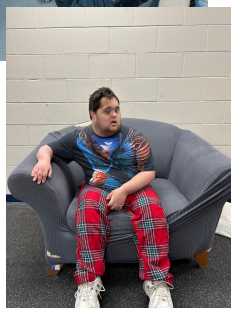
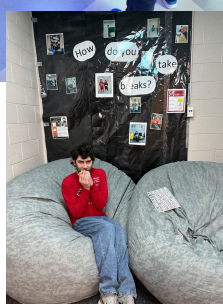
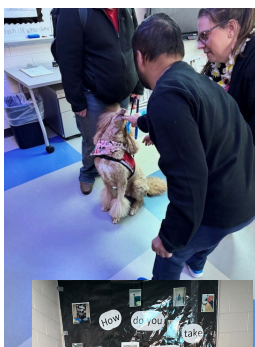


CASEY'S CORNER

NEWSLETTER

ISSUE 2 |10/01/2025



SAFE HANDS, SAFE FEET, AND BODY IN CONTROL

AT COOKE, WE KNOW THAT LEARNING HAPPENS BEST WHEN EVERYONE FEELS SAFE AND RESPECTED. THAT'S WHY ONE OF OUR KEY PBIS EXPECTATIONS IS TO KEEP SAFE HANDS, SAFE FEET, AND OUR BODIES IN CONTROL. THIS MEANS USING OUR HANDS AND FEET ONLY FOR KIND, HELPFUL ACTIONS, AND MAKING SURE OUR BODIES ARE CALM AND READY FOR LEARNING. JUST LIKE CASEY THE CARDINAL SOARS WITH PURPOSE, WE REMIND OUR STUDENTS THAT SAFE CHOICES HELP EVERYONE LEARN, PLAY, AND GROW TOGETHER.

WHAT

TEACHING STUDENTS HOW TO HAVE SAFE HANDS, SAFE FEET, AND CONTROLLED BODIES TAKES PRACTICE AND CLEAR EXPECTATIONS. WE MODEL THE SKILL, PRACTICE IT DURING ROUTINES, AND GIVE STUDENTS POSITIVE FEEDBACK WHEN THEY DEMONSTRATE IT. BY PRACTICING CONSISTENTLY, STUDENTS LEARN WHAT SAFE CHOICES LOOK LIKE IN CLASSROOMS, HALLWAYS, ON THE PLAYGROUND, AND AT HOME.

WHY

WHEN STUDENTS USE SAFE HANDS, SAFE FEET, AND KEEP THEIR BODIES IN CONTROL, THEY CREATE A POSITIVE ENVIRONMENT WHERE EVERYONE FEELS SECURE AND RESPECTED. THIS NOT ONLY PREVENTS ACCIDENTS AND CONFLICTS BUT ALSO BUILDS TRUST AMONG PEERS AND STAFF. SAFE CHOICES SET THE STAGE FOR BETTER FOCUS, STRONGER FRIENDSHIPS, AND A SCHOOL COMMUNITY THAT SUPPORTS ONE ANOTHER—JUST LIKE CASEY THE CARDINAL WOULD WANT!

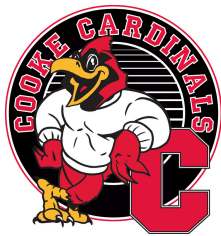
HOW

- USE KIND HANDS FOR HELPING, WAVING, OR GIVING A HIGH FIVE.
- WALK CALMLY IN HALLWAYS AND AT HOME INSTEAD OF RUNNING OR PUSHING.
- PRACTICE SITTING OR STANDING WITH YOUR BODY CALM AND READY TO LISTEN.
- TAKE A BREAK WHEN FEELING WIGGLY OR UPSET TO REGAIN CONTROL.

Examples of Teaching Safe Hands, Feet, and Body Control:

- Model the behavior—show what safe hands and feet look like.
- Role-play different scenarios (hallway, playground, classroom, home).
- Use reminders like “hands to self” or “walking feet.”

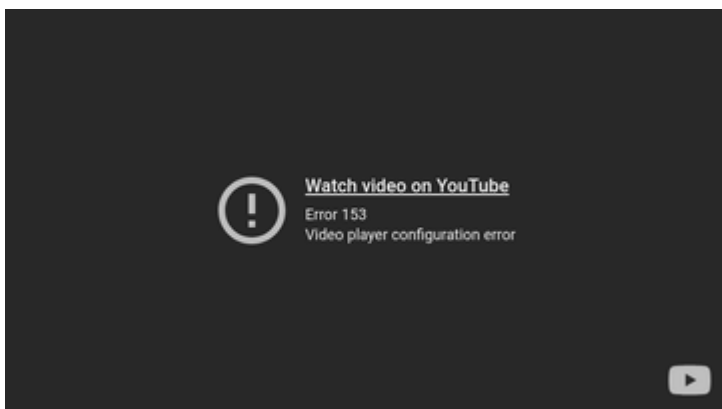
Praise and acknowledge students when they make safe choices.



CASEY'S CORNER

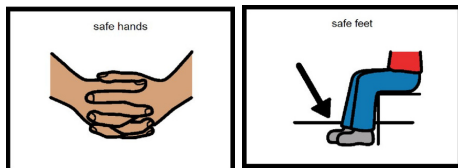
HELPFUL LINKS

ISSUE 2 |10/01/2025





SAFE



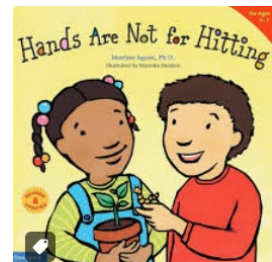
PBIS Concept: Safe Hands and Feet Behavior Expectation Activity

Objectives:

- Model how to self regulate and manage emotions
- Learn alternative ways to communicate strong feelings
- Practice calming strategies

Music and Movement: [Jabber Knights Song](#)

Story Read Aloud: [Hands Are Not For Hitting](#)
[Feet Are Not For Kicking](#)



3 Ways To Practice:

- Social Emotional Learning [SEL: Using Gentle Hands](#)
- Safe Hands craft [Download the art craft](#)
- Being Angry and Safe Lesson [Social Skills Video](#)

4 ways to acknowledge safe hands and feet

- Great job using your communication/words instead of hitting
- I appreciate you using safe hands with your friends
- Let's find another way to solve this problem
- Give an alternative to no hitting (i.e I like that you asked for space)



Cooke School

Be Safe

At school I can

Keep my body in control



Have Safe feet



Have Safe hands



I can communicate, I can learn, and I can work