

■ + ■ DUAL-ZONE RESPONSE

When a student is ANGRY and SCARED at the same time

■ WHAT IS DUAL-ZONE?

The nervous system experiencing BOTH fight (Crabby) AND flight (Shelly) at once. Common in students with trauma, anxiety, or complex regulation challenges.

Looks like: Angry crying • "I hate you!" then "Don't leave me" • Hitting while looking terrified • Rage + withdrawal

Key insight: Student feels RAGEFUL and TERRIFIED simultaneously

✓ RESPONSE PROTOCOL

- 1. Safety first** Ensure no one gets hurt (if aggression present)
- 2. Validate BOTH** "You feel angry AND scared right now. That's really hard."
- 3. Offer choice** "Do you want to squeeze like Crabby or breathe like Shelly first?"
- 4. Stay present** Dual-zone students need EXTRA adult support — don't leave
- 5. Wait longer** Takes more time to regulate than single-zone
- 6. Process later** "Let's talk when your body feels calmer"

■ TEACHING LANGUAGE (for calm times)

"Sometimes we feel like TWO sea friends at the same time."

"Your body might feel Crabby—hot, tight, angry—AND Shelly—scared, wanting to hide."

"Both feelings are happening together. That's called 'mixed feelings.'"

"When you feel both, ask: Which feeling is BIGGER right now?"

"Which sea friend needs help first?"

■ QUICK DECISION GUIDE

If CRABBY is bigger → Claw Reset first (release anger safely) If EQUAL → Ask adult for help deciding

If SHELLY is bigger → Spiral Breath first (create safety) If UNSURE → Default to Claw Reset