



[www.sorrybox.be](http://www.sorrybox.be) | [info@sorrybox.be](mailto:info@sorrybox.be)

# An onlinetool and a digital sorry-library

IIRP Europe Conference Kortrijk

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- 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.



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M P C  
TERBANK









Residential unit and grouphome 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 group home 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** 



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# An onlinetool and a digital sorry-library



info@sorrybox.be



# 2014



Link<sup>in</sup>  
de Kabel



# 1.0



# 2016





# 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**

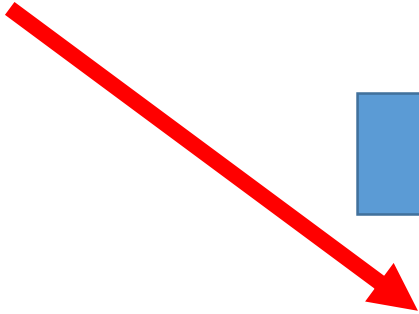




*“We are Evy & Stephanie, two teachers of non-Dutch speaking newcomers (refugees migrated from Africa) aged 11 to 18 years. After another case of aggression at school, we worked with the Sorrybox. The Sorrybox is a simple, little-language mean of communicating with these young people as well. They can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



**Evy and Stephanie, teachers OKAN**



# Youngster want to apologize



 **I want to apologize** 

 **Ideas for restorative practices** 



# How to apologize?



**Write a sorry letter**



**Make a sorry comic strip**



**Make a colouring page**



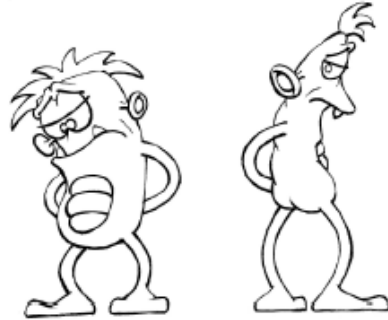
**Think about your  
behaviour**



ICoBA



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



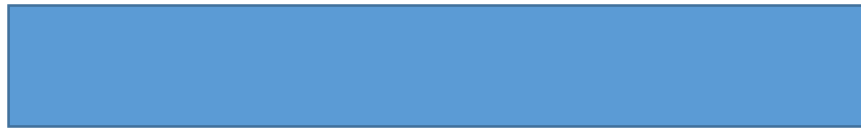
Eric





OK for you?

