

Support Agreement for Making Amends & Filling Buckets



Preparation/Intro

Do you feel calm / ready to have the chat?

No

Yes

No - If you're not ready, what do you need 1st?

A. Time

B. Calm Space

C. Talk to an adult

D. Other

Yes - Can we agree to share from our big hearts and be the star listener and if we forget, I will remind us, OK?



RP Chat

Thinking • Modelling • Asking

Making Amends & Filling Buckets

Restorative Questions

1. What happened?
2. What were you thinking/feeling at the time?
3. What are you thinking/feeling now?
4. Who is sad/hurt now and in what way?
5. What could have been done differently?
6. How can we fix this/make amends?

© ConnectRP
www.connectrp.ie

Co-Creating Relational School Communities



Q1. What happened ? How was the bucket dipped?

A. Unkind words

B. Shouting

C. Pushed

D. Damaged

E. Tore

F. Left out

G. Hit

H. Other

(More details about what happened if needed)

Making Amends & Filling Buckets



Q 2. What were you feeling then/ what are you feeling now? *circle the correct face(es)

A. Sad B. Angry C. Frustrated D Hurt E. Worried F. Afraid G. Tired I. Lonley Other?

Q 3. Who is sad / hurt / affected?

You	Parents/ Guardians	Teacher	Friends	Other	Classmates

Q 4. How can we fix this / make amends / refill the bucket?

*Shade in the chosen box(es) / give more details below if needed - Who? What? When?



Q5. What can we do next time instead from our Wise Owl?

Calm the Guard Dog	<input type="checkbox"/>	Ask RP Mentors for help	<input type="checkbox"/>	Ask RP Mentors for help	<input type="checkbox"/>
Walk away	<input type="checkbox"/>	Go to a quiet place	<input type="checkbox"/>	Use fidget toys	<input type="checkbox"/>
Use my words	<input type="checkbox"/>	Take 5 deep breaths	<input type="checkbox"/>	Tell an adult	<input type="checkbox"/>
Explain how I feel from hedgehog's soft belly	<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>

Follow-up /review needed? No Yes → With whom _____
When? _____

Date:
Signed (RP Mentor):
Signed: (those involved with the RP Chat):