



SEE WHAT'S HAPPENING AT OUR HIVES:



High, Low, Buffalo

One of our family friends, a licensed therapist and counselor in Austin, TX, recently posted on social media about how she gets her kids to open up every day about what went on in their lives. Her creative solution is a dinner table routine. When they sit to eat, each family member shares their HIGH point of the day, their LOW point, and the BUFFALO — the weird, odd, or unusual moment that stood out.

We loved this idea so much that we put our own spin on it. Now, every time our kids hop into the car after school, we throw out these questions: High? Low? Buffalo? They get to pick which one they want to expand on. Interestingly, Buffalo often steals the show, but we don't stop there. Once they've shared their quirky moment, we dive into highs and lows.

It's a fantastic way to get them talking about their day, fostering connection. Whether you opt for High, Low, Buffalo, or invent your own game, the key is encouraging your family to share daily experiences and feelings.

How about your family? Do you have a daily ritual that brings everyone together? Any games that coax stories out of your kids or other family members? Share your tricks — we're all ears!

BUDDY@BEHAVIOREXCHANGE.COM

Summer Schedule Request Forms

Our Intake team is ready to send out Summer Schedule Forms. **Please be on the lookout for these forms going out on Monday, March 4th. And please return them by Friday, March 15th.** Summer will be here before we know it!

Spring Break, school holidays, and more!

Since we're already talking Summer Camp, it seems like we leapfrogged over Spring Break! We'd like to remind you that all of our hives remain open during Spring Break.

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IN THIS ISSUE:

- HIGH, LOW, BUFFALO
- SUMMER SCHEDULE FORMS
- SPRING BREAK AND SCHOOL HOLIDAYS
- PARENT RETREAT/TRAINING

TBE Calendar

- 3/2: Texas Independence Day
- 3/4: Summer Schedule Forms Go Out
- 3/15: Summer Schedule Forms DUE
- 3/29: Closure — Good Friday

Log on to our site and view selected events: [CLICK HERE](#)

Quote of the day

“The best way to get started is to quit talking and begin doing.”

— Walt Disney

Get to know us!

Throughout out this year, we will be highlighting an amazing staff members each month in our newsletter.

Please meet, **Kylee'** — **RBT, Plano Hive.**
Favorite Song: Anything by Mariah Carey!
Favorite Movie: Spiderman: Across the Spiderverse

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MARCH 2024 NEWSLETTER



Plano, Frisco, and Prosper all have school breaks the week of March 11-15, while our Colorado friends will have their Spring Break the week of March 25-29.

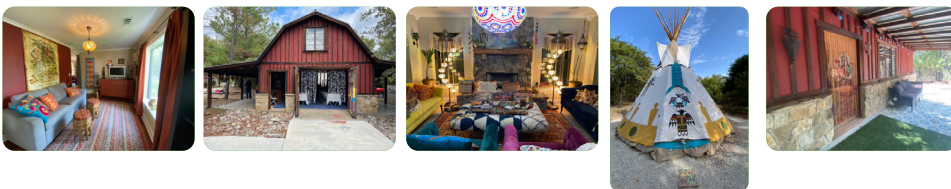
Would you like to increase you child's hours on these school holidays? The sooner we know, the better we will be able to accommodate your requests. This also applies to the many school closures we have until the summer break. Additional school closures by ISDs:

Plano ISD: 3/29, 4/22

Frisco ISD: 3/29. Weather make up days: 4/1, 4/26

Prosper ISD: 3/29, 4/1 (Weather make up day), 4/26

Boulder Valley SD: 4/19, 4/22



Parent Retreat.

Would you be interested in a Parent Retreat/Parent Training at a special location on 11 acres with intimate spaces to enjoy? Connect with nature, get in touch with yourself and each other, and leave rejuvenated with new learnings and a sense of community. We are very excited to offer this and truly hope you will join us. This kind of event is what makes TBE special.

[PLEASE COMPLETE THIS SHORT SURVEY](#) to express your interest.



Closure: Friday, March 29

Just a friendly reminder we will be closed on Friday, March 29, for Good Friday!

THE BUZZ AROUND DFW:



North Texas Irish Festival

Fair Park. It's almost time to kick up your heels and dance a jig: The North Texas Irish Festival brings Celtic culture to Dallas's Fair Park March 1-3, 2024. This family-friendly festival is a

(Continued on next page)

Fun fact about you: I'm a published photographer.

Hobbies: Photography and drawing

Why did you choose to work in ABA therapy, with children with autism—what's your superhero origin story?

I love to help others progress. Helping others feeds my soul.

