An onlinetool and a digital sorry-library

IIRP Europe Conference Kortrijk
May 15-2019

Eric.beke@sorry-academie.be
• Master in the Educational Sciences (Catholic University of Leuven - Belgium)
• Psycho-pedagogue at MPC Terbank (Medical and pedagogical center Terbank) in Leuven (Belgium)
• Cyberpedagogue
• Founder of the Sorrybox and the Sorry-academie.

Eric.beke@sorry-academie.be
Residential unit and group home for supporting and treatment children and young people with a low social-emotional development level.
The Sorry-story of Matthias

• 14 years old
• Traumatic experiences at a young age
• Has been living in a grouphome since his 6 years
• mild intellectual disability.
• Heavy acting-out behavior
• Regular need for the isolation area
How to apologize?

- Write a sorry letter
- Make a sorry comic strip
- Make a colouring page
- Think about your behaviour
An onlinetool
and a digital sorry-library

www.sorrybox.be

info@sorrybox.be
2016

1.0 + ICBA + LIGAND

+ sam steunpunt mens en samenleving + FLANDERS CARE

= sorry box = sorry box

2.0 Dutch version
Restorative practices for children and youngsters with special needs:

- Children with intellectual disabilities or social-emotional problems
- Children with behavioral problems
- Children with language deficiency (f.e refugees migrated from Africa)
What are the signs of intellectual disability?

- Inability to connect actions with consequences
- Behavior problems such as explosive tantrums
- Difficulty with problem-solving or logical thinking

Simple methodologies for restorative practices
“I am Tine, educator at Medical and pedagogical center Terbank nearby Leuven (Belgium). After a serious conflict with a young person it is not easy to pick up the thread again. The Sorrybox helps me with that. Thanks to Sorrybox and with our support, the young person is now writing a letter of apology with the help of the computer. “

Tine, educator
“We are Evy & Stephanie, two teachers of non-Dutch speaking newcomers (refugees migrated from Africa) aged 11 to 18 years. After another case of aggression at school, we worked with the Sorrybox. The Sorrybox is a simple, little-language mean of communicating with these young people as well. They can make a print story with drawings to mediate a conflict.”

Evy and Stephanie, teachers OKAN
Youngster want to apologize
How to apologize?

- Write a sorry letter
- Make a sorry comic strip
- Make a colouring page
- Think about your behaviour
The story of Eric and Ben

I want to tell you something

I'm sorry I hurt you

I regret that now

I want to make up for it by making this comic for you

OK for you?
Adult assist restorative practices

I want to apologize

Ideas for restorative practices
Action – Reaction - Escalation
Co-dysregulation
Reactive child and overwhelmed teacher

Child

Teacher

Present, overwhelmed, frustrated, angry = escalation
= increased incidents/restraint

Time
Co-regulation
Reactive child and well-regulated teacher

Present, parallel, patient, persistent – facilitate multisensory, multi-domain, repetitive activity

Rhythm & Relationship = Regulation

Time
The Sorrybox is based on

The principles of non-violent communication (Marshall Rosenberg)

The New Authority and non violent resistance (Haim Omer)

“The secret of the sorry-brain" (Eric Beke)
The principles of non-violent communication

-Behind every behaviour there is covert a specific emotional need

- The core of nonviolent communication is understanding each other’s emotional needs.

(Marshall Rosenberg)
The Triune Brain

- **Neocortex** - Thought (including planning, language, logic & will, awareness)
- **Limbic System** - Emotion (feelings, relationship/nurturing, images and dreams, play)
- **Reptilian Brain** - Instinct (survival, breathing/swallowing/heartbeat, startle response)

Three Brains in One
The core of nonviolent communication is understanding each other’s emotional needs.

Thoughts  
Human brain

Emotional needs  
Mammalian brain

The body's vital functions  
Reptile brain
FIGHT

or

Flight

Stand your ground, defend your position, attack, dig in, persevere!

Give way, retreat, discard, remove yourself, give up, move on.

Unconscious Mind
Brain Handmodel

- [https://www.youtube.com/watch?v=gm9CIJ74Oxw](https://www.youtube.com/watch?v=gm9CIJ74Oxw)
Thoughts
Human brain

Emotions
Limbic system

Vital functions
Reptile brain
The secret of the sorry-brain

person who caused damage  person who suffered damage
Person who caused damage

Thoughts

Emotions

Vital functions

Person who suffered damage

Thoughts

Emotions

Vital functions
The secret of the sorry-brain

Person who caused damage

Person who suffered damage

Sorry
The secret of the sorry-brain

Person who caused damage

Person who suffered damage

Sorry
The secret of the sorry-brain

Person who caused damage

Person who suffered damage

Sorry!!
The secret of the sorry-brain

Person who caused damage

Person who suffered damage

Sorry!!
The secret of the sorry-brain

Person who caused damage

Person who suffered damage

© Eric Beke, Sorry-academie
The secret of behavioural coaching

Teacher

Child

© Eric Beke, Sorry-academie
The secret of behavioural coaching

Teacher

Child with ID

“Substitute” restorative practice (Eric Beke, Sorry-academie)
R - scheme

Teacher

Child

Sequence of Engagement

Reason

Relate

Regulate
- Write a sorry letter
- Make a sorry comic strip
- Make a colouring page
- Think about your behaviour
Me  2  positive  The other
Me  3  other
positive
Me

1

2

3

4

Thoughts

Emotions

The other
Adult assist restorative practices

- I want to apologize
- Ideas for restorative practices
Een sorrybrief schrijven
Een sorrystrip maken
Een sorryrap maken
Groovebox
Een sorrykleurplaat maken
Videokanaal
Sla samen bij je tijden
Beluister het voorbeeld en schrijf je eigen versie.

**STROFE 1**

We hadden ruzie thuis...

*We had a fight at home...*

je stuurde me van huis.

*you sent me from home*
Google analitics 2018 www.sorrybox.be

13,896 unic users

Staying average 4 min. 9 sec. on the website

238,733 page views

2646 personalized sorry-letters

2551 personalized sorry-comics

1797 personalized coloring pictures
The Sorrybox (http://www.sorrybox.org) helps children and youngsters to restore conflicts. It inspires educators, teachers and parents to work in a restorative way. The online tool is also adapted to children or youngsters with intellectual disabilities and emotional or language difficulties and refugees because of the visual support.
In the online tool of the Sorrybox, there is a part made for children and youngsters named “I want to make up for something”

- When clicking here, children and youngsters can make a Sorry letter or a personalized Sorry comic strip. The tools are also accessible to children and young people with an intellectual disability or a language deficiency. Digitally-skilled youngsters can make a rap song or an animation film. They learn how to deal with conflicts by interactive video clips on the video channel.
Another part of the Sorrybox is made for teachers, educators, therapists, supervisors, ...

This part of the Sorrybox collects all sorts of methodologies to work in a restorative way. There are methodologies to reflect together with the young people on their behavior, methodologies to develop recovery skills in concrete parenting situations and methodologies to work more restorative at the level of the organization.
2019-2020

2.0 Dutch version

+ ??? Partners wanted

2.0 English version
Partners wanted

Do you know a new content and financial partner???

Let me know:

Eric.beke@sorry-academie.be
Handbrein

Neo-cortex

Limbisch

Hersenstam

© Freek & Niki Dhooghe-Herckens 2019
demoversion online up to 15/06/2019
contact: eric.beke@sorry-academie.be

I want to apologize

Ideas for restorative practices