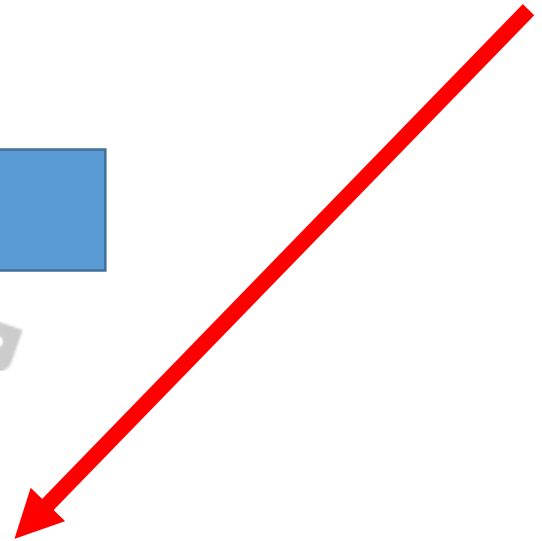




# Adult assist restorative practices



-  **I want to apologize** 
-  **Ideas for restorative practices** 





0:01 / 1:56



# Action –Reaction - Escalation



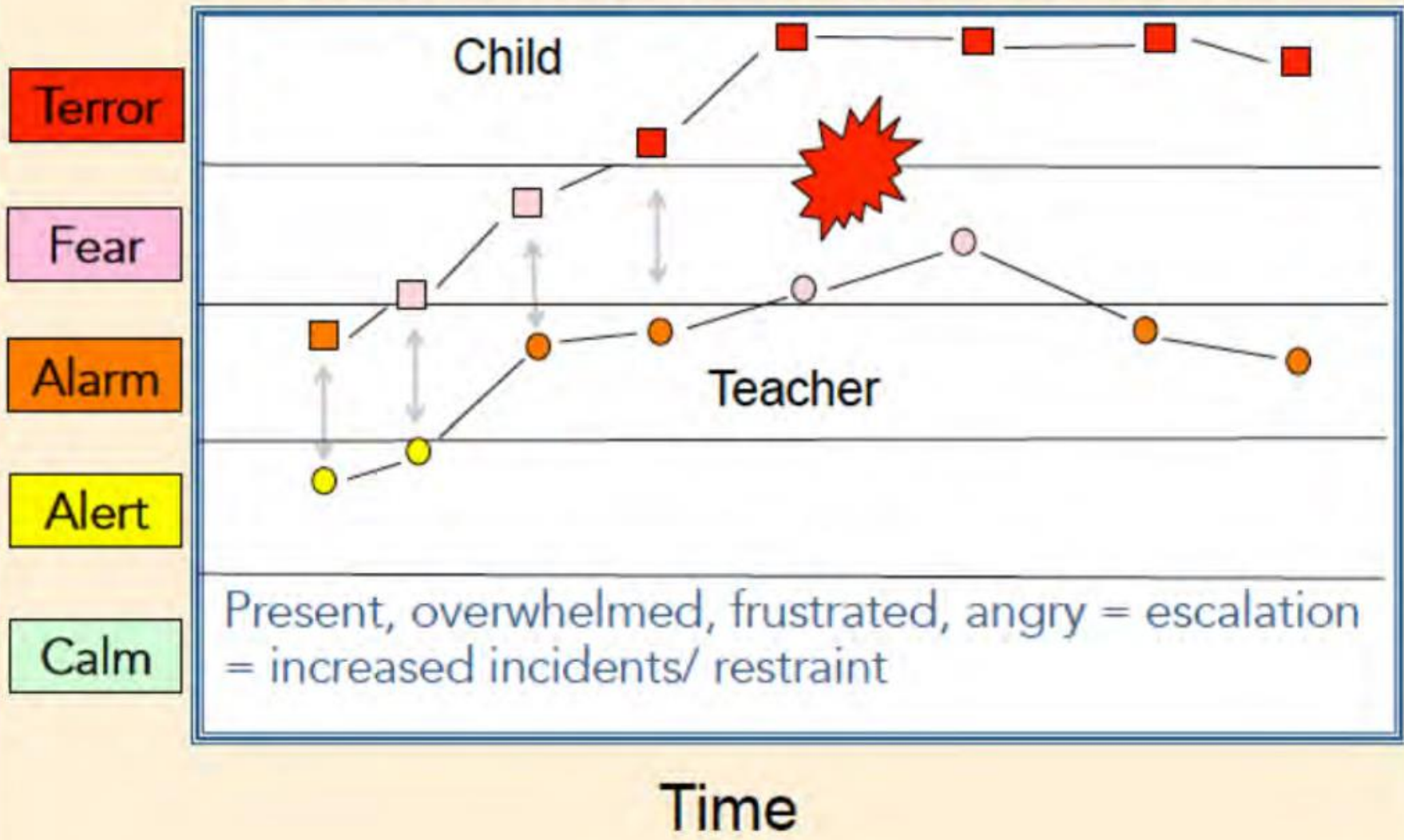


NCV



# Co-dysregulation

## Reactive child and overwhelmed teacher



# Co-regulation

Reactive child and well-regulated teacher