One life-hack or expert tip that can benefit families of the children we

serve: Practicing the skills we work on in center while at home.

Book recommendation: "The Light Within You" by Namita Moolani

Extra! Extra! In the News

Joel McHale Shares Rare Glimpse Into Raising His Son on the Autism Spectrum.

In a candid interview during the Sunday, February 25, episode of the Getting Grilled with Curtis Stone podcast, the Community star detailed the relationship he has with his oldest son, Edward, who is on the autism spectrum.

[CLICK HERE](#) to read more

Fun facts

Texas Independence Day is the celebration of the adoption of the Texas Declaration of Independence on March 2, 1836.

With this document, signed by 59 delegates, settlers in Mexican Texas officially declared independence from Mexico and created the Republic of Texas.

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MARCH 2024 NEWSLETTER



beloved annual event celebrating the best in music, dance, food and spirits, storytelling, art and more originating in the Emerald Isle and alive and well today in North Texas. Bring your family, friends – even the family dog! – to Fair Park in Dallas to enjoy 10 stages of live music, Irish step dancing, chef demonstrations and more, indoors and outdoors. Urchin Street at the North Texas Irish Festival is a special place where kids can find child-friendly entertainment, education, play and fun, including crafts, music, dance, storytelling, magic and mystery. Storytellers — or “Shanachie” — will tell traditional Irish stories in the way that the Irish learned of their history for hundreds of years. [LEARN MORE](#)

PGA Frisco Movie Series

Back by popular demand, PGA Frisco brings back Friday night movies in the Monument Realty PGA District, the massive, 660-acre development, which is a part of the Omni PGA Frisco Resort. Each Friday, gather your friends and family and cozy up on a blanket to watch your favorite flicks on the 900-plus square-foot video wall. Each movie will start at 7pm, weather permitting. PGA District restaurants will be open to serve your favorite foods before and after each show. Movie titles will be shared in the weekly PGA Frisco emails; sign up at pgafrisco.com at the bottom of the page to learn what movie we'll be showing each week, as well as other upcoming events. As a reminder, outside food and drinks are not permitted, nor are lawn chairs. Pets are welcome but must be kept on a leash at all times. [LEARN MORE](#)

Toddler Studio

Amon Carter Museum of American Art. Meet at the information desk to join Toddler Studio, this free monthly program for children 2–3 years and an adult. Led by Museum staff, toddlers and adults will connect to art through gallery games, playtime, and sensory learning. Reservations are required, and registration opens on the first of each month. Winter/spring 2024 dates and themes: March 2: Free as a Bird. April 6: All in the Family. Learn and play at home with your toddler with these free printable activity guides and videos, created by museum educators and their creative coworkers. [LEARN MORE](#)

TEXFest: A Texas Independence Day Celebration

Historic Downtown Carrollton. Break out your best western wear and cheers to a good time at TEXFest, a free celebration of Texas Independence Day, featuring craft beer, good food, and local artists performing Texas music. The ninth annual event takes place Saturday, March 2 from 3–9pm. in Historic Downtown Carrollton. Excitement is brewing for Carrollton's 9th annual TEXFest, a Texas-sized festival featuring craft beer, good food, and local artists performing Texas music. This free event invites attendees to take a ride on a mechanical bull, capture the moment by taking a photo with a Texas Longhorn, or kick-back and relax with an afternoon of two-stepping and lawn games. [LEARN MORE](#)

International Women's Day – Movies on the Lawn: Barbie

AT&T Discovery District. Meet at the AT&T Discovery District in Downtown Dallas as you

Here are some facts about Texas:

- 1. Texas is the second largest state in America.** It's 268,596 square miles – which is nearly three times bigger than the whole of the UK! The largest state is Alaska.
- 2. The capital of Texas is Austin.** It has a population of 965,872 (as of 2020), which is actually only the 4th highest in the state.
- 3. The most populous city in Texas is Houston.** Houston has a population of 2.313 million (as of 2020), which makes it the 4th most populous city in the whole of the USA.
- 4. The Flag of Texas is called 'The Lone Star Flag'.** The Lone Star Flag was originally designed in 1839, and an Austin-based artist named Peter Krag was paid \$10 (around \$200 in today's money) to develop the flag from an original freehand drawing. Just like the flag of the USA, the red, white, and blue colors in the Lone Star flag stand for courage (red), purity and liberty (white), and loyalty (blue).
- 5. The state flower of Texas is the Bluebonnet.** Its appearance from late March through to early April signals to Texans that spring is here and that the long, hot summer is just around the corner!
- 6. The state sport of Texas is The Rodeo.** The Rodeo is a sport that tests the skill and speed of cowboys and cowgirls. American-style professional rodeos generally comprise the following events: tie-down roping, team roping, steer wrestling, saddle bronc riding, bareback bronc riding, bull riding and barrel racing. It was adopted as the Texas state sport in 1997.
- 7. The state dish of Texas is Chili Con Carne.** Chili con carne (chili with meat)

