Hey,

I can see that you’re having a bad day. I want you to know that I am here for you. Please let me know if I can do anything to help. I know everyone says that, and sometimes there is nothing anyone can really do to fix things.

But I can **LISTEN**. I can let you know that **you deserve to BE HEARD.**

So, **WHAT DO YOU HAVE TO SAY?**

**Rules:** There are none. Write whatever you want. Explain what happened, what’s bothering you, or how you are feeling. If it’s too personal to share the specifics, just write down random words or thoughts. Write a story, a poem, or a song. Draw a picture that expresses something you need to get out.

**JUST GET IT OUT. WRITE IT OUT.**

You don’t have to add your name to your entry. You can sign your name if you’d like to, or leave your entry anonymous. No one will read it but me.

I hope this helps. When you’re done, and ready, come back inside and join us. Leave the journal on my desk, and I’ll read this as soon as I get a moment. And hopefully, we’ll get a chance to talk about it one on one really soon.

Scriv

Restorative Journal

“RJ”

Hey,

How are you? Is everything OK? I’m worried about you missing out on class time, but I think we need to take a minute to chat.

I’d really appreciate it if you took a moment to reflect on whatever is happening in class. Maybe we’re having a miscommunication? Is there something going on that I don’t know about? I’d like to hear things from your perspective so we can work it out.

**I’ll be out to chat in a minute, but for now, take a second to answer the following questions. I’ll rip the page out later, and no one but me will see it.**

**1. What happened?**

**2. What were you thinking or feeling at the time?**

**3. What are you thinking or feeling now?**

**4. Who has been affected by what has happened? In what ways?**

**5. What do you think needs to happen to make things right?**

Scriv