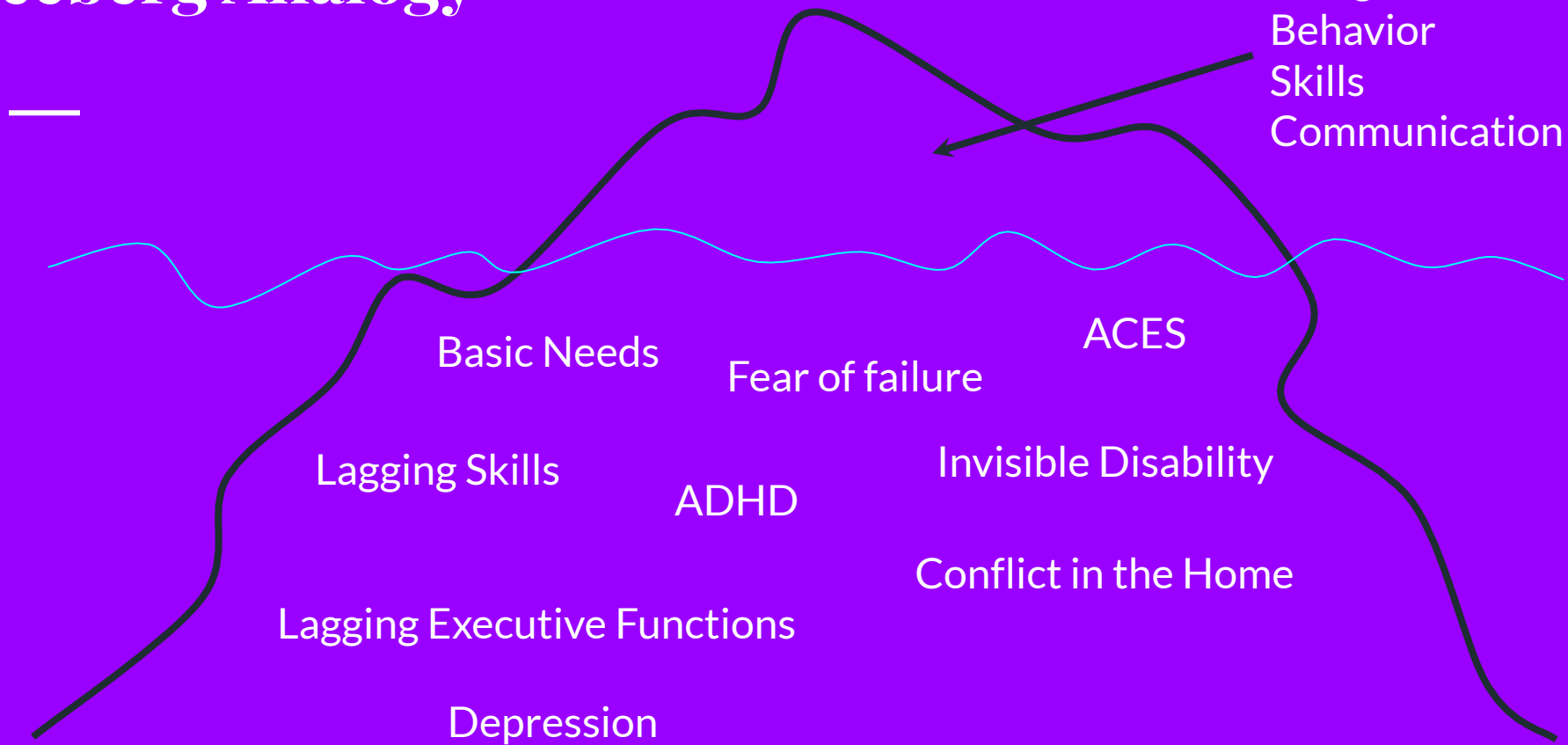


De-escalation Strategies

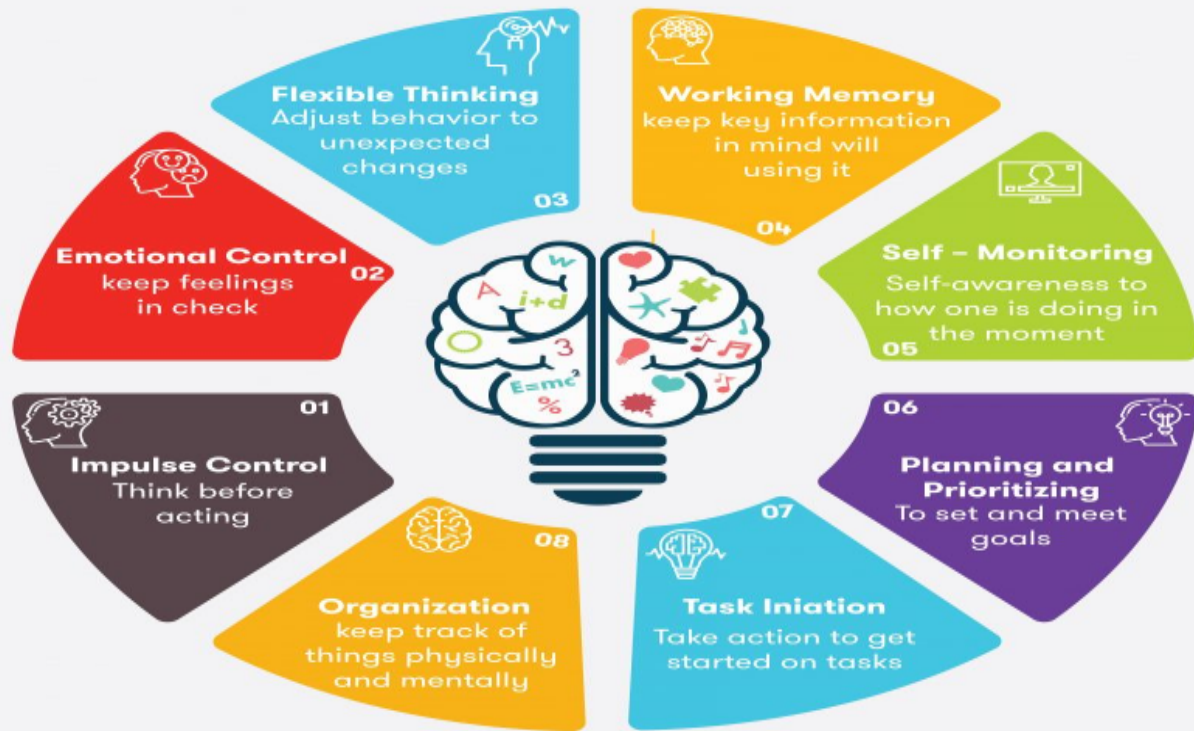
November 14, 2025



Iceberg Analogy



EXECUTIVE FUNCTIONING

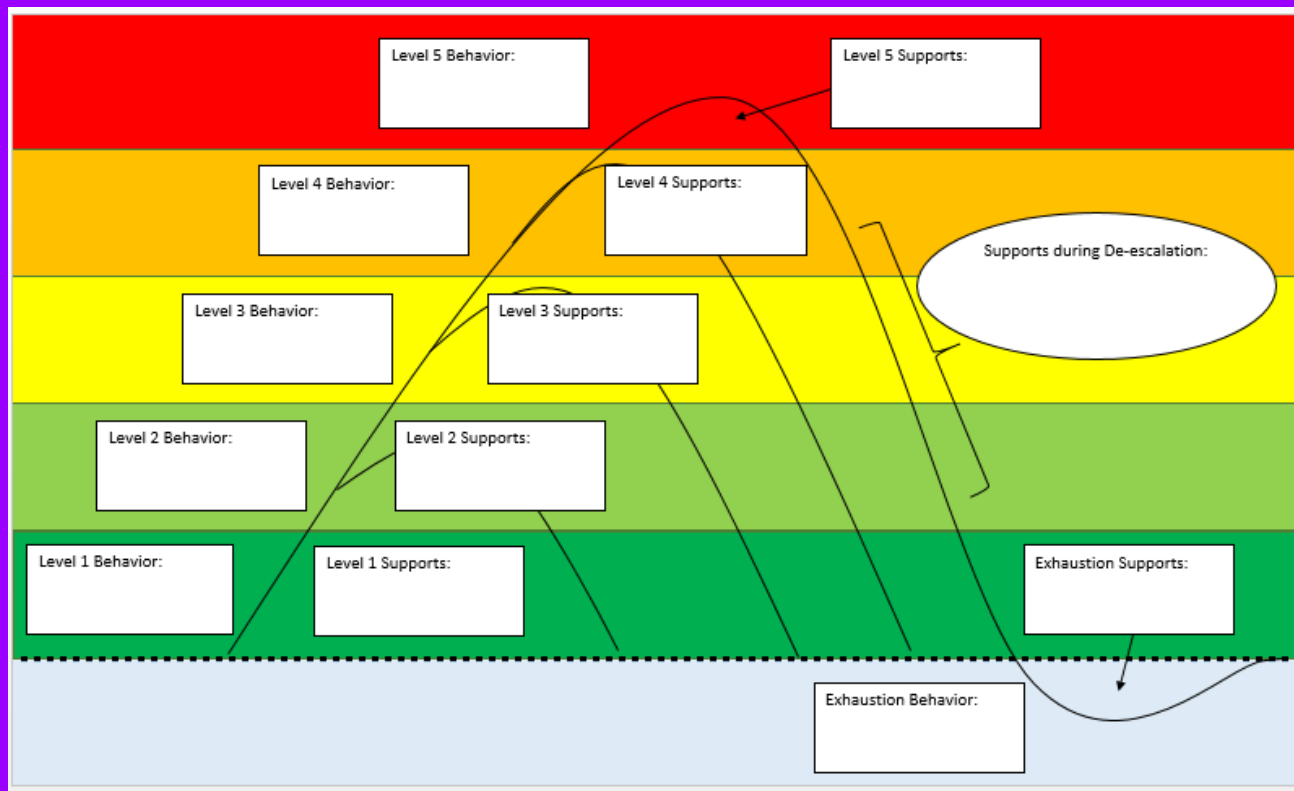


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Zones of Regulation

| BLUE | GREEN | YELLOW | RED |
|---|---|---|---|
|  |  |  |  |
| Sick Sad Tired Bored Moving Slowly | Happy Calm Good to Go Focused Ready to Learn | Frustrated Worried Silly/Wiggly Anxious Excited | Mad/Angry Mean Yelling/Hitting Out of Control I Need Time and Space |

Crisis Cycle



Common Functions/Causes of Escalation

-
- Fear
 - Perception of a threat
 - Perception that environmental demands are beyond the students ability
 - Anxiety
 - Not understanding expectations, or a perception that a task demand cannot be met
 - Manipulation/Coercion
 - Attempt to gain control in order to meet a need
 - This is typically done without considering consequences of the behavior

Meeting a Student's Needs

FEAR



ASSURANCE

ANXIETY



DIRECTION/CLARITY

MANIPULATION



SEPARATION

COERCION



ACCOUNTABILITY