

■ CRISIS DE-ESCALATION

30-Second Protocol for Student Dysregulation

■ 30-SECOND PROTOCOL

1. **SAFETY FIRST** — Protect student and others
2. **REDUCE AUDIENCE** — Move other students away
3. **STAY CALM** — Your calm helps their calm
4. **LESS TALKING** — They can't process words now
5. **WAIT** — Let nervous system settle
6. **TOOLS WHEN READY** — Offer Claw Reset when eyes connect

✓ DO

- Simple words: "Squeeze claws. Let go."
- Model breathing yourself
- Offer Calm Corner
- Remove audience
- Maintain safe distance
- Wait for eye contact
- Stay calm and quiet
- Validate after: "That was hard"

✗ DON'T

- Argue or reason (can't process)
- Touch without permission
- Take it personally
- Punish the emotion
- Force immediate apology
- Rehash repeatedly
- Give long lectures
- Crowd the student

■ AFTER RECOVERY (20+ min later)

- "You're back to Manny. Great job getting through that."
- "That was a really big Crabby feeling. Those are hard."
- "Do you want to talk about what triggered Crabby?"
- "Who do we need to check in with?" → Repair relationships
- Return to normal routine — don't dwell