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

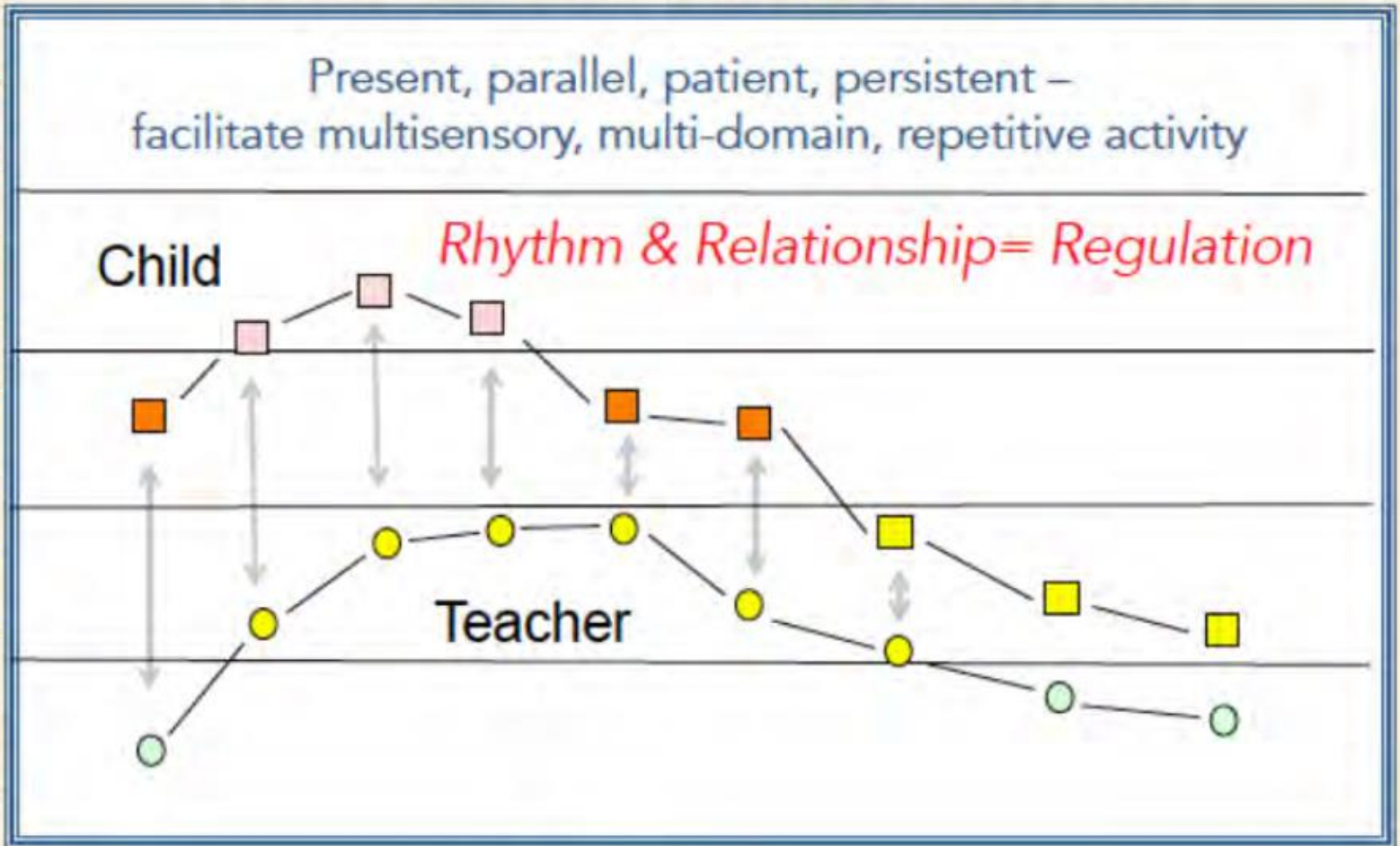
Terror

Fear

Alarm

Alert

Calm



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**

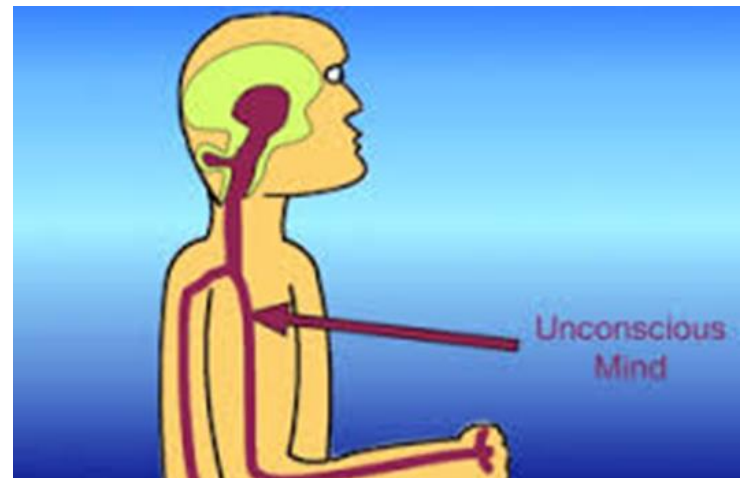
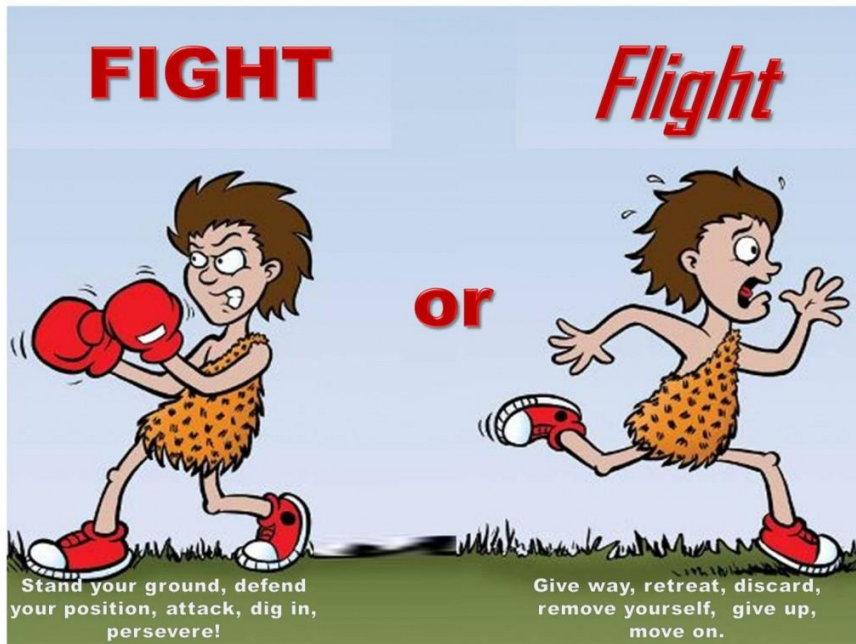
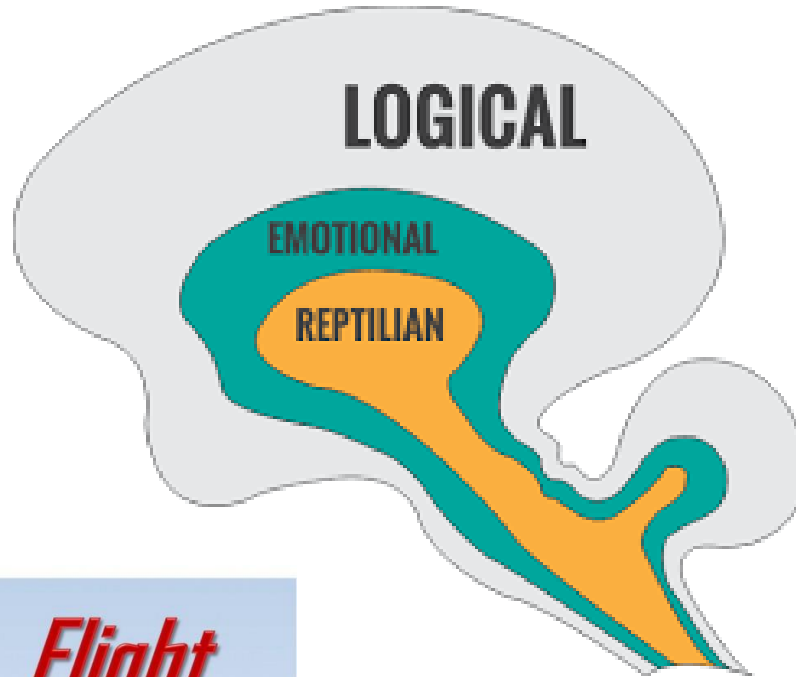
The core of nonviolent communication is understanding each other's emotional needs.