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REVIEWS



celebrate International Women’s Day with an extraordinary event dedicated to women’s empowerment. This night features an exclusive screening of the iconic movie Barbie, a story that inspires girls to dream big and break barriers. This International Women’s Day, let’s come together to celebrate the achievements of women around the world and inspire the next generation of leaders. [LEARN MORE](#)

THE BUZZ AROUND BOULDER:



Chick Clark Kids’ Fishing Program

The Chick Clark fishing program provides youth ages 15 and younger a free, outdoor activity during spring break. Hosted by Parks & Natural Resources, Kids Fishing, Inc., and Colorado Parks & Wildlife, this year’s event is on Saturday, March 16 at the Izaak Walton Nature Area, 18 S. Sunset St. Free rods and reels are provided to registered participants who complete three different stations on fish ID/biology, knot tying, and casting. The day includes free hot dogs for all and free fishing for kids. [LEARN MORE](#)

Sensory Friendly Playtime at WOW! Children’s Museum

Sensory Friendly Playtime is a special museum program for children with autism spectrum or sensory processing disorders. WOW! limits capacity, turns down sounds and lights, and provides adaptive equipment to offer a safe and fun experience for all. The museum is known as a gathering place for all Boulder County children and families, where they can learn through play and their unique attributes, characteristics and perspectives are celebrated. Sunday, March 17 from 1:00-3:00pm. Admission is only \$1 for participants. [LEARN MORE](#)

World’s Shortest St. Patrick’s Day Parade

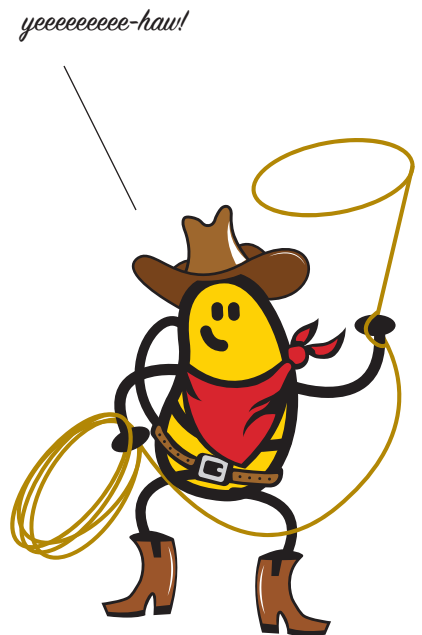
Enjoy Boulder’s unique and beloved tradition that celebrates Irish culture and community spirit. Despite its small size, the parade has become a major event in the city’s calendar and continues to attract visitors from around the world every year. The parade typically features a variety of local groups and organizations, including bagpipe bands, Irish dancers, and even a group of llamas dressed in green. The parade route is decorated with green balloons and other festive decorations, and the atmosphere is always festive and fun. Starts at noon-3:00pm on Sunday, March 17. [LEARN MORE](#)

was a trail stew that cowboys made with dried beef and dried chilies, and it was made the state dish in 1977. There’s one main rule about Texas Chili Con Carne is... NO BEANS!

8. The state insect of Texas is the Monarch Butterfly. Texas is home to more butterfly species than any other state—at least 400. The monarch butterfly was designated the state insect in 1995.

9. The state tree of Texas is the Pecan Tree. The pecan is native to Texas and produces the state’s only commercially grown nut, and it’s used in loads of things like pecan pie, sweets, and other treats.

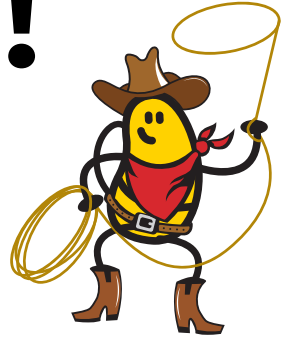
10. The state plant of Texas is the Prickly Pear Cactus. The cactus became the state plant in 1995. The juicy, red, prickly pear fruits are often made into jams and jellies, pies, and wine.



TEXAS FUN!

