


AIA CES Provider statement [39246113] is a registered provider of AIA-approved continuing education under Provider Number 39246113. All registered AIA CES Providers must comply with the AIA Standards for Continuing Education Programs. Any questions or concerns about this provider or this learning program may be sent to AIA CES (cessupport@aia.org or (800) AIA 3837, Option 3).



This learning program is registered with AIA CES for continuing professional education. As such, it does not include content that may be deemed or construed to be an approval or endorsement by the AIA of any material of construction or any method or manner of handling, using, distributing, or dealing in any material or product.

AIA continuing education credit has been reviewed and approved by AIA CES. Learners must complete the entire learning program to receive continuing education credit. AIA continuing education Learning Units earned upon completion of this course will be reported to AIA CES for AIA members. Certificates of Completion for both AIA members and non-AIA members are available upon request.



Designing Restorative Classrooms

Emerging trends from educators using **Tech**, **Nature**,
and **Moments** to Enhance Wellbeing, Engagement &
Learning

[nature sounds](#)

Michelle Costello

Learning Experience Coordinator,
Meteor Education

mcostello@meteoreducation.com



5 PRACTICES

Connection | Presence | Check-In | Movement | Celebration

A Journey Moment

Presence 11 - 5 Senses Guided Meditation

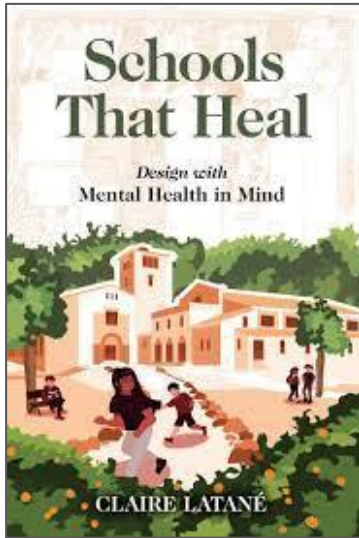


What is a Restorative Classroom?



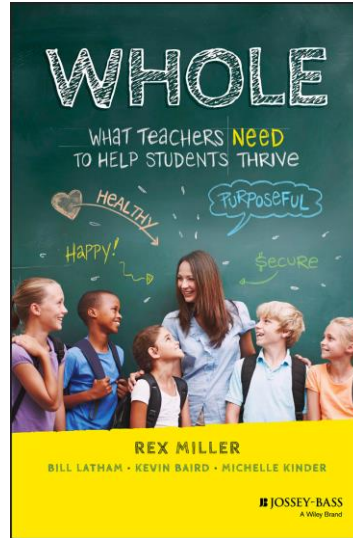
- A restorative classroom is an educational environment grounded in the principles of restorative justice, emphasizing the importance of building and maintaining positive relationships among students and between students and teachers.
- **Key Components**
 - Conflict Resolution
 - Community Building
 - Active Listening
 - Responsibility and Accountability
 - Restoration and Healing
 - Inclusivity and Equity
 - Prevention

Guiding Resources



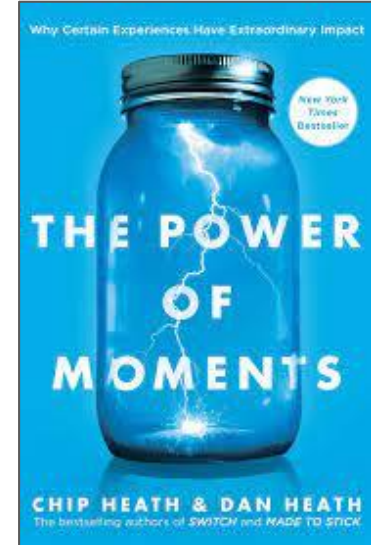
*Schools Than Heal: Design
with Student Mental Health
in Mind*

by Claire Latane



*Whole: What Teachers
NEED to Help Students
Thrive*

by Rex Miller



*The Power of Moments: Why
Certain Moments have
Extraordinary Impact*

by the Heath Brothers

Session Agenda

1

Why

Too many public schools look and feel like prisons, designed out of fear of vandalism and truancy.

2

What

Designing Restorative Classrooms using Tech, Nature, and Moments to Enhance Wellbeing, Engagement & Learning

3

How

- 1- Keep it Dynamic
- 2 - Be More Biophilic
- 3 - Make a Splash
- 4 - Create Inviting Spaces
- 5 - Design Peak Moments



Inclusion:

If you had the opportunity to write a book, host a podcast or sing a song about your life, what might it be titled?



