



Rainbow Rounds Procedures

1. Students refer to the Restorative Rainbow standing opposite each other, approximately 10 feet. At this time, they take a deep breath. (They imagine standing on the red ring.)
2. Reading the words on the orange ring, the student with the underlined word (Student A) goes first. (This can be the student who feels “most harmed.”)
3. Student A uses an “I Statement,” saying, “I feel_____.” Encourage the student to express how they feel first, so the other student can be made aware of how they may have made another person feel. Then, follow with the reason why they feel that way, if they choose to.
4. Student B acknowledges how Student A feels by responding, “You feel_____.”
5. Both take a step forward as they imagine stepping on the orange ring, but reading the yellow ring.
6. Student B uses an I statement saying, “I feel_____.”
7. Student A acknowledges how Student B feels by responding, “You feel_____.”
8. Both take a step forward as they imagine stepping on the yellow ring but reading from the green ring.
9. Student A shares, “I need_____.”
10. Student B responds, “I will_____.”
11. Both students take a step forward as they imagine stepping on the green ring, but reading the blue ring.
12. Student B shares, “I need_____.”
13. Student A responds, “I will_____.”
14. Both students step forward as they imagine stepping on the blue ring as they look at the handshake. Both students can take a deep breath, and give a thumbs up, shake hands, fist pump, high five, etc. Each school may want to create their own “school handshake”.