Thoughts  
Human brain

Emotional needs  
Mammalian brain

The body's vital functions  
Reptile brain





# Brain Handmodel

- <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



Person who  
suffered damage

Thoughts

Thoughts

Emotions

Emotions

Vital functions

Vital functions

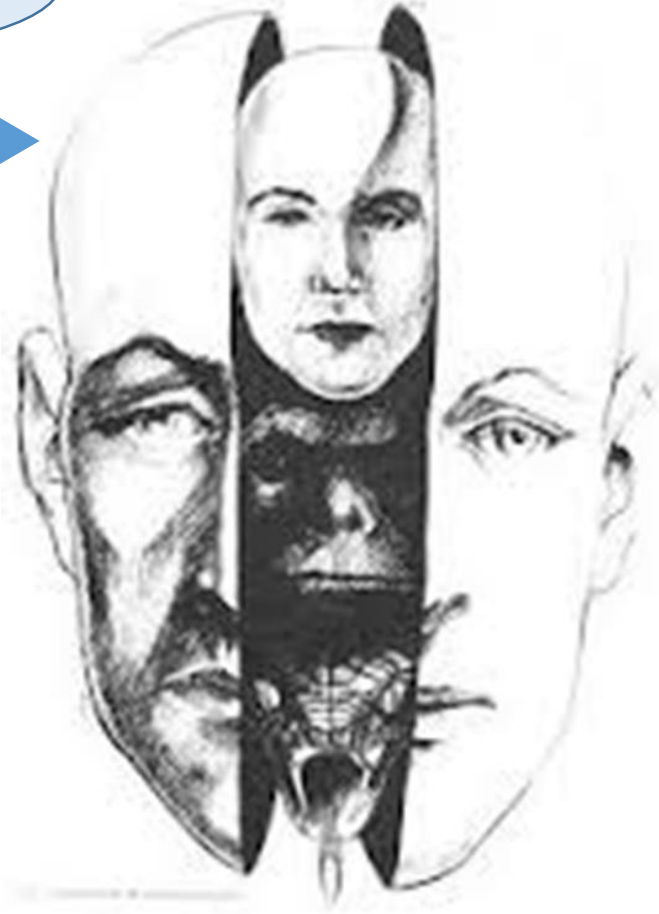


# The secret of the sorry-brain

Person who caused  
