

The 5 R Approach to Learning Success

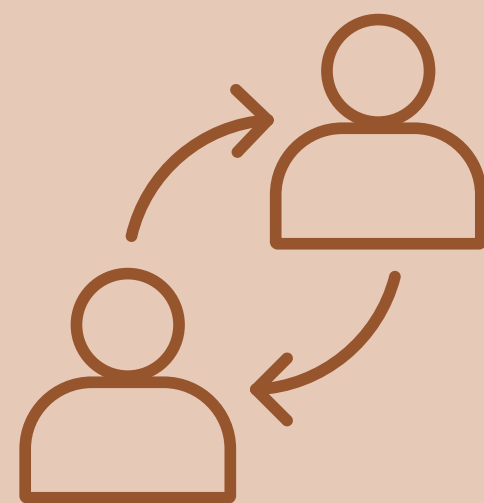
Reason

Third: support the student to reflect, learn, remember, articulate and become self-assured



Relate

Second: relate and connect with the student through an attuned and sensitive relationship



Regulate

First: help the student to regulate and calm their stress responses (co-regulate)



Ready

Relationships

Ready: fostering environments that are predictable, inclusive, and emotionally safe, where students feel a sense of belonging and readiness to learn. When classrooms are structured yet compassionate, students are prepared to engage, grow, and thrive.

Relationships: creating equitable, responsive, and restorative connections that are attuned, compassionate, and consistent. When students feel safe, seen, and valued, they can reconnect, regulate, and thrive—because healing and learning happen through relationship.