Why

do educators Design Restorative
Classrooms?



What are the Nations Top Worries?

Summary of 2022 Survey from [Learning Heros: Hidden In Plain Sight](#) Report

Student's Reading Skills

Student's Safety During the School Day

Students Being Bullied

Student's Happiness & Emotional Well-being

Other Parents Influence on Education

Students Staying on Grade Level

Student's Getting Support at Home

Student's Math Skills

Political Influence on Educational Decisions

Student Exposure to Violence at School

Students Being Prepared for College

Student's Stress and Anxiety

The Nation's Why

Summary of 2022 Survey from [Learning Heros: Hidden In Plain Sight](#) Report

Families Worries

1: Political Influence on Educational Decisions 68%

2: Student's Happiness & Emotional Well-being 65%

3: Student's Stress and Anxiety 60%

4: Student Exposure to Violence at School 60%

5: Other Parents Influence on Education 57%

Teachers Worries

1: Student's Happiness & Emotional Well-being 76%

2: Student's Reading Skills 71%

3: Challenges Students Face at Home 71%

4: Political Influence on Educational Decisions 70%

5; Student's Getting Support at Home 70%

Principals Worries

1: Political Influence on Educational Decisions 66%

2: Student's Getting Support at Home 63%

3: Students Staying on Grade Level 61%

4: Student's Happiness & Emotional Well-being 60%

5: Challenges Students Face at Home 60%

Adverse Childhood Experiences Influence Health and Well-Being Throughout their Life.

Children with six or more ACEs died nearly 20 years earlier than those without ACEs.

ACEs = Adverse Childhood Experiences

The 3 types of ACEs include

ABUSE



Physical



Emotional



Sexual

NEGLECT



Physical



Emotional

HOUSEHOLD DYSFUNCTION



Mental Illness



Incarcerated Relative



Abuse toward Parent



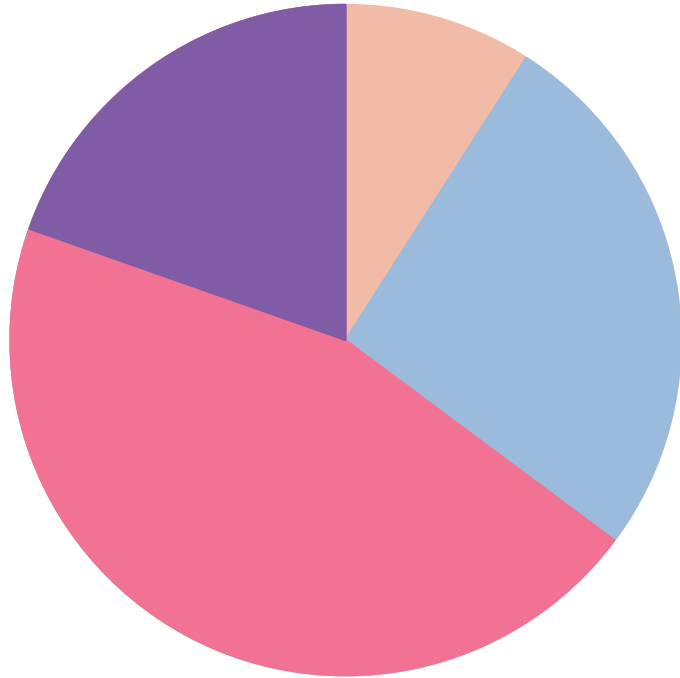
Substance Abuse



Divorce

Our Student's Why (Trauma)

Summary from 2022 **Designing 'Schools That Heal' Webinar**



20% of Students Reported to 3+ ACE's

60% of Students Reported at least 1 ACE

Majority of students experience “Layered Traumas” such as poverty, bullying, fear of school shooting, neighborhood violence, concern for planet, inequity

100% of Students Experienced the Pandemic



What

Can Educators Design?

“Too many public schools look and feel like prisons, designed out of fear of vandalism and truancy.”

- Claire Latane

Take A Moment...

**Think about one of
your former
classrooms - - -How
did it make you feel?**

Why?



How does this learning environment make you feel?



Reframe the Problem

~~“Too many public schools look and feel like prisons, designed out of fear of vandalism and truancy.”~~

- Claire Latane

“Imagine if you taught in a place of health and vitality instead of burnout, fear, or scarcity”

- David Thornburg



How does this learning environment make you feel?



