



The power of letting go.

Two traveling monks came upon a young woman of means, standing beside her sedan chair and the attendants who were carrying her. She was frustrated and impatient, as heavy rains had left deep puddles that prevented her from crossing the dirt road without spoiling her silken robes.

She scolded her attendants, who, burdened with her packages, were unable to help her. Noticing the woman, the younger monk chose to say nothing and walked on. The older monk, however, silently lifted her onto his back, carried her across the puddle, and set her down on the other side. Without so much as a thank-you, the woman brushed past him and continued on her way.

Hours later, as the monks traveled on, the younger monk couldn't contain his frustration any longer. "That woman was so rude and selfish! You carried her across the puddle, and she didn't even thank you!" The older monk smiled gently and replied, "I set that woman down hours ago. Why are you still carrying her?"

Why are we still carrying them?

This timeless fable, shared in Zen Shorts by Jon J Muth (a book we highly recommend), offers a profound yet simple lesson. It's easy to see ourselves in the younger monk. How often do we allow past experiences—especially unpleasant ones—to linger in our minds, consuming space and energy, nagging at us? These memories keep us tethered to the past, unable to fully engage with the present.

The story reminds us of the importance of letting go. Whether it's someone's rudeness, an unkind act, or even a proud achievement, dwelling on what's behind us prevents us from being fully present. Releasing these mental burdens allows us to focus on the here and now—the only place where true peace and clarity exist.

Let go of what no longer serves you. Embrace the present—it's where life truly happens. Email us at BUDDY@BEHAVIOREXCHANGE.COM – we'd love to hear how you're planning of letting go this year.

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- PREP FOR SUMMER
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- BUZZING

Calendar

2/14: Valentine's Day

Daily Affirmation



Did you know?



February is Black History Month.

Let's learn about the amazing Harriet Tubman.

Harriet Tubman (born Araminta Ross, c. March 1822 – March 10, 1913) was an African-American anti-slavery worker and humanitarian. She was also a Union spy and the first black woman to lead an American mission during the American Civil War. She was born into slavery but she escaped. During her life, she made

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Summer Schedule Request Forms

Not long ago, we had to close for snow days here in our Texas hives, and in Colorado, we even had to delay our start due to freezing temperatures. But as the song goes, “Time keeps on slippin’, slippin’, slippin’ into the future,” summer planning is just around the corner! Keep an eye out for Summer Schedule Forms from our Intake team—coming soon!

Turn Unused Hours Into Summer Gold

It’s crucial to use your authorized hours now. If you have unused hours, it signals to insurance that your child may not need the full support they’re authorized for. By using those hours, we can better advocate for additional summer hours and ensure your child gets the services they need. Options include extending weekdays, adding evening hours (5:30-6:30pm), or Social Saturdays. Don’t wait—let’s make the most of the hours you have and set up the best possible summer support for your child.

Annual Client Info Update forms

Whether you’re a longtime member of our “hives” or new to our services, keeping your information up to date is essential. Keep an eye out for our message about [ANNUAL CLIENT INFO FORMS](#). Please return these before February 7th.

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. Plano, Frisco, Prosper, and Boulder all have school breaks the week of March 17-21.

Would you like to increase your 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: 2/17, 2/18, 3/17-3/21 (Spring Break), 3/24, 4/18 (TBE Closed For Good Friday)

Frisco ISD: 2/14, 2/17, 3/17-3/21 (Spring Break), 4/18 (TBE Closed For Good Friday)

Prosper ISD: 2/14, 2/17 (weather make-up day), 3/17-3/21 (Spring Break), 4/18 (TBE Closed For Good Friday), 4/21 (weather make-up day)

Celina ISD: 2/14, 2/17, 2/18, 3/17-3/21 (Spring Break), 4/18 (TBE Closed For Good Friday), 4/21

Boulder Valley SD: 2/17, 2/18, 3/17-3/21 (Spring Break), 4/18 (TBE Closed For Good Friday), 4/21

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13 missions to rescue approximately 70 slaves, including family and friends. She used the Underground Railroad.

