions
 - Be Impeccable with Your Word
 - Always Do Your Best
- ✓ Invite participants to share brief thoughts or examples of how one of these agreements resonates with them or could apply to their work.
- ✓ Encourage clarity, active listening, and engagement. These group agreements will be referenced throughout the session.

3 Connection Before Content (10 minutes)

Ideal Community Visioning Activity

- ✓ Break participants into pairs or triads. Provide each group with a question from the Ideal Community Activity to discuss. You may ask the team to also include a drawing to answer the question:
 - What does our ideal restorative environment look like?
 - What would be the benefits of having an environment like this?
 - What assets/gifts can we contribute to making this a reality?
 - What doubts do we still have in implementing this work?
 - What sacrifices are we willing to make for this to be a reality?
- ✓ Rotate questions among groups and allow 2-3 minutes per question. Reconvene for a brief share-out.

4 Close & Next Steps (5 minutes)

Closing Circle - One Word Reflection

- ✓ Each participant shares one word that describes how they are feeling about the session and their next steps.
- ✓ Facilitator thanks participants for their time and commitment.
- ✓ End on a note of gratitude and empowerment. Reiterate the importance of co-creating and maintaining the ideal restorative environment.

CHAMPION MEETING AGENDA

GROUP AGREEMENTS OF THE WORK-STUDY CIRCLE SESSION 2

DURATION: 45 MINUTES

1 Purpose (5 minutes)

- ✓ Review the agreements that guide our group.
- ✓ Reflect on implementation rubric.

2 Group Agreements (5 minutes)

- ✓ Review the **4 Agreements**
 - Take Nothing Personal
 - Make No Assumptions
 - Be Impeccable with Your Word
 - Always Do Your Best

3 Icebreaker (10 minutes)

- ✓ Two Truths and a Lie or Speed Meet and Greet.

4 Exploration (15 minutes)

- ✓ Assess & Discuss current phase on the Implementation Rubric.
- ✓ Share one action step to move forward.

5 Closing Circle (5 minutes)

- ✓ Share one word about the session
- ✓ Next Steps

Handout: Implementation Rubric

CHAMPION MEETING AGENDA

GROUP AGREEMENTS OF THE WORK-STUDY CIRCLE (SESSION 2)

DURATION: 45 MINUTES

1 Handouts or Digital Copies

- ✓ Implementation Rubric

2 Purpose/Objective (5 minutes)

- ✓ Introduce participants to the foundational agreements that will guide the group's interactions and set the tone for restorative practices.
- ✓ Reflect on and discuss the Akoben Implementation Rubric.

3 Group Agreements (5 minutes)

- ✓ Review the **4 Agreements** from The Four Agreements by Don Miguel Ruiz:
 - Take Nothing Personal
 - Make No Assumptions
 - Be Impeccable with Your Word
 - Always Do Your Best
- ✓ Invite participants to share brief thoughts or examples of how one of these agreements resonates with them or could apply to their work.
- ✓ Ask if anyone is opposed to the group agreements listed.
- ✓ Ask the team if they want to add any additional agreements to the above.

4 Connection Before Content (10 minutes)

Activity: *Getting to Know You Icebreaker - Two Truths and a Lie*

- ✓ Each participant shares two truths and one lie about themselves. The rest of the group guesses which statement is the lie.

5 Alternative Option

Speed Meet and Greet

- ✓ Divide participants into pairs and have them spend 1 minute introducing themselves by sharing
 - One reason they are excited about being part of the group.
 - One strength they bring to restorative practices.
 - Rotate pairs every minute until time is up.

Facilitator Note: *Use this time to help participants feel connected and engaged.*

6 Exploration (15 minutes)

- ✓ Reflect on the Akoben Restorative Practices Implementation Rubric.
- ✓ Pose these questions for group or pair discussion:
 - Where are you currently on the rubric?
 - What's one action step you or your organization could take to move to the next phase?
- ✓ Share these action steps with the group or write them on sticky notes for a shared accountability wall.
- ✓ Reflect on the Akoben Restorative Practices Implementation Rubric.
- ✓ Ask participants to identify one personal or organizational action to move from their current phase (Beginning, Emerging, Maturing, Refining) to the next level.
- ✓ Share these commitments with the group or write them on sticky notes for a shared accountability wall.
- ✓ Encourage practical and achievable commitments that align with the theory of change connection + challenge = change, as well as the Four Pillars.

