



Casey's Corner

Newsletter

November 2025



Welcome Cardinals!

At Cooke School, Casey the Cardinal leads the way as we soar toward kindness, respect, and responsibility through our PBIS approach. Each month, we'll spotlight a core social-emotional or behavioral skill that helps our students shine. This month, we're focusing on the skill of Quiet Mouth – learning when it's time to use a whisper, listen, or keep talking for later. We believe this helps our Cardinals feel successful, calm, and ready to learn.

Teaching the Skill of "Quiet Mouth"

When teaching "Quiet Mouth," we clearly define it as "voices off" or "whisper only" and model it consistently. We utilize visuals, role play, and hand signals to demonstrate quietness. During transitions and group activities, we practice voice shifts and praise good efforts, gradually reducing prompts to help students internalize the expectation.

Why "Quiet Mouth" Matters

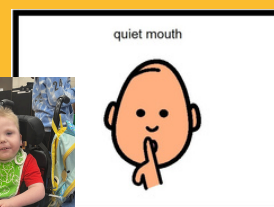
Quiet Mouth is more than just lowering noise – it supports focus, safety, and respect. When our classroom is calm, students can better hear instruction, process information, and engage meaningfully. It also helps peers who need less auditory stimulation to feel comfortable. Finally, practicing quiet voices builds self-regulation: students learn to monitor their own volume and adjust based on context. In a PBIS framework, quiet voices are part of the positive behavior routines that help us maintain a predictable, supportive environment.

How to Practice Quiet Mouth at Home & at School

- Use a voice levels chart (0 = silent, 1 = whisper, 2 = normal talking) and ask the student: "Which level should we use now?"
- During routines (meals, car rides, waiting), cue "quiet mouth" and reinforce when the student hears and follows.
- Play "Quiet Mouth Detectives" – an adult or child listens around and gives a silent thumbs-up or verbal praise when it's quiet.
- Use consistent nonverbal cues (e.g. finger to lips, raising hand quietly) to remind without interrupting.

Ways to Teach Quiet Mouth (Examples & Strategies)

- Role-play with puppets or stuffed animals showing "too loud" vs. "quiet mouth" voice.
- Use a countdown: "In 3-2-1, we all switch to whisper/voice level 1."
- Create a "quiet voice" sound bank: record or play samples of acceptable whisper or quiet voice.
- Use visual supports: charts, posters, or icons (e.g. mouth with a zipper, volume bars) to remind.
- Offer guided practice opportunities in real settings (transition lines, library, small group) with feedback.



Casey's Corner Links



<https://youtu.be/UcgJPpvCc5c?si=k4lAvaxN3lPt0GkA>

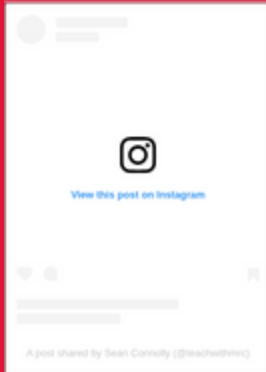


https://youtu.be/wuP6nLhuVfA?si=F7X_HTyEZIDDC2xh

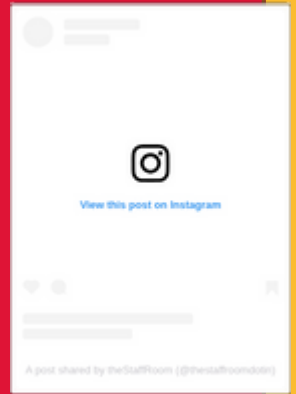


https://youtu.be/tl0y_UhKWQM?si=ZmfNpoFL6prS5dd5

Casey's Corner Links



https://www.instagram.com/reel/DPR9_wWjI9C/?utm_source=chatgpt.com



https://www.instagram.com/reel/DMvAAotpNU9/?utm_source=chatgpt.com



MrsDsDiary TPT (@mrsdsdiary) • Instagram...

18 likes, 0 comments - mrsdsdiary on October 8, 2025: "Let your students feel their voice levels!..."

instagram.com

https://www.instagram.com/reel/DPjZputkmTd/?utm_source=chatgpt.com



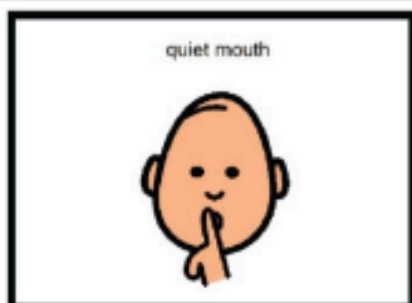
https://www.instagram.com/reel/DO1XE6LCWzr/?utm_source=chatgpt.com



https://www.instagram.com/reel/DPZoAkXj_RJ/?utm_source=chatgpt.com



RESPECTFUL



PBIS Concept:

Quiet Mouth

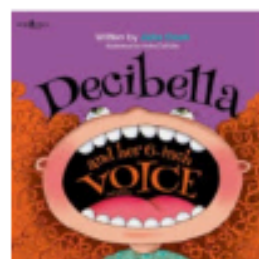
Behavior Expectation Activity

Objectives:

- Identify times when having a quiet mouth is respectful
- Learn and demonstrate ways to have a quiet mouth
- Model and practice respectful skills across all settings

Music and Movement: Song: Quiet Please

Story Read Aloud: Decibella and her 6 inch voice



3 Ways To Practice:

- Emotion Relay Activity
- Practice using non-verbal communication and gestures
- Voices are not for yelling Read Aloud
- Learning Station Youtube Channel

4 ways to acknowledge quiet mouth:

- I love how (name) is listening quietly
- Let's use our quiet voice so everyone can hear the story
- Great job having a quiet mouth while your friend shared
- Let's use our indoor voices so everyone can focus on the lesson