damage

Person who suffered  
damage

Sorry

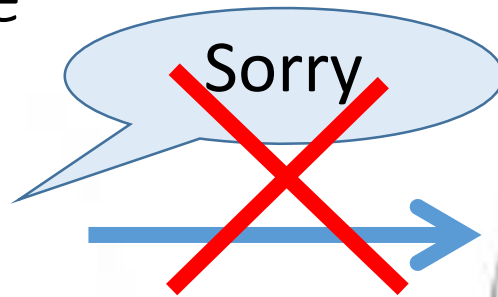




# The secret of the sorry-brain

Person who caused  
damage

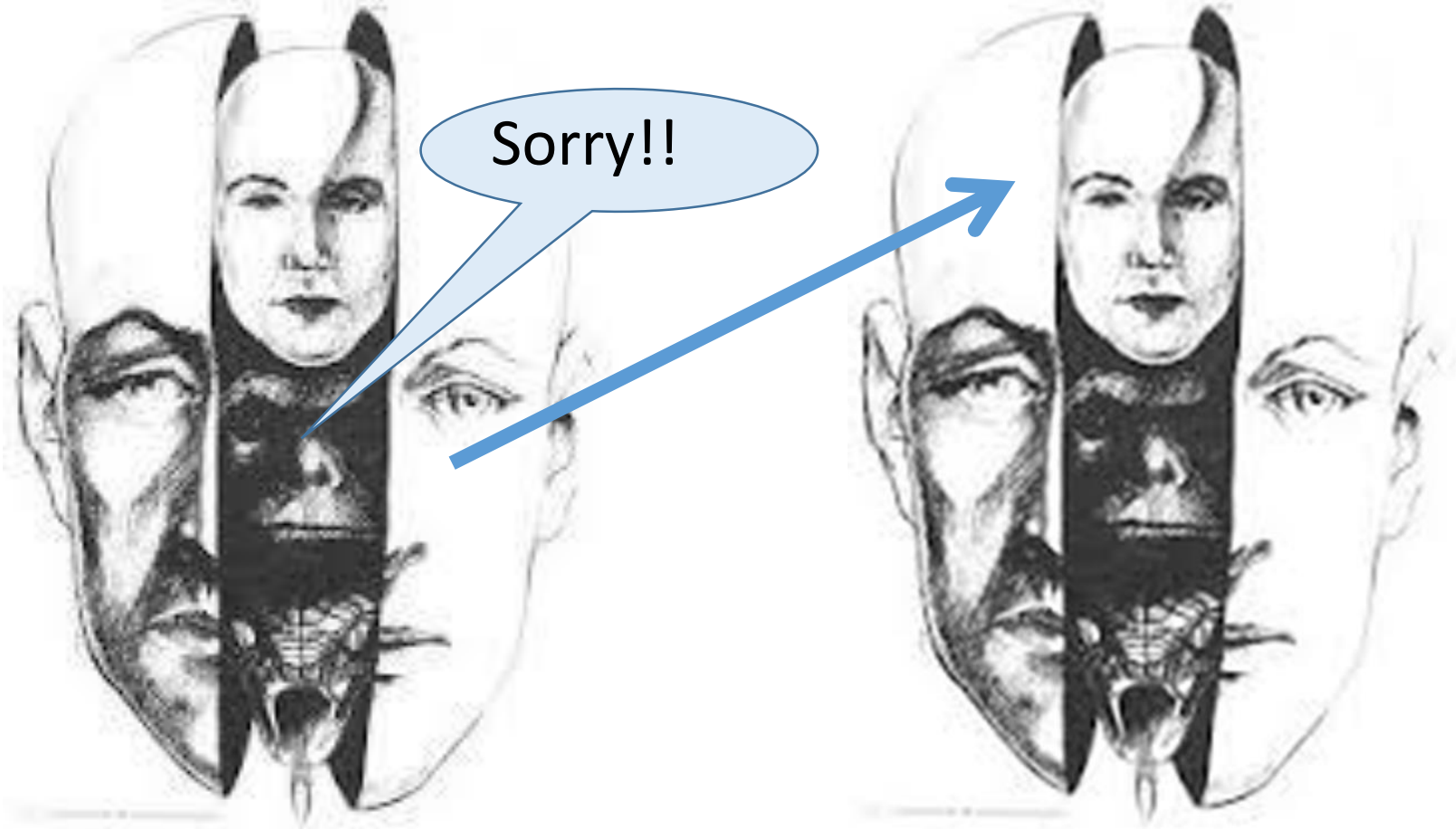
Person who suffered  
damage



# The secret of the sorry-brain

Person who caused  
damage

Person who suffered  
damage



# The secret of the sorry-brain

Person who caused  
damage