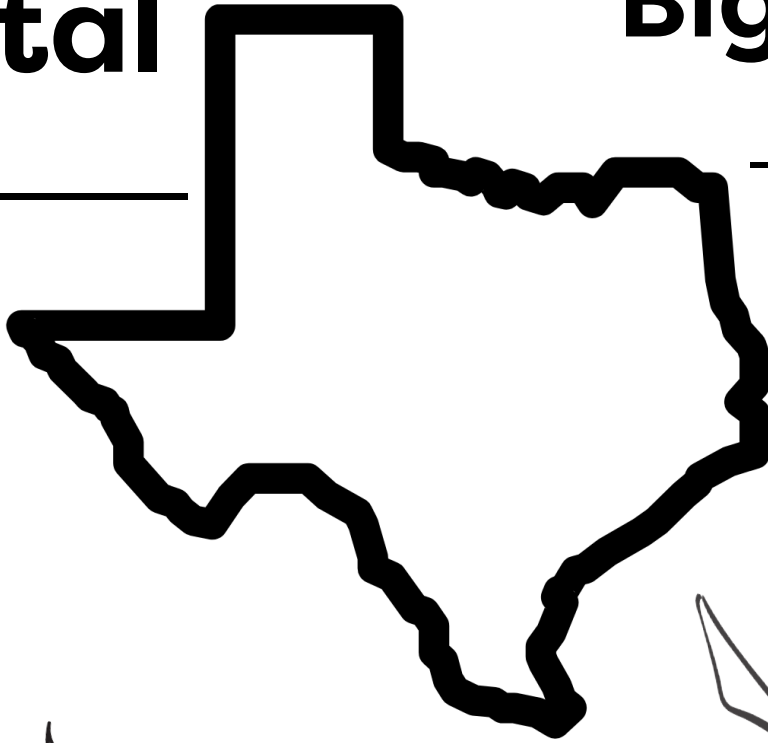
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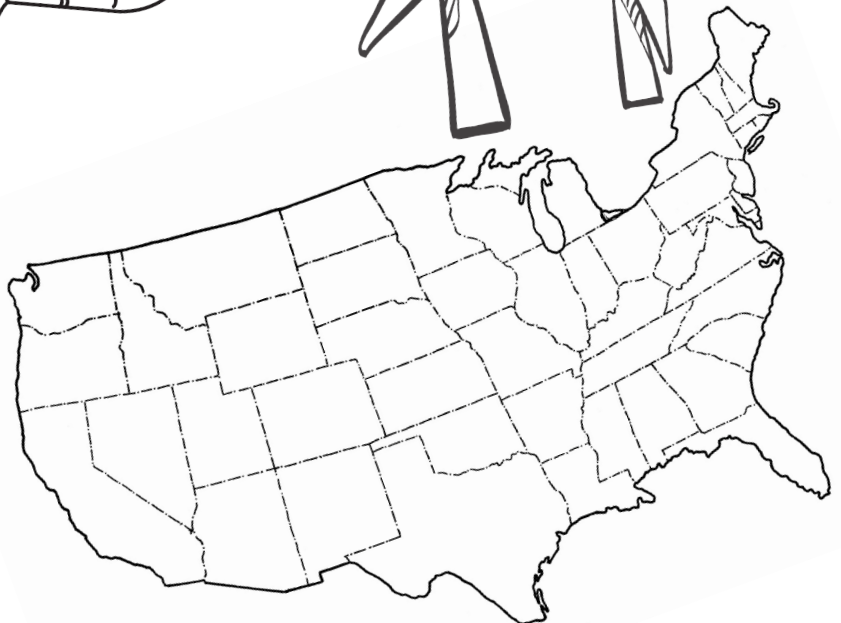
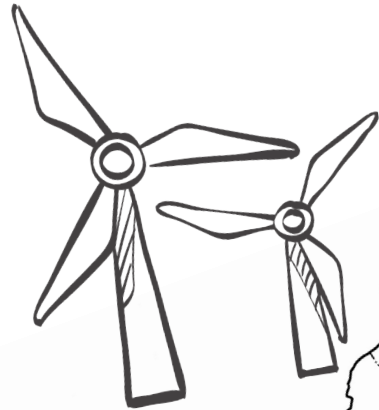
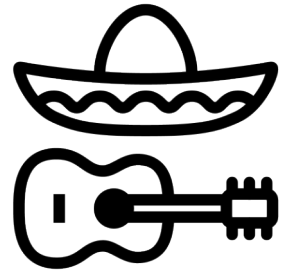
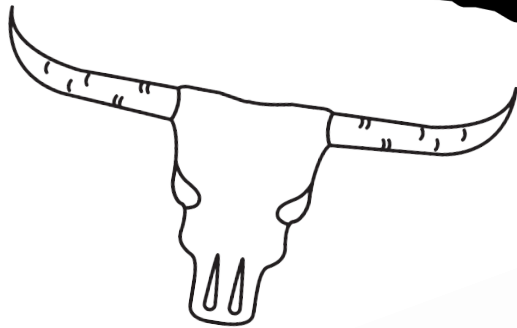
Capital

