MAY 2026 NEWSLETTER

MENTAL HEALTH AWARENESS MONTH, AND PACIFIC ISLANDER (AAPI) HERITAGE MONTH

The blue poppy

There's a flower called the Himalayan blue poppy. It's rare, radiant, and notoriously difficult to grow. Its petals look surreal. A soft, glowing blue that feels more like something painted than something planted. But behind that beauty is a reputation that makes even seasoned gardeners pause. The blue poppy demands very specific conditions: cool temperatures, consistent moisture, rich soil, and just the right amount of light. Too much sun, it wilts. Too little care, it fades. It doesn't thrive by accident, it thrives through determination and care.

Gardeners who take on the blue poppy know they're signing up for patience. It doesn't bloom on command, and it certainly doesn't reward shortcuts. There are seasons where it seems like nothing is happening at all—just soil, rain, and waiting. But beneath the surface, something important is unfolding. Roots are establishing. Strength is building. And when the timing is right, often after enduring the unpredictable rhythms of spring, the bloom arrives, quietly, beautifully, and completely worth it.

"April showers bring May flowers" is easy to say, but the blue poppy reminds us that those showers aren't just gentle spring rains, they can be cold, inconvenient, and messy. Growth doesn't always look graceful while it's happening. It can feel slow, uncertain, even frustrating. But those very conditions, the extra care, the watchful attention, the willingness to adjust, are what make something rare and remarkable possible.

Raising children can feel much the same. There's no one-size-fits-all formula, no perfect set of conditions that guarantees an easy path. Some children, like the blue poppy, need a more thoughtful approach: more patience, more observation, more support tailored just for them. And while the process may ask more of us, the outcome is something extraordinary. With the right care, every child has the potential to bloom in their own time, in their own way. Beautiful. Resilient. And entirely their own.

Are you a gardener? What do you love to grow? What flowers or plants present a challenge and how do you care for them? Email us at: buddy@behaviorexchange.com

(Continued on next page)

In This Issue:

- POPPING BLUE
- MOTHER'S DAY
- MEMORIAL DAY
- SUMMER!
- THE BUZZ

Calendar

5/26: Closure: Memorial Day

Daily Affirmation

Extra! Extra! In the news

A musician with autism launches initiative to create opportunities for disabled artists.

A double bassist with autism helped launch "UnMute," a first-of-its-kind roster connecting disabled musicians with performance opportunities. The initiative is already partnering with major venues

(Continued on next page)

MAY 2026 NEWSLETTER

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Mother's Day — Sunday, May 10th

Moms, this is where you pass this newsletter to Dads.

Dads, fathers, men of the house: The big day is around the corner, and this is your official reminder: it's time to show up and show out for the one and true boss of the house. You know the one, the professional problem-solver, the master of snacks, the CEO (of hugs and kisses), and part-time mind reader: our moms. Mom doesn't just keep things going… she somehow, magically it seems, makes it all work.

So this year, let's not wing it with a last-minute card and gas station flowers. We're aiming higher. Think thoughtful. Think planned. Think "wow, they really nailed it." Whether it's breakfast in bed, a handmade masterpiece, or a full day where she doesn't have to lift a finger, make this one count. This is your moment, Dads! Your mission. Your chance to absolutely crush Mother's Day. Bonus tip: a little sparkle never hurts. Just saying. Check out the activity on page 6.

FRIENDLY REMINDER

Memorial Day Closure

We will be closed on Monday, May 25 — All hives. For Memorial Day Observance. This is the unofficial start of summer. Here we go!

Summer!

Our super fun Summer Camp at The Behavior Exchange is almost here! Put these dates in your calendar. Frisco Hive: May 26 – August 11. Plano Hive: May 26 – August 10. Prosper Hive: May 21 – August 10.

THE BUZZ AROUND DFW:

Cottonwood Art Festival – Richardson

Lots of fun for kids and adults await your family at the Cottonwood Art Festival, a signature local event established almost 50 years ago and featuring some of the finest artists from across the country. The festival offers more than 190 artist booths, live entertainment, food trucks, a craft beer garden, and activity stations for kids of all ages. In the ArtStop children's area, kiddos can learn to weave, play with clay, throw mud, chisel, draw chalk art, create art with magnificent magnets, and more. Saturday and Sunday, May 2-3. **LEARN MORE**

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and festivals to ensure fair access, pay, and visibility for neurodivergent artists. **LEARN MORE**

A man with autism builds confidence and impact through community employment.

A 51-year-old man with autism is thriving in a local lodge job with support from a community employment program. His work ethic and positive presence have made a lasting impact, while also helping him build independence and long-term life goals. **LEARN MORE**

Advocate with autism helps push statewide bill promoting respectful language.

An advocate on the spectrum in Illinois is helping lead efforts to pass legislation that promotes people-first language in state law, emphasizing dignity over diagnosis. The bill has already passed committee unanimously and represents a meaningful step toward more respectful and inclusive systems. **LEARN MORE**

What we're watching!