When Tubman was a child in Dorchester County, Maryland, she was whipped and beaten by many different masters. When she was very young, an angry overseer threw a heavy metal weight at another slave. The weight accidentally hit Tubman’s head. That caused seizures, headaches, visions, and vivid dreams. She had those issues all her life. Tubman believed the visions and vivid dreams came from God.

In 1849, Tubman escaped to Philadelphia. Slaves were free there. She later returned to Maryland to rescue her family. She eventually guided dozens of other slaves to freedom. Slave owners offered large rewards for the return of their slaves. Tubman was never caught because nobody knew she was freeing the slaves.

When the American Civil War began, Tubman worked for the Union Army. She worked first as a cook and nurse. Later she was an armed (carrying weapons) scout and spy. She was the first woman to lead an armed group in the war. She guided the Combahee River Raid, which freed more than 700 slaves in South Carolina. After the war, she moved to her family home in Auburn, New York. There she cared for her aging parents. She became active in the women’s suffrage movement in New York until she became ill. Near the end of her life, she lived in a home for elderly African Americans. Years earlier, she had helped create that home.

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THE BUZZ AROUND DFW:



Pete the Cat

This new musical from the Dallas Children’s Theater takes you on a groovy road trip that follows Pete the Cat on a once-in-a-lifetime adventure from deep under the sea to Paris’s enchanting, jazzy streets as he helps his new pal Jimmy conquer 2nd-Grade art in a sweet story of friendship and acceptance. Through February 23. [LEARN MORE](#)

Groundhog Day

Head to Frisco’s new arts and culture destination, Kaleidoscope Park, for the inaugural celebration of Groundhog Day on Sunday, February 2, from 10am-4pm. Festivities include themed arts and crafts activities, delicious treats, and a photo station to snap selfies with Kaleidoscope Karla, the Park’s honorary groundhog mascot. Free for all ages. [LEARN MORE](#)

Showtime Saturdays at the Galleria

Every Saturday, children and families are invited to enjoy in-person entertainment near the Play Place on level three of the Galleria. Different acts, from magicians and comedians to jugglers and circus performers, are featured each Saturday, making it a popular and fantastical experience for everyone. Free, half-hour performances, where you can easily come and go as needed. [LEARN MORE](#)

Southlake Spring Festival

Started in 2022, this popular festival is a celebration of East and Southeast Asian cultures and the Lunar New Year’s Day. It’s a full day of fun, complete with dancing dragons, music, stage performances, food, and shopping that represent cultures from Japan, Korea, China, Vietnam, Thailand, Malaysia, and many more. Free admissions and parking. February 1 from 11am-4pm. [LEARN MORE](#)

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Extra! Extra! In the news

When Running 250 Miles Is the Easy Part

A man with autism, his devoted mother and a seemingly endless race. A story of resilience and love. Read this amazing story. [NY TIMES ARTICLE, READ HERE.](#) To learn more about Zach Bates, read [CNN ARTICLE, CLICK HERE.](#)

Book recommendation

Zen Shorts

Jon J Muth (Author, Illustrator)

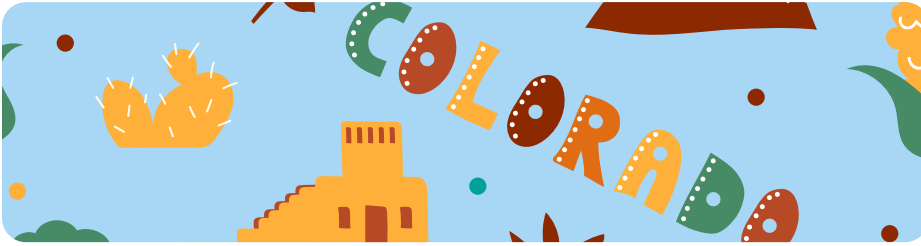
Jon J Muth, author of the best-selling book, *The Three Questions*, has crafted another profound and winning picture book. “Michael,” said Karl. “There’s a really big bear in the backyard.” This is how three children meet Stillwater, a giant panda who moves into the neighborhood and tells amazing tales. To Addy he tells a story about the value of material goods. To Michael he pushes the boundaries of good and bad. And to Karl he demonstrates what it means to hold on to frustration. With graceful art and simple stories that are filled with love and enlightenment, Jon Muth—and Stillwater the bear—present three ancient Zen tales that are sure to strike a chord in everyone they touch.