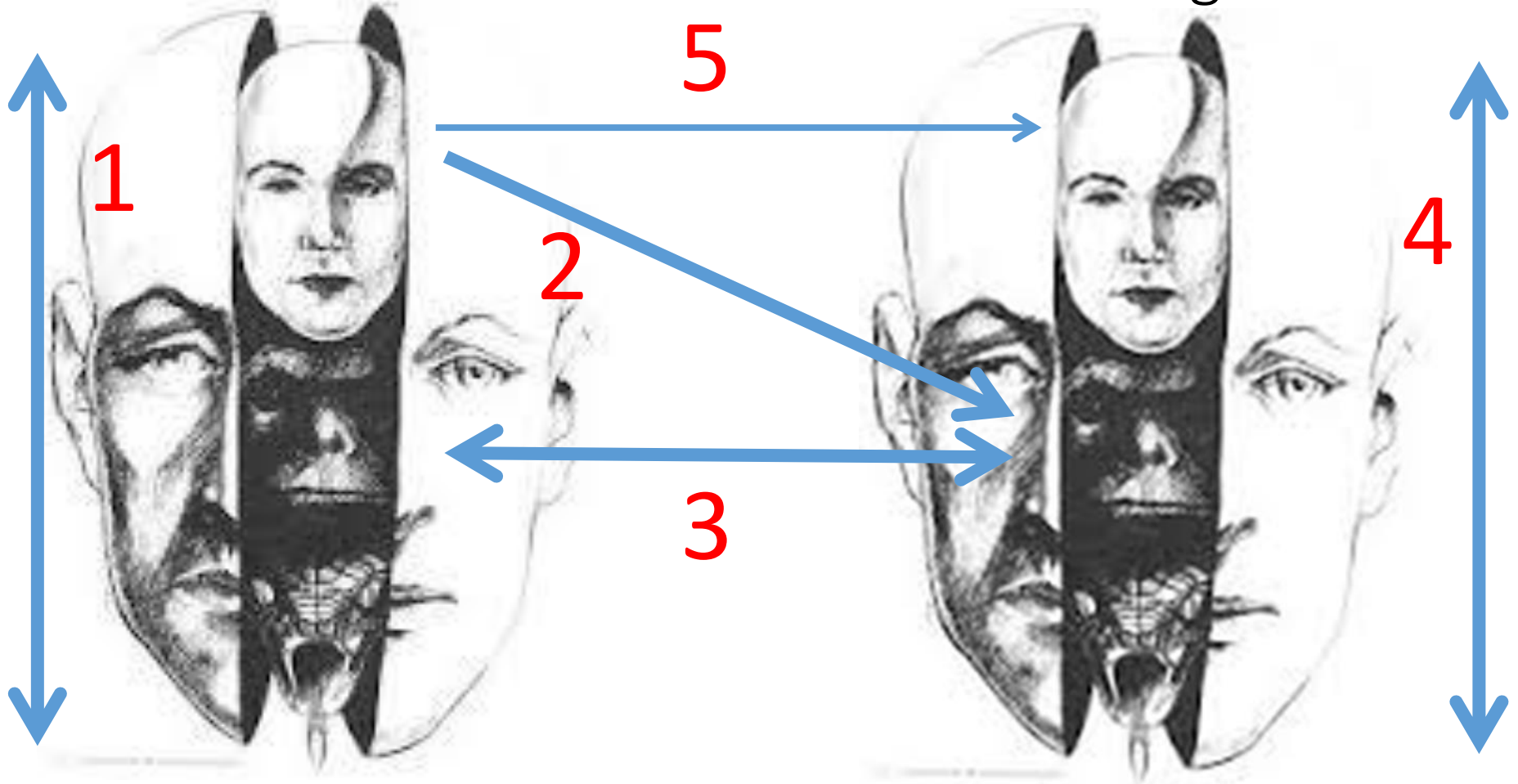
Person who suffered  
damage



# The secret of the sorry-brain

Person who caused damage

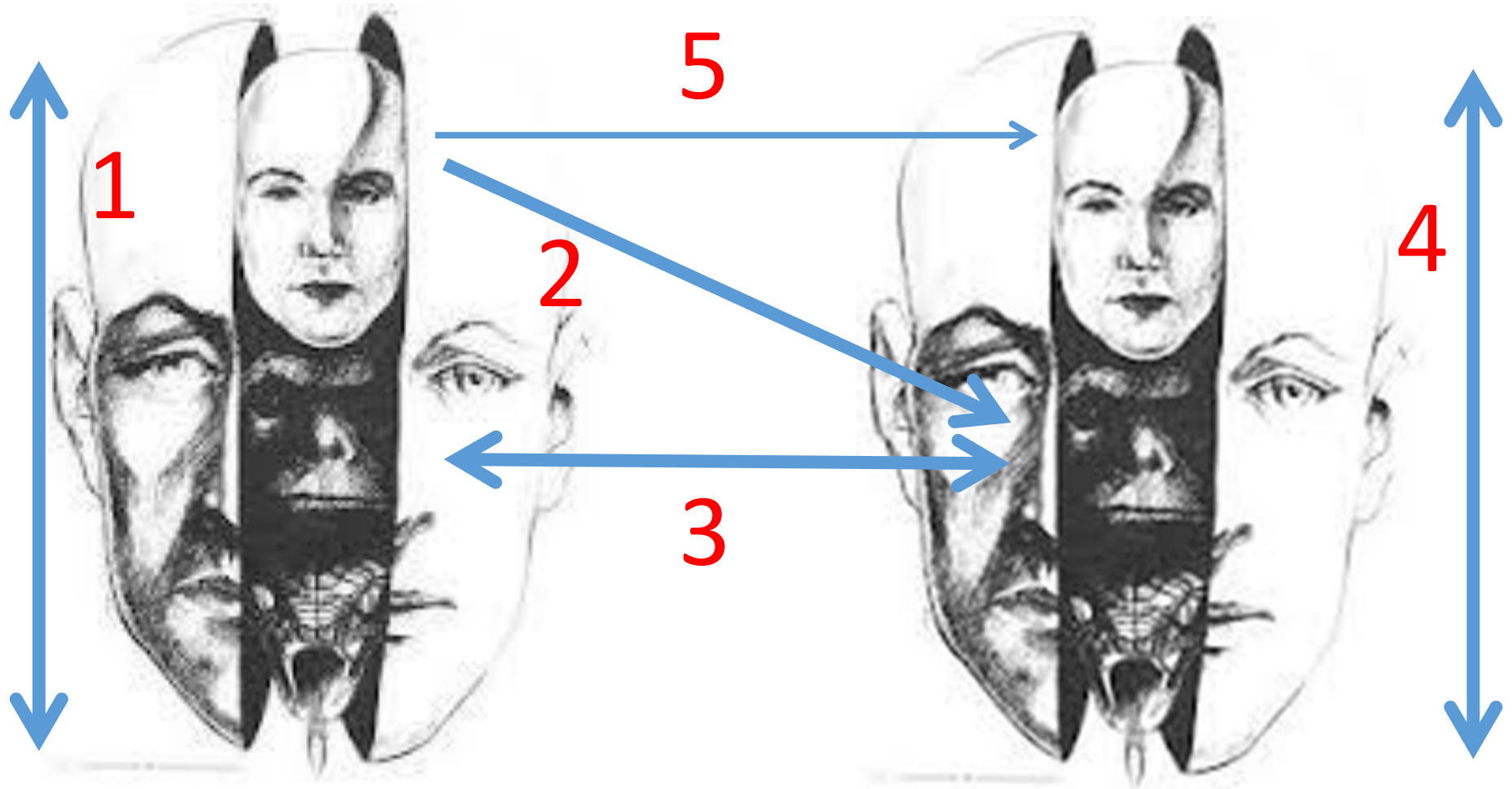
Person who suffered damage



# The secret of behavioural coaching

Teacher

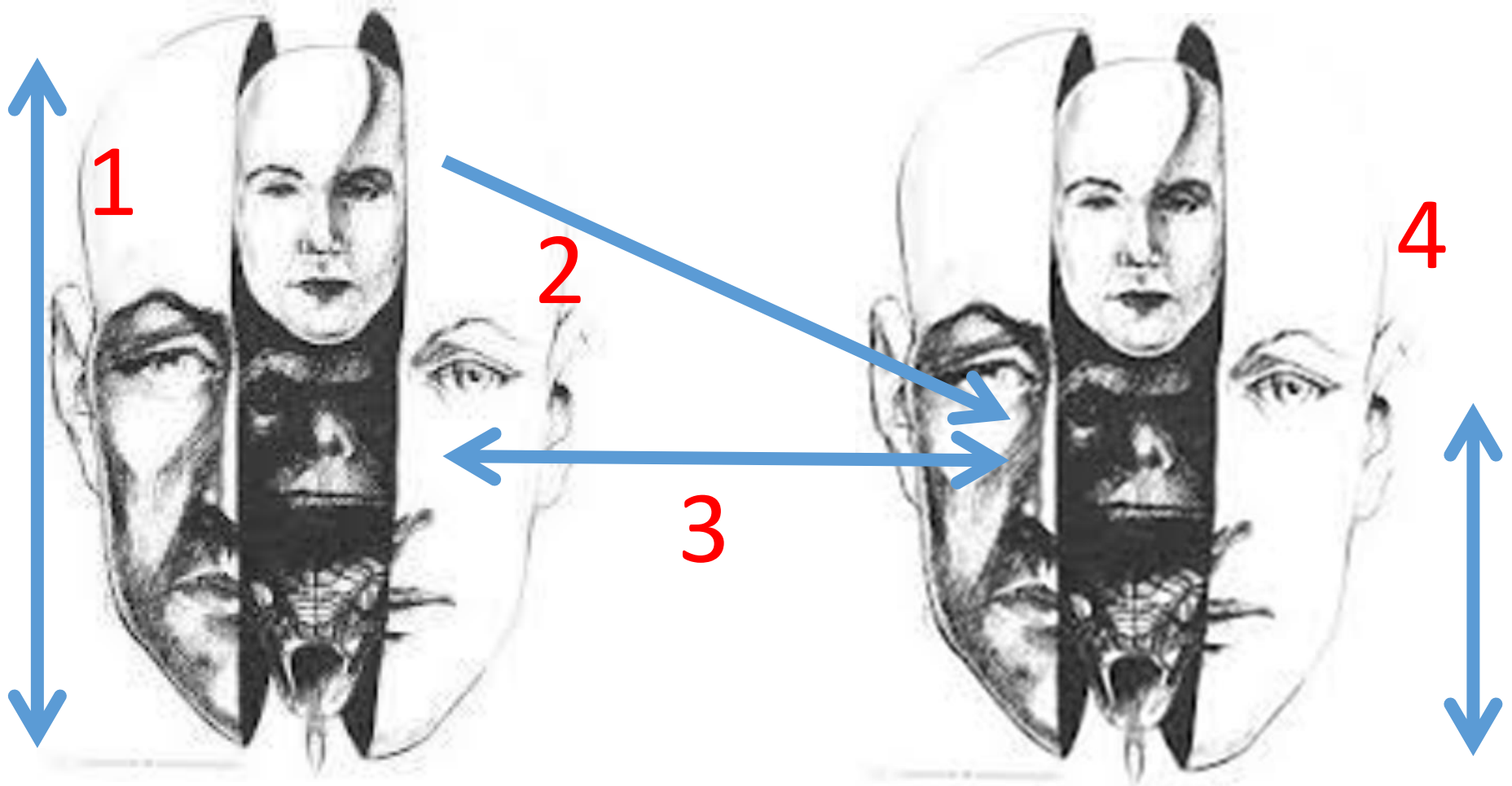
Child



# The secret of behavioural coaching

Teacher

Child with ID