Biggest city



State Flower
bluebonnet

State Bird
mockingbird



The Behavior Exchange will be closed on:



FRIDAY, MARCH 29, 2023 FOR GOOD FRIDAY OBSERVANCE



All hives: Plano, Frisco, Prosper, and Boulder.

Saturday (March 30) Services will resume in Frisco Hive.



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Did you know?

Fun and interesting facts for the whole family!



- Your nose may not grow like Pinocchio's, but it does get warmer when you tell a lie.
- Tomatoes and avocados are actually fruits, not vegetables
- The number four is the only number to have the same amount of letters as its value.
- Every human has a unique tongue print. (Like snowflakes, no two are alike!)

<p>3</p> <p><i>National Anthem Day</i></p>	<p>4</p> <p>Summer Schedule Forms go out</p>	<p>5</p>	<p>6</p> <p><i>National Oreo Cookie Day</i></p>	<p>7</p>	<p>8</p> <p>Dress-Up Friday Spring Forward—Wear PJs to rest up!</p> <p><i>Maha Shivaratri</i></p>	<p>9</p> <p>Saturday Services Frisco Hive 9:00am-3:00pm</p> <p><i>National Barbie Day</i></p>
<p>10</p> <p><i>Daylight Saving begins</i> <i>Ramadan begins</i></p>	<p>11</p> <ul style="list-style-type: none"> • Plano ISD No School • Frisco ISD No School • Prosper ISD No School <p><i>Johnny Appleseed Day</i></p>	<p>12</p> <ul style="list-style-type: none"> • Plano ISD No School • Frisco ISD No School • Prosper ISD No School <p><i>National Girl Scout Day</i></p>	<p>13</p> <ul style="list-style-type: none"> • Plano ISD No School • Frisco ISD No School • Prosper ISD No School 	<p>14</p> <ul style="list-style-type: none"> • Plano ISD No School • Frisco ISD No School • Prosper ISD No School <p><i>Pi Day</i></p>	<p>15</p> <p>Dress-Up Friday St. Patty's Day—Wear green to be lucky!</p> <p>Summer Schedule Forms DUE</p> <ul style="list-style-type: none"> • Plano ISD No School • Frisco ISD No School • Prosper ISD No School <p><i>Shri Ramakrishna Jayanti</i></p>	<p>16</p> <p>Saturday Services Frisco Hive 9:00am-3:00pm</p>
<p>17</p> <p><i>St. Patrick's Day</i></p>	<p>18</p>	<p>19</p> <p><i>Naw-Ruz</i> <i>Spring Equinox</i></p>	<p>20</p> <p><i>Naw-Ruz</i></p>	<p>21</p> <p><i>World Down Syndrome Day</i></p>	<p>22</p> <p>Dress-Up Friday Bee Bright—Wear fun, bright colors! (Holi).</p>	<p>23</p> <p>Saturday Services Frisco Hive 9:00am-3:00pm</p> <p><i>Purim</i></p>
<p>24</p> <p><i>Palm Sunday</i> <i>Purim</i></p>	<p>25</p> <ul style="list-style-type: none"> • Boulder Valley SD No School <p><i>Holi</i></p>	<p>26</p> <ul style="list-style-type: none"> • Boulder Valley SD No School 	<p>27</p> <ul style="list-style-type: none"> • Boulder Valley SD No School <p><i>National Spanish Paella Day</i></p>	<p>28</p> <p>Dress-Up Friday Thursday March Madness—Sport your favorite basketball team!</p> <ul style="list-style-type: none"> • Boulder Valley SD No School 	<p>CLOSED: Good Friday</p> <ul style="list-style-type: none"> • Plano ISD No School • Frisco ISD No School • Prosper ISD No School • Boulder Valley SD No School <p><i>Good Friday</i></p>	<p>30</p> <p>Saturday Services Frisco Hive 9:00am-3:00pm</p>

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

Easter



- In your lifetime, you will spend 25 years sleeping. (Unless you have a lot of children...)
- You cannot smell while you sleep.
- Brown is the most common eye color.
- You will get cell phone service on the top of Mount Everest.
- You can buy a square watermelon in Japan.