Dr. Lahela "Doogie" Kamealoha, a 16-year-old prodigy, juggles a budding medical career with the daily challenges of teenage life. At the hospital, Lahela's genius confounds patients and colleagues, who dub her "Doogie" after the '90s TV series "Doogie Howser, M.D." At home, her doting dad, Benny, and career-driven mom, Clara (Chief of Medicine and Lahela's boss), fear she's growing up too fast. With support from

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Lowe's Kids Club Workshop – Dallas
Practice your fine motor and instruction-following skills along with your kiddo at the Lowe's Kids Club Workshop. It's a fun program designed to get kids off screens and into real-world making projects through in-store, guided DIY activities and hands-on kits, such as building birdhouses. It's also a great way to spend one-on-one time with your kiddo, building a relationship and connecting through play and having fun. Free. Recommended for children 4-11 and their parents. 30-45 minutes in length. Saturday, May 16. **LEARN MORE**

Dr. Seuss's The Cat In The Hat: Live on Stage! – Frisco
Enjoy this zany and imaginative stage show of everyone's favorite children's book The Cat In The Hat. It follows siblings Sally and her brother on that fateful rainy day as they welcome into their house a cat with a funny hat who is as entertaining has he is troublemaking. Add into the mix Thing One and Thing Two and the house will never be the same! Comerica Center, Saturday, May 2 @ 4pm. **LEARN MORE**

Science Sundays – Dallas
Let learning take wing at this educational program offered every second Sunday of the month at the Trinity River Audubon Center. You'll discover the wonders of the center's Environmental Education Series, and join in STEM and STEAM activities tailored to explore various facets of environmental conservation. Each session promises interactive learning experiences that inspire curiosity and foster a deeper connection with the planet. For all ages. Adults get in free. Sunday, May 10 from 10am-11am. **LEARN MORE**

Main Street Fest – Grapevine
Go west to the historical town of Grapevine for its annual family friendly Main Street Fest. It offers families from around DFW three fun-filled days of delicious eats, shopping, live music, a carnival and midway, Grapevine Art Project Market, a KidZone, and so much more. Highlights include craft brews and wine, classic festival food like corn dogs and funnel cakes, three stages offering live music, exciting rides and carnival games for all ages, and fun interactive activities and entertainment for children. Friday-Sunday, May 15-17. **LEARN MORE**

The Questioneers: Read. Question. Think. Play! – Fort Worth
Inspire your curious thinker and dreamer at this traveling exhibition that follows the book series of the same name. This May, the exhibition is making a special stop at the Fort Worth Museum of Science and History where it will bring the book's celebration of science, technology, engineering, art, math, perseverance, and passion to life for kiddos in DFW. At the exhibition, they'll find inspiration to solve everyday mysteries and to think more critically about their world. Most importantly, they'll learn that despite inevitable challenges, they should continue to read, question, think, and never give up! Daily (except Mondays) through May 24. **LEARN MORE**

her caring — and comical — ohana (family and friends), Lahela forges her own path. **LEARN MORE**

And now this...

Mental Health Awareness Month provides a chance to stand with your community and show that no one struggles alone. NAMI's (National Alliance of Mental Illness) 2026 Mental Health Awareness Month theme invites everyone to join NAMI in speaking up against mental

How can I not love my mother, when she carried me first in her body, then in her arms, and then for a lifetime in her heart.

— Rumi

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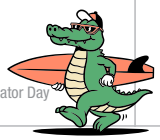
MAY — 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 **Dress-Up Friday** National Superhero Day- dress like your favorite superhero! Buddha Purnima	**2** **Saturday Services** Frisco Hive 9:00am-3:00pm, CST Harry Potter Day Kentucky Derby
3 National Lemonade Day	**4** Star Wars Day	**5** Cinco de Mayo	**6** National Anxiety Disorders Screening Day	**7**	**8** **Dress-Up Friday** Cinco De Mayo- Wear red, white and green. Child Care Provider Day	**9** **Saturday Services** Frisco Hive 9:00am-3:00pm, CST Lost Sock Memorial Day
10 Mother's Day	**11**	**12** International Nurses Day	**13** National Apple Pie Day	**14**	**15** **Dress-Up Friday** Pattern Day - Wear your favorite pattern. Polka dots, stripes, or plaid. National Bike to Work Day	**16** **Saturday Services** Frisco Hive 9:00am-3:00pm, CST National Learn to Swim Day
17	**18**	**19** Plant Something Day	**20** World Bee Day	**21**	**22** **Dress-Up Friday** Hat Day- Wear something silly on your noggin.	**23** **Saturday Services** Frisco Hive 9:00am-3:00pm, CST World Turtle Day
24 National Brother's Day	**CLOSED: Memorial Day** 	**26** Eid al-Adha	**27** National Sunscreen Day	**28** Amnesty International Day	**29** **Dress-Up Friday** Patriotic Day – In honor of Memorial Day, let's wear red, white, and blue. National Alligator Day 	**30** **Saturday Services** Frisco Hive 9:00am-3:00pm, CST
31 National Smile Day	All times are in Central Standard Time Zone (CST). Some dates and events are subject to change.					