7 Close & Next Steps (5 minutes)

Activity: Closing Circle - One Word Reflection

- ✓ Each participant shares one word that describes how they are feeling about the session and their next steps.
- ✓ Facilitator thanks participants for their time and commitment.
- ✓ End on a note of gratitude and empowerment. Reiterate the importance of co-creating and maintaining the ideal restorative environment.

THE FOUR AGREEMENTS

(AS OUTLINED IN JOHN RUIZ'S BOOK: THE FOUR AGREEMENTS)

1 Take Nothing Personal:

- ✔ Speak with integrity. Say only what you mean. Avoid using the word to speak against yourself or to gossip about others. Use the power of your word in the direction of truth and love.

2 Make No Assumptions:

- ✔ Find the courage to ask questions and to express what you really want. Communicate with others as clearly as you can to avoid misunderstandings, sadness and drama. With just this one agreement, you can completely transform your life.

3 Be Impeccable with your word:

- ✔ Nothing others do is because of you. What others say and do is a projection of their own reality, their own dream. When you are immune to the opinions and actions of others, you won't be the victim of needless suffering.

4 Always Do Your Best:

- ✔ Your best is going to change from moment to moment; it will be different when you are healthy as opposed to when you are sick. Under any circumstance, simply do your best, and you will avoid self-judgment, self-abuse and regret.

CHAMPION MEETING AGENDA

CONNECTION + CHALLENGE = CHANGE SESSION 3

DURATION: 45 MINUTES

1 Purpose

- ✓ Explore the role of connection in behavioral change.
- ✓ Address barriers to meaningful connection.
- ✓ Reflect on key concepts from The Restorative Journey.

2 Group Agreements

- ✓ Take Nothing Personal
- ✓ Make No Assumptions
- ✓ Be Impeccable with Your Word
- ✓ Always Do Your Best

3 Connection Before Content

- ✓ Two Things in Common: Pair up and find two shared traits or experiences.

4 Activity & Discussion

- ✓ Discuss key points from Chapter 3
 - Connection + Challenge = Change
 - Authentic vs. superficial connection
 - Connection in trauma-informed care and social capital
- ✓ Identify causes and solutions for barriers to connection.

5 Closing & Next Steps

- ✓ Share one takeaway or action item.
- ✓ Next Session: Read Chapter 4 of The Restorative Journey.

CHAMPION MEETING AGENDA

CONNECTION + CHALLENGE = CHANGE SESSION 3

DURATION: 45 MINUTES

1 Purpose/Objective (5 minutes)

- ✓ Understand how bonds and relationships drive behavioral change.
- ✓ Explore barriers to connection and develop solutions.
- ✓ Reflect on the power of connection in restorative practices and trauma-informed care.

2 Group Agreements

- ✓ Take Nothing Personal
- ✓ Make No Assumptions
- ✓ Be Impeccable with Your Word
- ✓ Always Do Your Best

3 Connection Before Content (10 minutes)

Activity: Two Things in Common

- ✓ Break into pairs or small groups and find two things you have in common that are not immediately obvious. Share findings with the larger group.
 - Connection + Challenge = Change
 - Authentic vs. superficial connection
 - Connection in trauma-informed care and social capital

4 Book Study/Activity (25 minutes)

Part 1: Discussion (10 minutes)

- ✓ Reflect on key points from Chapter 3 of The Restorative Journey:
 - Human beings change behavior through bonds and relationships.
 - Connection allows for meaningful challenges that lead to change.

5 Discussion Questions:

- 1 How does Connection + Challenge = Change look in your organization and for you personally?
- 2 What is the difference between authentic and superficial connection? What does each accomplish?
- 3 How does connection relate to trauma-informed care?
- 4 What is social capital, and why is it important?

Part 2: Barriers Activity (15 minutes)

- ✓ Review common barriers to meaningful connection:
 - Questions feel generic or random.
 - People feel hurried when answering.
 - Someone uses the opportunity to drive disconnection.
 - Something offensive is shared.
- ✓ Work in teams to identify possible causes and practical solutions for each barrier.

Use the table below:

Barrier	Cause	Solution
Questions feel generic.		
People feel hurried.		
Disconnection is driven.		
Something offensive shared		

Share and discuss as a group.

6 Closing & Next Steps (5 minutes)

- ✓ Share any action items identified during the session.
- ✓ **Closing Circle:** Each participant shares one takeaway or commitment from the session.
- ✓ **Preparation for Next Session:** Read Chapter 4 of The Restorative Journey and journal/reflect on how personal accountability strengthens relationships.