

110 Ways to Repair the Harm

- write a letter of apology • write a letter of thanks to your parents or caregivers • pick up litter • write a report on the topic (offence) • read a good book • write a newspaper article on restorative justice • complete an anger-management program • participate in an alcoholics anonymous meeting • return to school • give a personal apology to the victim's family • get a job and pay for the damages • directly repair the damage yourself • do yard work for the victim • run errands for the person harmed • write a safety plan • attend a sports event • make a list of positive reasons to avoid criminal behaviour – practice saying them • participate regularly in sport activities • volunteer at the recycling centre • volunteer with the police or bylaw • make a gift for the victim • start a hobby such as stamp collecting • learn about your family traditions • explore your family tree • commit to attending school everyday on time • visit an Elder • go out on the land with an Elder • attend a General Assembly for your First Nation • participate in the Aboriginal Games • do your homework and hand it in • learn to swim • learn to dive • learn a craft • learn how to make some bread and take it to an Elder • go berry picking – give the berries away • walk a dog, walk two dogs • make a new friend • donate your time to a non-profit society • watch an educational video (drugs, alcohol, good driving) • help a teacher • stack firewood • volunteer to help a janitor at school • read a story to a child • take care of yourself by doing your own laundry • help prepare a community supper • make some personal thank-you cards and deliver them • crochet or knit a scarf • plant flowers and maintain them • repair a window • repair a fence • repair a piece of playground equipment • paint a piece of playground equipment • plant vegetables, give them away • weed a garden • mentor another youth • scrub graffiti off a wall • stay at school all day • write a story about your personal experience with Restorative Justice • help a non-profit group with a special event • volunteer to help at a community event (Canada Day, Remembrance Day) • help with preparing props for a play • wash the victim's car • read to a senior at the senior's centre • learn another language • prepare supper for your family • keep your room clean (for a specific length of time) • do dishes for those you live with • organize a clean-up around the school with younger students • help your sibling with their homework • shovel snow • draw a picture and give it to someone • talk with a counsellor • rake the yard • mow the lawn (family or neighbour) • cook/bake for the soup kitchen • do a puzzle with a friend • commit to walking with your parents every day • make a list of what you like • make a list of what you are good at • write a plan for the future • write a victim impact statement from your victim's point of view • help the ambulance volunteers clean out the ambulance • tape a movie for a friend or Elder • make a video clip about your community, friend, school • create a scrap book about something you are proud of • create a picture album showing your accomplishments • participate in a Potlatch • map out the impact of your harm on the neighbourhood • learn who your neighbours are • make a baby smile/child laugh • pay it forward (consider any good deed aimed at you as a debt owed to a stranger) • be a good role model for others • buy a coffee for the person in the car behind you at the drive-through • forgive • volunteer with a victim services program • volunteer to play with cats at the animal shelter • encourage a friend to make a good choice • give a speech on Restorative Justice to peers at school • hold the door open for someone • learn how to play an instrument • donate money to a charity • treat others as you want to be treated • attend and participate in a culture camp • teach others what you have learned • say "please" and "thank you" • extend greetings to a stranger • welcome a stranger to your community • think of one positive deed per day and do it • say positive things about someone • set yourself one goal and work on completing it • say a prayer of thanks