NTDC HANDOUT: PREDICTABLE ESCALATING AND DE-ESCALATING BEHAVIORS CHART

Adaptive Response	REFLECT	FLOCK	FREEZE	FLIGHT	FIGHT
Predictable *De-escalating* Behavior (behaviors of the teacher when the child or classroom is in various states of arousal)	• Calm sounds • Personal space • Predictable touch • Predictable routine	• Quiet voices • Eye contact • Confidence • Rhythmic movement • Clear directions • Somatosensory activities	• Comforting and predictable voice; invited therapeutic touch • Singing, humming, music • Reflective listening • Reassurance	• Calm, quiet, presence • Disengage • Turn off lights, white noise • Reduce sensory input	• Calm affect • Disengage but don't disappear • Adult support • Individual attention
Predictable *Escalating* Behavior (behaviors of the teacher when the child or classroom is in various states of arousal)	• Loud Noises • Close uninvited proximity • Unpredictable touch • Changes in daily routine or schedule	• Frustration or anxiety • Communication from a distance (like yelling) • Complex directions • Ultimatums	• Raised voices • Raising hands/point finger, sudden movement • Threatening tone • Chaos in classroom, disorganization of materials	• Frustration of teacher • Yelling, chaos • Collective dysregulation of peers	• Physical restraint, grabbing, shaking • Screaming • Intimidating stance
"Mediating" Brain Region	NEOCORTEX Cortex	CORTEX Limbic	LIMBIC Midbrain	MIDBRAIN Brainstem	BRAINSTEM Autonomic
Cognition	ABSTRACT	CONCRETE	EMOTIONAL	REACTIVE	REFLEXIVE
CLASSROOM "STATE"	CALM	ALERT	ALARM	FEAR	TERROR
CLASSROOM CHARACTERISTICS	Reflection and consolidation of new information is actively taking place; or while testing, efficient retrieval of content is possible.	Active teaching can take place; students are internalizing new content and, 'mind wandering' to efficiently store new content.	Learning new content is difficult; students are either disengaging or acting out. Increases in individual self-regulatory behavior seen.	Learning is impossible. Engaging students difficult. Many demonstrate 'freeze' responses that appear oppositional/defiant. Increased acting out.	Aggression, reckless behavior, openly defying rules and authority. Full 'fight/flight" or "shut down."

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