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

# R - scheme

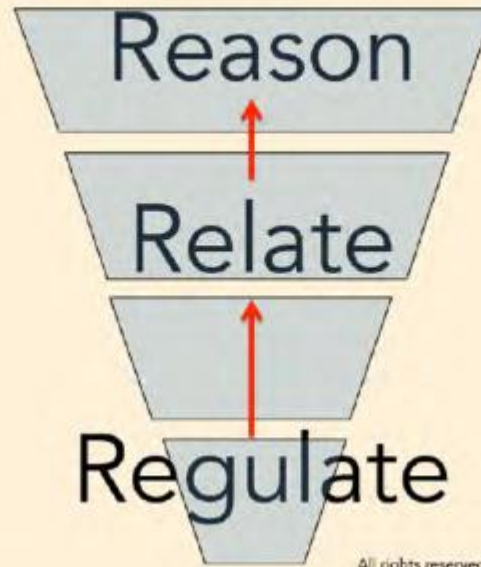
Teacher












Child

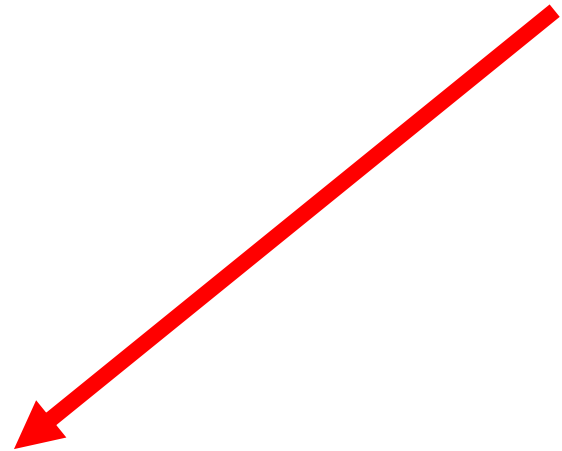


Sequence of Engagement



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- 
-  **Write a sorry letter** 
  -  **Make a sorry comic strip** 
  -  **Make a colouring page** 
  -  **Think about your behaviour** 