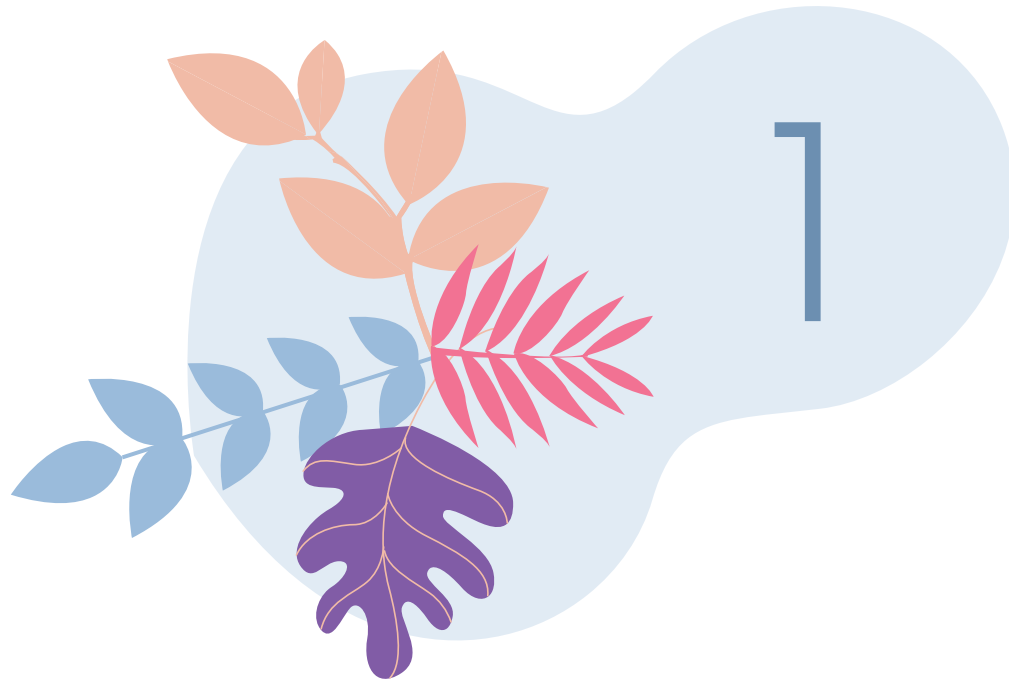
How does this learning environment make you feel?



How

**Do Educators Design
Restorative Classrooms?**





**Keep It
Dynamic**

How to Keep It Dynamic

Learner
Autonomy



No Front of
Room



Teacher
Proximity







**Be More
Biophilic**

How to Be More Biophilic

Go Green



Put in Plants



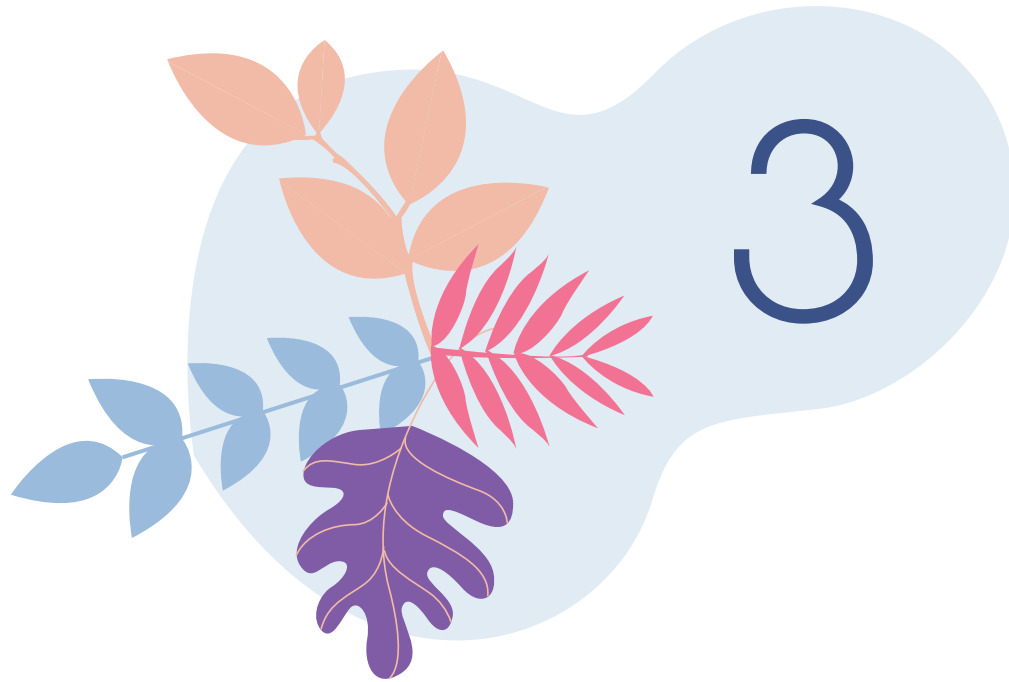
Nature Views



Bringing the Outdoors Indoors: Setting Up Your Classroom Environment to Maximize Students' and Teachers' Health and Well-Being







**Make a
Splash**

How to Make a Splash

How Low Can You Go?



