

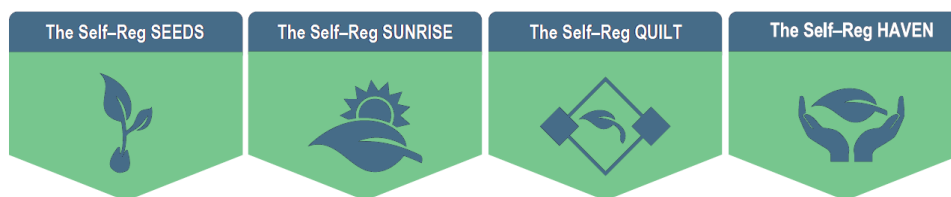
# RADAR

## The 5-Stage Approach to Help Guide You Towards Becoming a Self-Reg Haven

*“That word ‘haven’ speaks to the importance of having our students feel safe and secure from the moment that they enter school: emotionally as well as physically.”*

- Dr. Stuart Shanker

RADAR – Reflect, Analyze, Design, Activate, Respond – guides the process of moving towards becoming a Self-Reg Haven. We designed this model to meet the challenges schools face with questions of “data” or “evidence based” decision making. But this could easily apply to any organization travelling on the journey towards becoming a Self-Reg Haven. The RADAR process has 5 iterative stages, which, like Self-Reg, are hinged on a reflective process and repeatedly revisiting the steps, continuously improving. Use the following pages to help map out where you are now, where you would like to be, and how to get there on your Self-Reg Journey.



R

### Stage 1: Reflect

Start by taking a step back and reflecting on what you hope to achieve, and why this matters to you and your organization. Identify which of the 4 Self-Reg Journeys – seeds, sunrise, quilt, haven – aligns best with your strategic goals or directions. Understand that aiming for a haven may be out of reach, but a seeds, sunrise or quilt journey may fit best.

A

### Stage 2: Analyze

Take an in depth look at what you currently have in place. What programs and services do you currently offer, and how do they relate to the 5 Domains of Self-Reg? Use this stage to identify any gaps you may have in what you currently offer.

D

### Stage 3: Design

You now know where you are, and where you would like to be, thus, Stage 3 is about planning how you are going to achieve your goal. Ensure that you keep in mind the scope of your next steps, budget and resources, timeline and quality criteria.

A

### Stage 4: Activate

This is the implementation phase based on your Design from Stage 3, bringing to life your Self-Reg goals. Ensure that you document this process, gathering information and data to inform your next steps in furthering your Self-Reg Journey.

R

### Stage 5: Respond

Deconstruct and appraise any information gathered from your Activate stage. What worked? What didn't work? What can still be improved? Use this information to inform your next steps, and begin your RADAR process again.

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## Stage 1: Reflect

R

Let's take this section to reflect on what you would like to achieve and why this matters. Start by mapping out your big picture or strategic goal, identifying where Self-Reg fits in; is it integrated into your goal or is it your goal?

Of course, we would all love to aim for a haven right now, but this may not be a realistic goal at the moment, and there is nothing wrong with that. Start small, keeping in mind what is achievable now and what may have to be part of your second, third, or fourth pass through the RADAR tool. Remember, this is an iterative process.

Start Date of RADAR:				
What is your strategic goal?				
If not directly stated in your strategic goal, where does Self-Reg fit in?				
Make a list of all the things you would like to see given your ideal environment based on your strategic goal.				
Based on what you have written above, which Self-Reg Journey fits your strategic goal best? Circle the Self-Reg Journey you believe fits best. <i>Remember, you will see more success if you start small and manageable and work your way up through the journeys.</i>				
<table border="0"><tr><td><p>The Self-Reg SEEDS</p><p><i>Self-Reg is an area of interest for your organization.</i></p></td><td><p>The Self-Reg SUNRISE</p><p><i>Self-Reg is developing in some area(s) of your organization's work.</i></p></td><td><p>The Self-Reg QUILT</p><p><i>Self-Reg is infused in many areas of your organization's work that you are linking together.</i></p></td><td><p>The Self-Reg HAVEN</p><p><i>Self-Reg is part of your foundational framework, through which all else is framed.</i></p></td></tr></table>	<p>The Self-Reg SEEDS</p>  <p><i>Self-Reg is an area of interest for your organization.</i></p>	<p>The Self-Reg SUNRISE</p>  <p><i>Self-Reg is developing in some area(s) of your organization's work.</i></p>	<p>The Self-Reg QUILT</p>  <p><i>Self-Reg is infused in many areas of your organization's work that you are linking together.</i></p>	<p>The Self-Reg HAVEN</p>  <p><i>Self-Reg is part of your foundational framework, through which all else is framed.</i></p>
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**Tip:** The boxes below may be a bit small, use chart paper or a chalkboard to get all of your thoughts down.