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THE BUZZ AROUND BOULDER:



MAD LIBrarians

Come visit the library that can't ever keep quiet, no matter how hard its terribly serious and wonderfully silly librarians may try. Whenever this team of buttoned-up librarians hears about a fantastic new book, they go wild, crafting a new book title based on your suggestions and then—right before your very eyes—they act, sing, and shout that book out full-blast. Saturday, February 22 from 1pm-2pm. [LEARN MORE](#)

“Be My Baby” Valentine’s Party

Your heart will sing at this Valentine’s Day Party at the WOW! Children’s Museum. Created for children ages 0-3, complete with family-friendly crafts, a photo station, activities designed for little learners, and more. Saturday, February 8, 5:30pm-7:30pm. Registration is required. [LEARN MORE](#)

Sweetheart Dance

Celebrate Valentine’s season with your whole family at the annual Sweetheart Dance at the North Boulder Rec Center. Groove to the DJ, pose at the photobooth, and jump into the foam pit in the Gymnastics Center. Enjoy snacks, crafts, gift bags and more. Best for kids ages 2 to 10 and their adults. Dress in your best party clothes. [LEARN MORE](#)

Downtown Aquarium

Treat your kiddo to a low-sensory morning at the Downtown Aquarium in Denver. The ambient sounds are turned down, the lights are turned up, and the sea creatures can be enjoyed without the large crowds in a calmer setting. Exhibit entry purchase is required. Sunday, February 16. Reservations are required. [LEARN MORE](#)

And now this...

February 14th is Valentine’s Day.

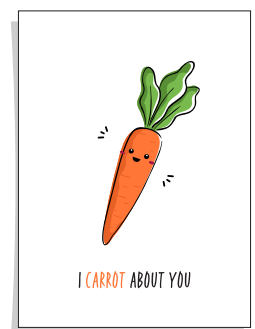
Valentine’s Day wasn’t always about chocolates and roses. In the Middle Ages, it was believed that February 14 marked the start of bird mating season, inspiring the idea that love is in the air. So, in a way, we might owe this holiday to some very romantic pigeons!

Now, dads (or moms), this is your time to shine! While your kids may be crafting their heart-shaped masterpieces, don’t forget to make a little extra effort for the amazing mom in your family. Could be as simple as a handwritten note, an unexpected coffee run, or just taking over bedtime duty (so they can finally relax). Small gestures go a long way in saying, “You’re loved and appreciated.”

Make this Valentine’s Day about celebrating the love that keeps our families buzzing with joy.

Check out our fun Valentine’s Day activity on page 6.