Adjust the Lighting!



High Impact Pieces




High Impact Furniture Pieces





Create Inviting Spaces



“We can help children and teenagers by creating calming places where they have opportunities to both be alone and connect with other people or living beings to settle their fight, flight, or freeze response. **Environments that help calm the nervous system help students feel safe.**”

-Claire Latané

How to Create Inviting Spaces

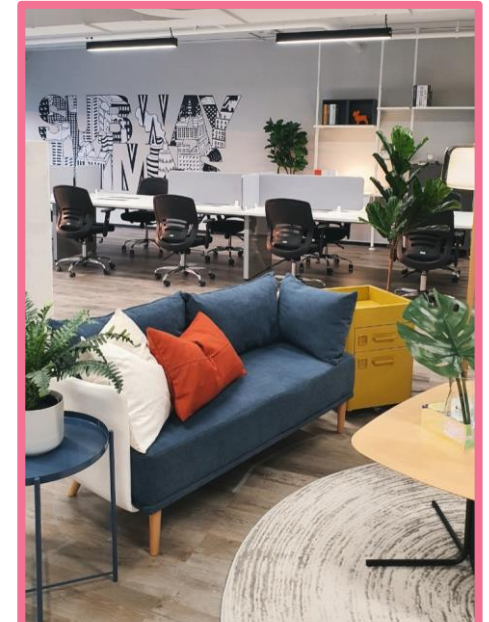
Activity Zones and Nooks



Opportunities for Socializing

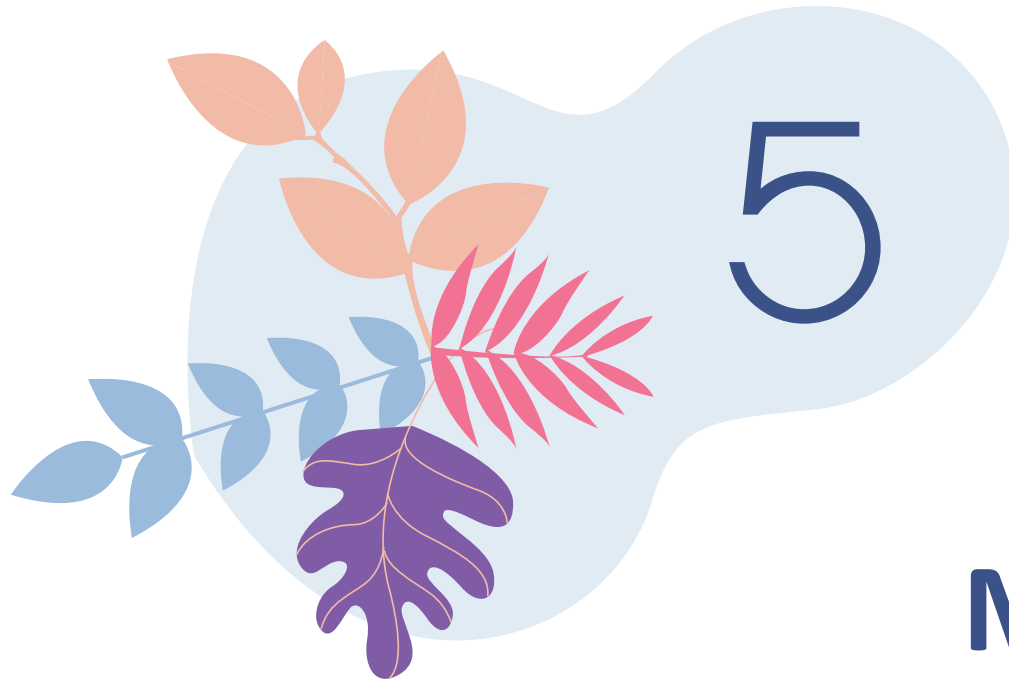


Mirror Real World Environments



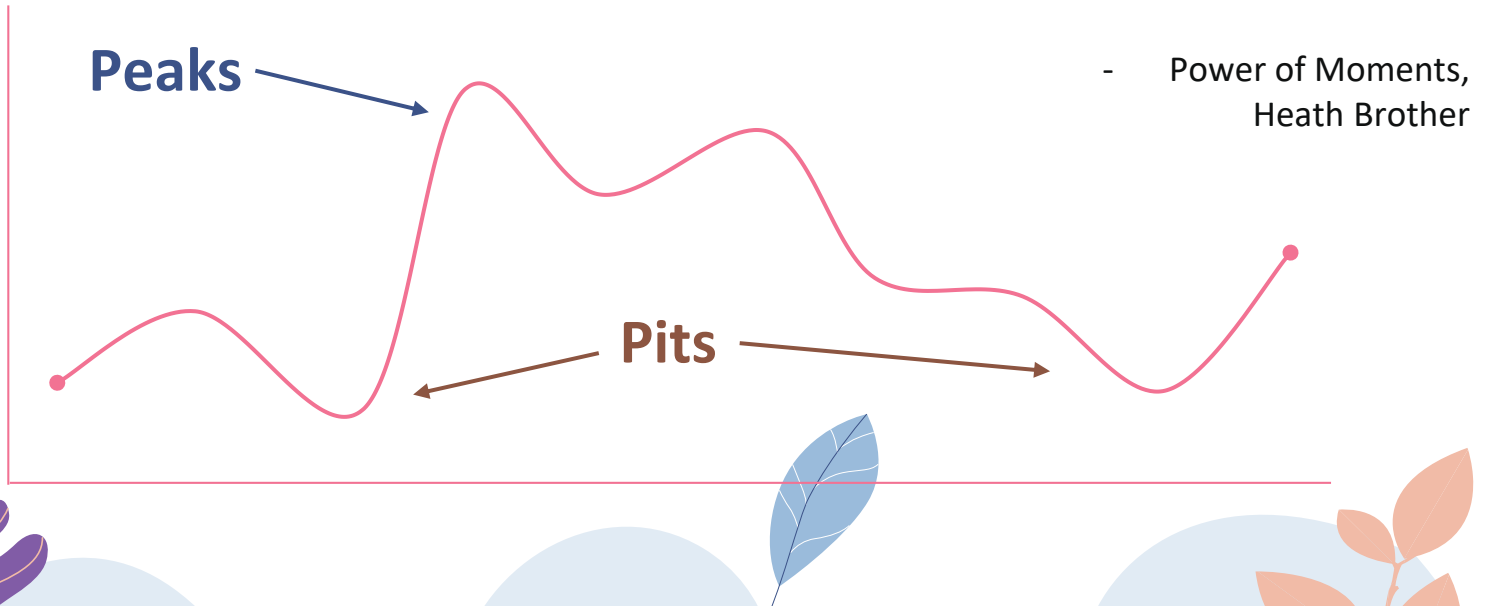






**Design
PEAK
Moments**

“Defining moments shape our lives, but we don’t have to wait for them to happen. **We can be authors of them.**”



How to Design PEAK Moments

Boost Sensory Appeal



Raise the Stakes



Break the Script



Recap and Questions

Why:

“Too many public schools look and feel like prisons, designed out of fear of vandalism and truancy.”

What: Reframe the Problem:

“Imagine if you taught in a place of health and vitality” by designing a restorative classroom

How:

Keep it Dynamic

No Front of the Room

Learner Autonomy

Teacher Proximity

Be More Biophilic

Go Green

Put in Plants

Add Nature Views

Make a Splash

How Low Can You Go

Adjust the Lighting

High Impact Pieces

Create Inviting Spaces

Cave, Campfire and Watering Hole

Activate the Social Brain

Mirror Real World Environments

Design PEAK Moments

Boost Sensory Appeal

Raise the Stakes

Break the Script



Benefits of a Restorative Classroom



- *1. Improved School Culture*
 - Reduced disciplinary problems
 - Enhanced attendance
 - A more supportive and nurturing learning environment
- *2. Social and Emotional Development*
 - Promotion of empathy and understanding
 - Encouragement of personal growth and positive behavior change
 - Opportunities for personal reflection and growth
- *3. Inclusive Learning Environment*
 - Respect for diverse backgrounds and experiences
 - Ensures every student's voice is valued
 - Fair and equitable treatment for all

Thank you!
mcostello@metzoreducation.com



Questions, Comments, Connections



?

!

Thank you!
mcostello@meteorededucation.com