ICOBA





Me



The other

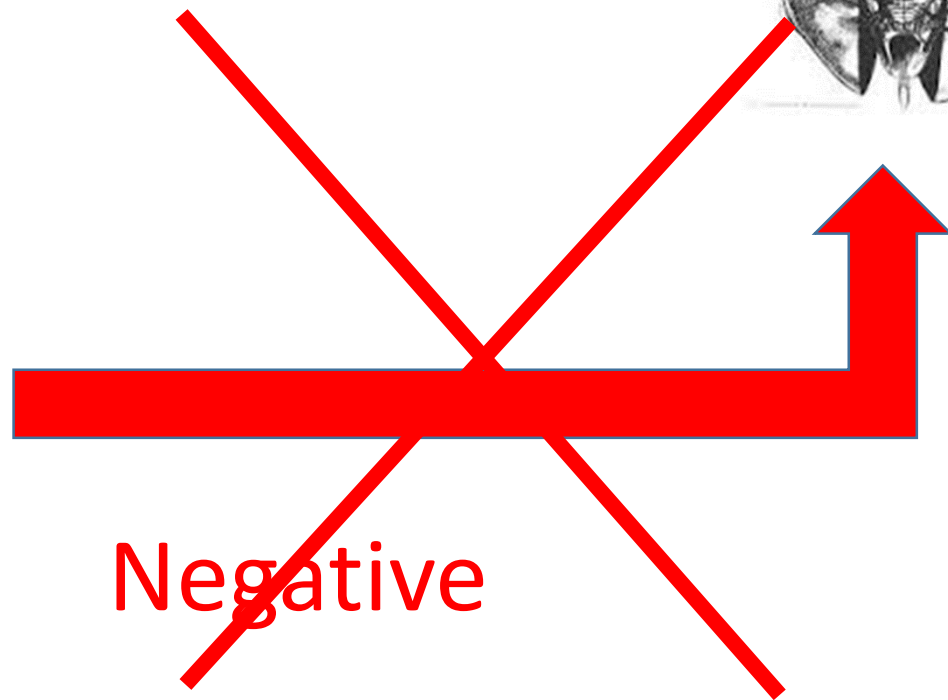


Negative

Other



Me



Negative

Me



1

Other



negative

The other



2

Me



positive

Me



3

other



positive

The other

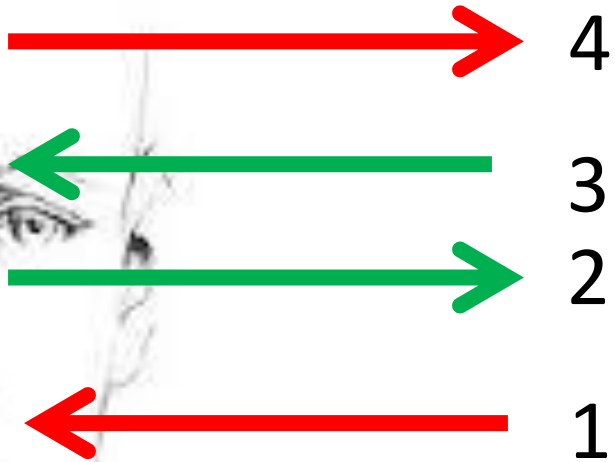


Me

4



negative



Thoughts

Emotions







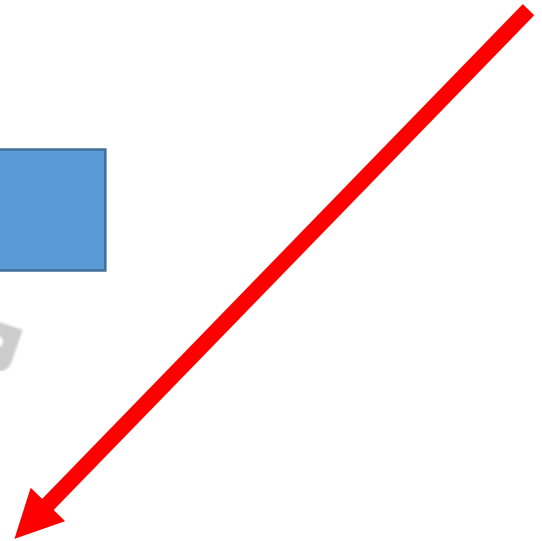
Me

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** ?
-  **Staan bij je...** ?



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➤ Iets goed maken ➤

SorryRap ➤

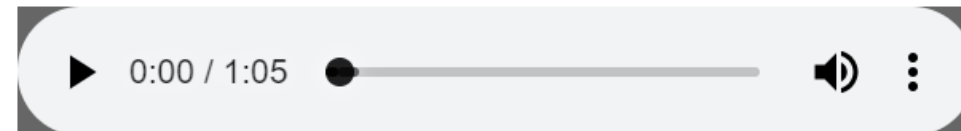
**Tekst**

Repetitiekot ➤

Opnamestudio

## Tekst

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

Ik kan daar niet tegen.

Opslaan

# Google analytics 2018 [www.sorrybox.be](http://www.sorrybox.be)

**13.896** uniu 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

 **sorry  
box** 2.0 Dutch version

+ ??? Partners wanted

=

 **sorry  
box** 2.0 English version



# Partners wanted

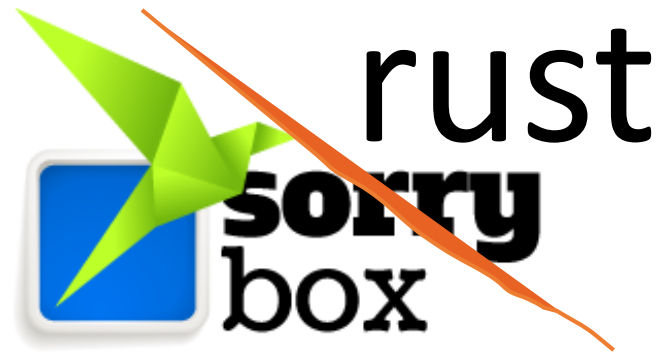
Do you know a new content and financial partner ???



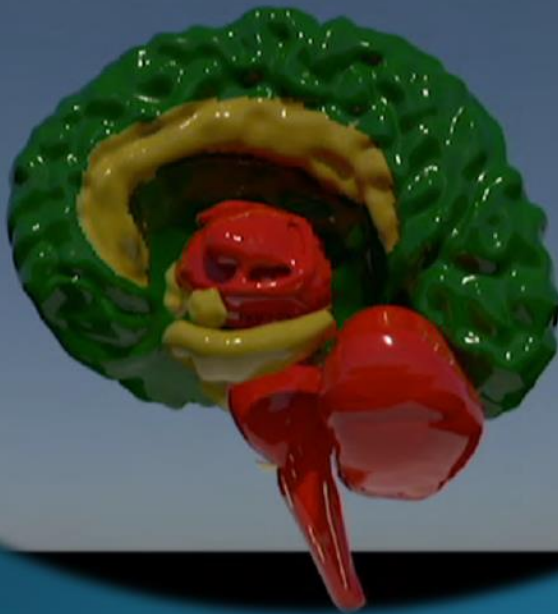
Let me know:

Eric.beke@sorry-academie.be

2019-2020



# Handbrein



Neo-cortex



Limbisch



Hersenstam



**demoverision online up to 15/06/2019**  
**contact: [eric.beke@sorry-academie.be](mailto:eric.beke@sorry-academie.be)**



**I want to apologize**



**Ideas for restorative practices**





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