



## The awesome sense of awe

As we turn the page on our calendars to 2025, many of us feel a comforting rhythm in our routines. Routines bring stability, efficiency, and a sense of control. Starting your morning with the same cup of coffee or ending your day with a favorite book, routines help life feel manageable, especially in challenging times. As comforting as routines are, too much of them can cause us stagnation, feeling stuck. Our brains, when operating in predictable patterns, become less engaged, less curious, and less flexible. In 2025, let's reflect on this: when was the last time you tried something new—just for you?

Trying new things isn't just about novelty; it's about growth, flexibility, and reconnecting with the excitement of living. It's about giving yourself permission to embrace the wonder that still exists in the world. Think of the moments when children discover something for the first time—the awe they feel seeing a butterfly or the delight of their first taste of ice cream. That sense of amazement doesn't have to be reserved for childhood. As adults, we can recapture it, but it requires us to step out of our comfort zones and intentionally seek out new experiences.

Why is this important? Because trying something new can revitalize your mind. New experiences wake up the brain, releasing dopamine—the “feel-good” chemical—and fostering a sense of accomplishment. Doing something unfamiliar strengthens problem-solving skills and helps you adapt to life's inevitable changes. New experiences provide fresh insights, encouraging you to see the world—and yourself—differently. A change, even a small one, can break monotony and improve your mental well-being.

This could be as simple as taking a different route to work, trying a new hobby, exploring a new restaurant, or learning a skill you've been curious about. The size of the change doesn't matter; the act of stepping into something unfamiliar is what counts.

As caregivers, it's easy to focus entirely on the needs of your children, but your well-being is foundational to theirs. By taking care of yourself and keeping your own life dynamic and fulfilling, you set a powerful example for your child. You show them that growth never stops and that flexibility and curiosity are lifelong strengths.

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## In this Issue:

- SENSE OF AWE
- MLK DAY
- WINTER BREAK — FEW DAYS LEFT
- NEW YEAR, NEW INSURANCE
- FAMILY LETTERS TO STAFF

## Calendar

1/1: Closed. Happy New Year

1/20: Closed. Martin Luther King Jr. Day

## Daily Affirmation



## Did you know?



### What in the world is “Auld Lang Syne”?

• The musical staple of today's New Year's Eve celebrations is said to have originated as a folk song in Scotland several centuries ago.

• “Auld Land Syne” was originally sung in Scots, a Germanic language. It was never written down, but passed on from generation to generation through singing.

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So, as we step into 2025, we encourage you to challenge yourself. Try something new, no matter how small. Let this new year be a time not just of resolutions but of reinvention and rediscovery. Because when you thrive, so does your family.

Here's to a year of possibility, growth, and a little more wonder in every day. Email us at [BUDDY@BEHAVIOREXCHANGE.COM](mailto:BUDDY@BEHAVIOREXCHANGE.COM) – we'd love to hear how you will challenge yourself into experiencing something new everyday.



## Closures this month

We will be closed on Monday, January 20 — All hives. For Martin Luther King, Jr Day Observance.

## Winter break

The holidays are here y'all! At The Behavior Exchange, we specialize in maintaining schedule stability during these festive times. Contact us today, share your holiday plans, and let's work together to ensure a smooth and joyful season for everyone. Upcoming holidays and school closures:

**Plano ISD:** December 23 - Jan. 6, 2025 Winter break.

**Frisco ISD:** December 23 - Jan. 6, 2025 Winter break

**Prosper ISD:** December 23 - Jan. 6, 2025 Winter break

**Boulder Valley SD:** December 23 - Jan. 6, 2025 Winter break.

## New Year insurance and deductibles reset

As we welcome the new year, we want to remind you that for those with calendar year insurance policies, your deductibles and out-of-pocket maximums will reset. We encourage families to connect with their benefits advisor to discuss updates to their coverage—any changes could impact your patient responsibility in the year ahead. We're here to help. Questions? Contact our team at [intake@behaviorexchange.com](mailto:intake@behaviorexchange.com).

## Heartfelt messages — Thank you!!!

A million thanks to all you wonderful families who wrote messages back to us and our amazing, dedicated staff. Your words, your messages are what fuels us and drives us. Our entire staff is so thankful and grateful for your beautiful and touching words. Here's to 2025—may it be our best year yet!



- In 1788, Scotland's national poet Robert Burns changed all that. He transcribed the song, added his own touches, and made it a poem that would become a literary masterpiece.

- The words "Auld Lang Syne" mean "old long since" or "days gone by." In the poem, Robert Burns wrote "For auld lang syne," which translates to "For the sake of old times."

- The opening line of the song, "Should auld acquaintance be forgot, and never brought to mind?", poses a rhetorical question, inviting us to reflect on the value of remembering and honoring past connections.

