



Powerstown Educate Together National School

Mediation Script

- Walk and talk together, side by side
- Let's get present, (3 C's I see, hear, touch), centred (deep breaths than stand learn forward, backward etc) and grounded (feel the ground under our feet)
- You have the strengths of...
- And I know you have the values of working hard and being kind
- This moment was not your moment
- Let's talk about what we need to do to move forward with the relationships that have been affected today
- What happened?
- What were you thinking / feeling at that time?
- How do you think ___ felt when this happened?
- What can we do to make the relationship right again? I learned.... Next time....
- One more thing; We have to make sure you complete the work that you have missed.
- What Went Well (in this conversation)

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|-------------------|---|-----------|-----------------|-----------------|
| kindness | hard working | listening | asking for help | sense of humour |
| solving problems | You have the Strengths of... | | creativity | mindfulness |
| Staying focussed | the ZONES OF REGULATION using the zones | | friendliness | something else |
| flexible thinking | helping others | | | |

The ZONES of Regulation

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|-------------------------------|-----------------------------------|---|--|
| | | | |
| Blue Zone | Green Zone | Yellow Zone | Red Zone |
| Sad Bored Tired Sick | Happy Focused Calm Proud | Worried Frustrated Silly Excited | overjoyed/Elated Panicked Angry Terrified |