



PositiveLife
& LEARNING SOLUTIONS, LLC.



PLLS PRESS

**AUGUST
2026**



A WORD FROM US



Summer is winding down, and a new school year is beginning! As families return to routines, our team is here to support smooth transitions, communication, independence, and positive behavior. We look forward to another month of learning, growth, and fun together.

BACK TO SCHOOL

HISD FIRST DAY: AUGUST 10, 2026



Start bedtime and morning routines early.



Use a visual schedule for school-day steps.



Practice asking for help or a break.



Celebrate small successes!

ABA SPOTLIGHT



BUILDING FLEXIBILITY

Small changes can feel big. Practice flexibility by making one simple, planned change at a time. Use first/then language, offer choices, reinforce calm responses, and praise your child for trying something new.



3 SUMMER SENSORY ACTIVITIES

1

FROZEN TREASURE RESCUE



Freeze small toys in ice and use warm water and safe tools to free them.

2

OCEAN SENSORY BIN



Combine water, blue beads, scoops, cups, and sea-animal toys for supervised play.

3

CHALK & WATER PAINTING



Draw with sidewalk chalk, then use water and brushes to blend colors and create new designs.

FAMILY TIP OF THE MONTH



Keep after-school time predictable: snack, movement break, homework or learning time, then a preferred activity.



THIS MONTH'S FUN



NATIONAL WATERMELON DAY • 8/3



NATIONAL BOOK LOVERS DAY • 8/9



NATIONAL RELAXATION DAY • 8/15