- Another line, "We'll take a cup o' kindness yet, for auld lang syne.", highlights the act of sharing goodwill and kindness as a way to honor memories and friendships.

- The song's universal themes of unity, nostalgia, and passage of time made it perfect for New Year's Eve celebrations.

- Not surprisingly, the Scottish were the first to include the song in its New Year's Eve celebrations known as Hogmanay in the 19th century.

- The song is traditionally sung at the stroke of midnight as people join hands in a circle, symbolizing unity and renewal.

- You can also hear "Auld Lang Syne" being performed at funerals, graduations, and other moments of transition,

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## THE BUZZ AROUND DFW:



### Dinosaurs Quiet

Walk among the dinosaurs at this annual tradition from the Heard Museum in McKinney. As you follow the trail, you'll be greeted by 11 life-sized animatronic dinosaurs along the way. While they usually move and roar, the Heard's sensory friendly experience eliminates the motion and the sound effects for a calmer environment for kiddos with autism to enjoy. January 11, 2025 and every other second Saturday in each month. [LEARN MORE](#)

### Dog Man: The Musical

Laugh with and love this hilarious musical production of Dog Man from the creator of Captain Underpants and Cat Kid Comic Club. Dog Man is a crime-biting sensation who is part dog, part man, and all hero. Tag along as he sets out to save the city from a cyborg fish and his army of Beastly Buildings, all while trying to catch the world's most evil cat! January 22 at the Eisemann Center in Richardson. [LEARN MORE](#)

### Family Festival at the Kimbell

Kickoff the new year at the renowned art museum in Fort Worth for a family festival to remember on Sunday, January 12 from noon to 5pm. Festivities include art making, face painters, performances, interactive story times, and free admission to the special exhibition Dutch Art in a Global Age: Masterpieces from the Museum of Fine Arts, Boston. Fun for all ages. [LEARN MORE](#)

### Brick Fest Live

Join other Lego fans at Brick Fest Live, a can't-miss experience for young brick-builders at the Kay Bailey Hutchison Convention Center in Dallas on January 18 & 19. Your family will enjoy a hands-on experience with different brick challenges throughout the event as well as explore community collaborative builds and master creations from all over the world. Visit the event website to get 30% off tickets with promo code BFL30. [LEARN MORE](#)

underscoring its versatility and emotional depth. It's even played in department stores around Southeast Asia and Japan to tell customers that the store is about to close.

### Our BCBA's recommend

#### ***Motivation and Reinforcement: Turning the Tables on Autism by Robert Schramm***

One of Lulu's best sellers of all time, the second edition of the book Educate Toward Recovery is now called Motivation and Reinforcement: Turning the Tables on Autism. This book is the ultimate guide to home-based autism intervention. It is a forward-thinking guide that translates the Verbal Behavior Approach to ABA into everyday language. With over 100 new pages of material, including new Chapters on Social Skills, Behavior Plans, Token Economies, and Advanced Instructional Control methods, this book is a must have even for those who own the 2006 version. International ABA/VB presenter Robert Schramm, explains how you can keep your child engaged in motivated learning throughout his entire day without forcing participation, blocking escape, or nagging procedures. M&R is the full realization of modern ABA/VB Autism Intervention and a great resource for parents, teachers, and therapists working with a child with autism as well as BCBA's looking for ways to improve their approach.

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## THE BUZZ AROUND BOULDER:



### Bowling at The Connection

Grab the whole family and head to The University of Colorado Boulder for fun at UCB's own bowling alley. Spend an evening knocking down some pins, playing ping pong and billiards, or enjoying video games. The bowling alley also offers a full range of concessions from pizza and hot dogs to snacks and drinks. Only \$5 a game per person with \$3 shoe rentals. Reservations are highly recommended. [LEARN MORE](#)

### Free Entrance Day to National Parks

Every year the United State Forest Service and Bureau of Land Management offer several free entrance days to our National Parks across the county. On Martin Luther King Day this year, which is Monday, January 20, your family can enjoy free entrance into any of the National Parks in beautiful Colorado – Rocky Mountain (northwest of Boulder), Great Sand Dunes, Black Canyon of the Gunnison, and Mesa Verde. [LEARN MORE](#)

### Leadville Railroad Holiday Express Train Ride

Now through January 21, your family can experience the breathtaking beauty of the Colorado Rocky Mountains like never before aboard this scenic railway journey. It offers an unparalleled opportunity to get immersed in the natural wonders that can be found throughout the heart of the Rockies. Seating on the train is fully enclosed and heated. For the really adventurous, there are open-air cars! [LEARN MORE](#)

### Sensory Friendly In-Theater Movies

AMC movie theaters partner with the Autism Society to offer unique movie showings where they turn the lights up and turn the sound down, so kids of all ages can feel free to get up, dance, walk, shout, and sing. The Sensory Friendly Film program is available to families on the second and fourth Saturday each month. Check with your nearest AMC theater for movies and times. [LEARN MORE](#)

## Fun Facts

### 2025—The Year of the Snake.

The Chinese zodiac is based on a 12-year cycle with each year represented by an animal. The Year of the Snake is associated with wisdom, elegance, transformation, and intuition, and people born in this year are said to be strategic, intelligent, and intuitive. 2025 is a Year of the Wood Snake.