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## Stage 2: Analyze

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*(Version 1)*

To know where you are going, you must know where you are coming from. The Analyze stage will help you capture information about Self-Reg in your current environment, relationships, learning and services/supports that are available to the population you serve and the adults working within your organization.

The key to this stage is not to focus on filling in every box of the table below, but rather to identify where there are gaps in the table, these are areas that you can focus on improving. Remember to focus on your bigger picture and not get too caught up on the 5 Domains.

RADAR Matrix	Environments	Relationships	Teaching and Learning	Services and Supports
Biological Domain				
Emotion Domain				
Cognitive Domain				
Social Domain				
Prosocial Domain				

**Tip:** Copy this table out onto chart paper or a blackboard to fill in and stimulate discussion in all 4 areas and 5 Domains.

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## Stage 3: Design

**D**

Now compare where you are currently at (Stage 2) with where you would like to be and your strategic, big picture goal (Stage 1). The Design stage is where you will begin to develop a plan to move from the current towards the ideal, addressing any gaps identified at Stage 2.

The commitment to Self-Reg is long term, but the planning should be in bite-sized chunks, with ongoing reflect and develop “checkpoints” along the way. Keep in mind the scope of the next step plan, budget and resources, your timeline and criteria to assess quality.

### 1) Scope of the Next Step Plan

Using chart paper or a blackboard, map out a series of tasks that can help you move towards achieving your strategic goal. Keep the tasks small and manageable, working towards key next steps, which can act as “checkpoints” or milestones along the way.

### 2) Budget and Resources

When designing your plan, ensure that you know what your available budget and resources to invest are. Ensure that you work within these.

### 3) Timeline

For the tasks that have been laid out, set achievable and accommodating time scales in which they should be completed. Also establish task dependencies (i.e. task b cannot be started before task a is completed) during this Design phase.

### 4) Quality Criteria

Identify measures that can be used at different stages or throughout your journey to ensure that what you are putting in place adequately and appropriately addresses the gaps you are attempting to fill. These quality criteria should also ensure that you are indeed working towards your strategic goal with little to no scope creep.

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## Stage 4: Activate

At this stage, the plan that was Designed in Step 3 is Activated. Here, the researcher in every practitioner comes to life; observing, actively listening, documenting what is perceived and experienced with the activation of the plan, and discussing emerging themes with your RADAR team.

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This is a non-judgment phase, focused on testing your plan and observing what happens. The emphasis is on gathering information and documenting, in order to inform your next steps in continuing your Self-Reg Journey and moving towards a Self-Reg Haven.

Various tools for data collection can be used in this phase, depending on the Design and context. A good starting place for Self-Reg development is to observe and document using personal and professional reflection journals.

### Example Way of Documenting (modify this to suit your team's needs)

Task Name:

Date(s) implemented:

Describe how this task was implemented or achieved:

Do you feel this task was a success? Yes – Maybe – No

Explain your reasoning for the above answer:

What went well?

What can be improved for next time?

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## Stage 5: Respond

Deconstruct and appraise the information gathered in Stage 4 (Activate). Respond by returning to the Design stage of the RADAR model as appropriate.

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Once you feel you have successfully achieved your current Self-Reg Journey, consider beginning the RADAR approach again to take the next step towards becoming a Self-Reg Haven.