



News & Updates



February 2026: Being Kind and Expressing Feelings Safely

Teacher's Corner

As Valentine's Day approaches and state testing season begins, we want to take a moment to thank you for the care, patience, and dedication you bring to your students each day. The work you do—building confidence, encouraging growth, and creating safe spaces to learn—truly matters, far beyond any test.

As you support your students, remember to take care of yourselves too. Your well-being is important, and your impact is felt every day. Thank you for all that you do.

Safety Tips for Students

- **Use kind words, even when you're upset.** It's okay to have big feelings—choose words that don't hurt others.
- **Respect personal space and boundaries.** Hugs, notes, or jokes are only okay if the other person is comfortable with them.
- **Be thoughtful online and in messages.** If you wouldn't say it face-to-face, don't post or text it.
- **Handle rejection respectfully.** If someone doesn't feel the same way, stay calm and kind. Everyone has the right to their feelings.
- **Talk to a safe adult when emotions feel overwhelming.** Sharing your feelings can help you stay safe and make better choices.



Remember!
If a student discloses, **STOP** and **contact DCS** immediately at 800-800-5556



TEACHER GIVE AWAY!



We're giving away another prize this February! To enter, email your answer to the question below to mfloyd@hollyshouse.org. Include your name, grade, and school.

Entries due Monday, February 16.

Question:

Which part of our newsletter do your students love most—Safety Tips, the Lawson story, or the Safety Activity?



"Say It With Kindness"

Instructions

Tell students:

"I'm going to say a situation.
You tell me one kind or appropriate way to respond."

**Encourage responses that use:
'I' statements ("I feel...")**

Calm words

Respectful tone

Scenarios

"A friend doesn't want a Valentine from you."

"Someone says something that hurts your feelings."

"You feel left out during an activity."

"You're excited about something, but others are still working."

"A classmate makes a mistake."