### Here are some things to know about the Year of the Snake:


The Year of the Snake occurs every 12 years, and some other years of the Snake include 2013, 2001, 1989, 1977, 1965, 1953, 1941, and 1929.

The Year of the Snake is said to be a time for introspection, mystery, and intelligence. It's also a time for personal and spiritual growth, and for making plans, solving problems, and acting strategically.





# JANUARY – 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			<b>CLOSED: New Year's Day Holiday</b> <ul style="list-style-type: none"> <li>• Plano ISD No School</li> <li>• Frisco ISD No School</li> <li>• Prosper ISD No School</li> <li>• Celina ISD No School</li> <li>• Boulder Valley SD No School</li> </ul>	<b>2</b> <ul style="list-style-type: none"> <li>• Plano ISD No School</li> <li>• Frisco ISD No School</li> <li>• Prosper ISD No School</li> <li>• Celina ISD No School</li> <li>• Boulder Valley SD No School</li> </ul>	<b>3</b> <b>Dress-Up Friday</b> Backwards Day—wear your clothes backwards or inside out! <ul style="list-style-type: none"> <li>• Plano ISD No School</li> <li>• Frisco ISD No School</li> <li>• Prosper ISD No School</li> <li>• Celina ISD No School</li> <li>• Boulder Valley SD No School</li> </ul> National Chocolate Covered Cherry Day & Women Rock! Day	<b>4</b> <b>Saturday Services</b> Frisco Hive 9:00am-3:00pm, CST National Spaghetti Day
<b>5</b>	<b>6</b> <ul style="list-style-type: none"> <li>• Plano ISD No School</li> <li>• Frisco ISD No School</li> <li>• Prosper ISD No School</li> <li>• Celina ISD No School</li> <li>• Boulder Valley SD No School</li> </ul> Day of Los Reyes	<b>7</b> Orthodox Christmas Day	<b>8</b> Show And Tell At Work Day	<b>9</b> Static Electricity Day	<b>10</b> <b>Dress-Up Friday</b> Dress as your favorite pet day! Houseplant Appreciation Day	<b>11</b> <b>Saturday Services</b> Frisco Hive 9:00am-3:00pm, CST National Milk Day
<b>12</b>	<b>13</b> National Rubber Ducky Day	<b>14</b> National Dress Up Your Pet Day	<b>15</b>	<b>16</b>	<b>17</b> <b>Dress-Up Friday</b> Be Punny—dress as your favorite pun! Popeye Day	<b>18</b> <b>Saturday Services</b> Frisco Hive 9:00am-3:00pm, CST Bodhi Day
<b>19</b>	<b>CLOSED: MLK Jr. Day/ Civil Rights Day</b> <ul style="list-style-type: none"> <li>• Plano ISD No School</li> <li>• Frisco ISD No School</li> <li>• Prosper ISD No School</li> <li>• Celina ISD No School</li> <li>• Boulder Valley SD No School</li> </ul>	<b>21</b> Grandma Day	<b>22</b>	<b>23</b> National Handwriting Day	<b>24</b> <b>Dress-Up Friday</b> Zone Spirit Day—zones wear specific colors National Compliment Day & National Peanut Butter Day	<b>25</b> <b>Saturday Services</b> Frisco Hive 9:00am-3:00pm, CST
<b>26</b>	<b>27</b> International Holocaust Remembrance Day	<b>28</b> Lego Day	<b>29</b>  Chinese New Year	<b>30</b>	<b>31</b> <b>Dress-Up Friday</b> Chinese New Year- wear red, gold or yellow! Backwards Day & International Zebra Day	

All times are in Central Standard Time Zone (CST).  
Some dates and events are subject to change.



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REVIEWS



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The Behavior Exchange  
will be closed on:



**MONDAY, JANUARY 20, 2025  
FOR MLK JR. DAY  
OBSERVANCE**

**All hives: Plano, Frisco, Prosper, and Boulder.**  
Thank you for your understanding.



**THE MARTIN LUTHER KING, JR.,  
HOLIDAY IS AN OFFICIAL DAY OF  
SERVICE AND CELEBRATES THE CIVIL  
RIGHTS LEADER'S LIFE AND LEGACY.**

Visit [AmeriCorps.gov/MLKDay](https://AmeriCorps.gov/MLKDay) to find all you  
need to take action.



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