Upon recognition of a nose low unusual attitude, reduce power to flight idle, roll toward wings level if in a bank, and maintain nose low pitch attitude while leveling wings.

Once wings are level in nose low attitude, commence a wings level pull up to a level flight attitude.

Caution
Do not 'G' load aircraft until wings are level to prevent an accelerated stall.

While clearing the area, coordinate with air traffic control the clear traffic both above and below your altitude.

Instructor note
The instructor should initiate the unusual attitude and use positive control to transfer control to the student for recovery.