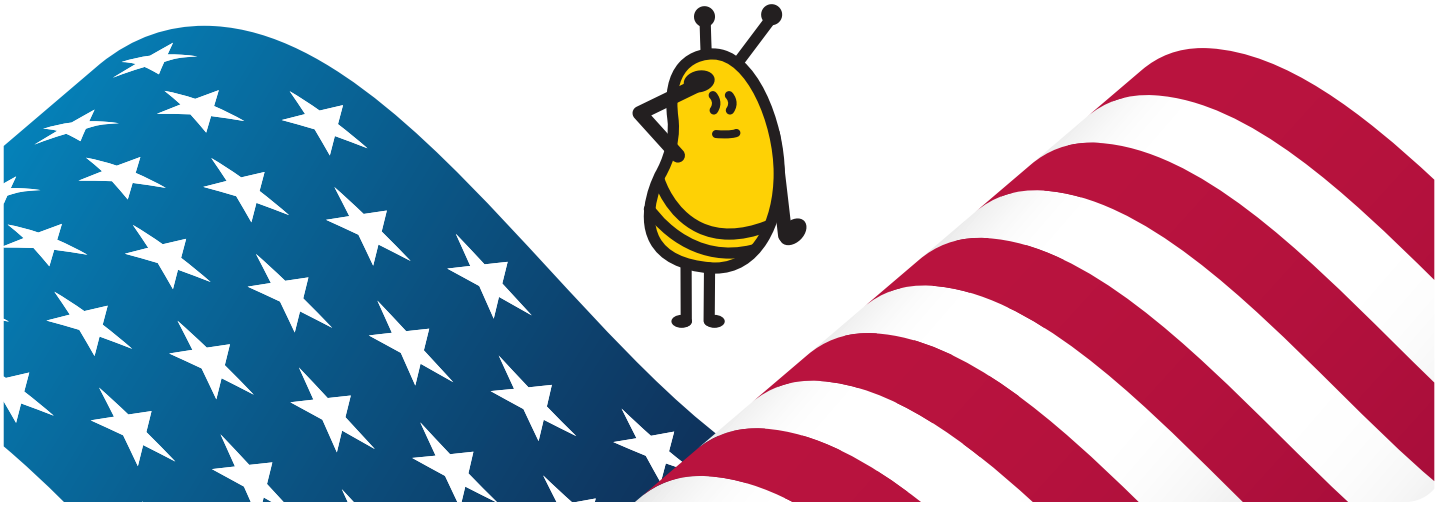
The Behavior Exchange will be closed on:

MONDAY, MAY 25, 2026 FOR MEMORIAL DAY OBSERVANCE

MEMORIAL DAY

★★★★★

REMEMBER AND HONOR



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A kind word works wonders. REVIEWS

Happy MOTHER'S Day

A Sweet Letter for Mom

What you're making: Today, you're creating something extra special—a heartfelt letter and a one-of-a-kind surprise for your mom. Think of it as a little bundle of kindness, made just for her.

Step 1: Let's get buzzing!

Before you start writing, take a moment to think about your mom. Ask yourself:

- What are some things my mom does that make me smile?
- When do I feel happiest with her?
- What makes her the best mom for me?
- What is something I want to thank her for?

Let your ideas fly around for a bit, then pick your favorites.

Step 2: Write your letter.

Now it's time to turn your thoughts into something your mom can keep forever. Your letter should include:

- The date
- A warm, precious greeting (Dear Mom, Hi Mom,)
- Your message (at least 4–6 sentences from your heart)
- A sweet closing (Love, Hugs, Your biggest fan, etc.)
- Your name (sign it with pride!)

Remember: it doesn't have to be perfect—just honest.

Step 3: Make super sweet!

Add a creative touch to make your letter *bee*-autiful. Choose one (or more!) from the ideas below, or give it your own twist:

- Draw a picture of you and your mom having fun together
- Create a "Why my Mom is amazing" list
- Draw things your mom loves (coffee, flowers, cozy blankets, etc.)

Use lots of color and creativity, make this is your masterpiece!

Step 4: Wrap it with love

Turn your letter into a special delivery:

- Fold it carefully
- Place it in an envelope (if you have one)
- Write "Mom" on the front
- Decorate it with hearts, flowers, or even a few buzzing bees

One Last Thing...

Your mom does so much every single day.
This is your chance to give a little love back.
And trust us, this kind of gift?
It's something she'll treasure forever.