Happy Valentine’s Day

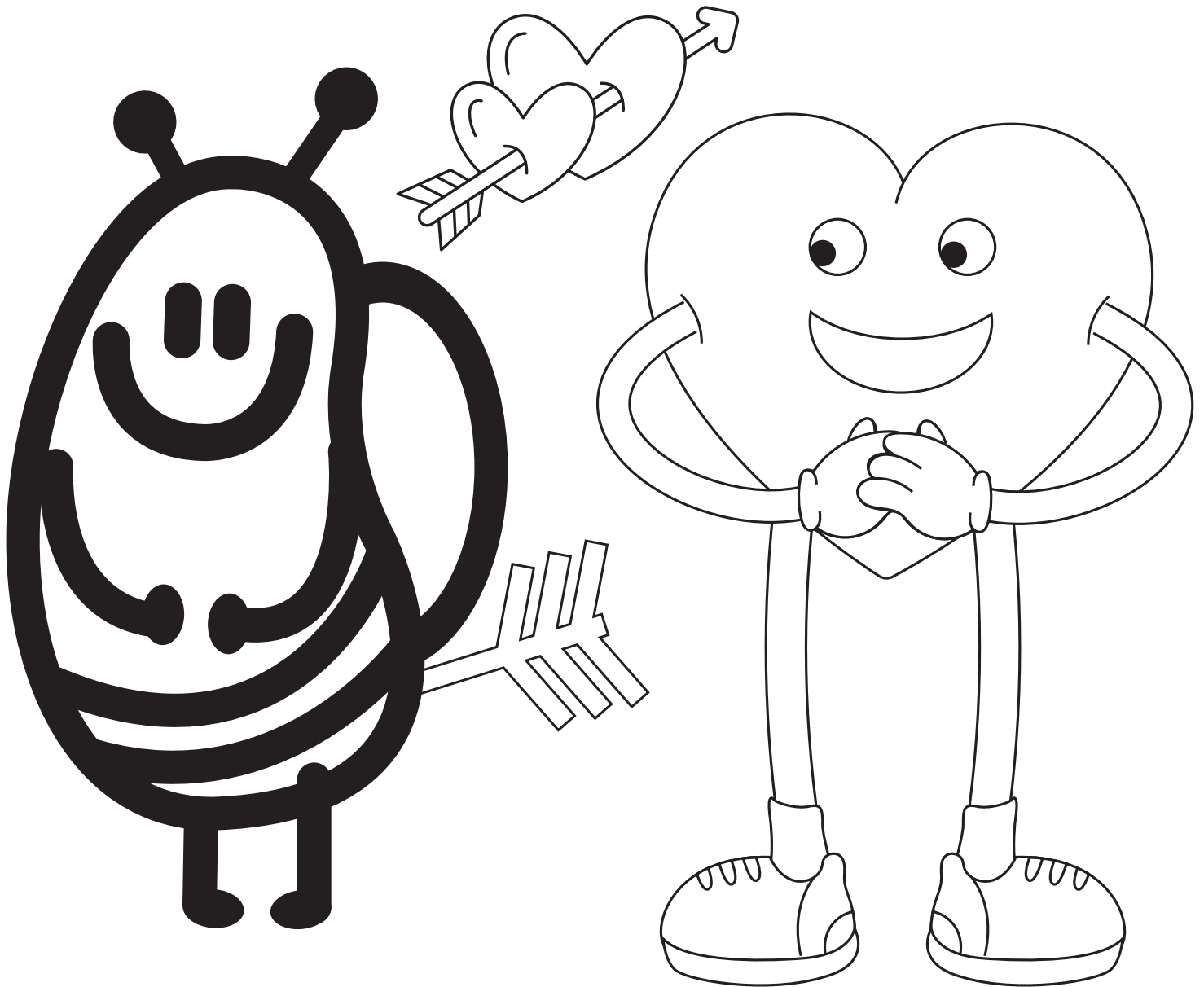


FEBRUARY – 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 Saturday Services Frisco Hive 9:00am-3:00pm, CST National Ice Cream for Breakfast Day
2 Groundhog Day	3	4 Farmer's Day	5	6 Pay a Compliment Day	7 Dress-Up Friday Pan-African Color Day– Wear red, green, black, and yellow! Or wear your fav. Football Jersey! (It's Superbowl weekend)	8 Saturday Services Frisco Hive 9:00am-3:00pm, CST National Boy Scout Day
9 National Pizza Day	10	11 National Guitar Day	12	13	14 Dress-Up Friday Valentine's Day–Wear red, pink, purple or white! • Frisco ISD No School • Prosper ISD No School • Celina ISD No School Valentine's Day	15 Saturday Services Frisco Hive 9:00am-3:00pm, CST Parinivana Day (Nirvana Day)
16 Elizabeth Peratrovich Day	17 • Plano ISD No School • Frisco ISD No School • Celina ISD No School • Boulder Valley SD No School • Prosper ISD No School (Bad Weather make up Day)	18 • Plano ISD No School • Frisco ISD No School • Celina ISD No School • Boulder Valley SD No School	19	20	21 Dress-Up Friday Wear Kindness–Dress in smileys or positive words! National Sticky Bun Day	22 Saturday Services Frisco Hive 9:00am-3:00pm, CST National Walk Your Dog Day
23	24	25 Quiet Day	26 Maha Shivaratri	27	28 Dress-Up Friday Mardi Gras Day – wear yellow, green or purple! Fasching	

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

Color Me!



P	Q	K	L	O	V	E
T	S	Q	W	K	X	M
A	M	O	R	G	H	K
X	F	L	O	W	E	R

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