



FUN!

PRESENTING THE SUPERSIBS WINTER PLAYBOOK!

HI THERE, SUPERSIB FRIEND!

You're a special kid! We're excited to send you this playbook. Inside are fun activities we hope you'll enjoy. This winter, we hope you have fun and always remember how special and loved you are. We're proud of you, just for being you!

LOVE,
The SuperSibs Team
powered by Alex's Lemonade Stand Foundation



How does a snowman get to school?

By-icicle!

How does a snowman say goodbye?

"Have an ice day!"

MEET SUPERSIB MEGNA!

Age: 7

Favorite color: purple

Favorite activity: climbing trees, reading, soccer

Meg is an incredible, caring kid. She loves to spend time with her sister, Morgan, who is in treatment for her cancer. Meg helps take care of Morgan and helps cheer her up when she is sad or not feeling well.

Meg is very active and loves to climb trees and play sports. Her favorite color is purple.

For her school's career day, Meg dressed up as a scientist. That's the job she wants to have when she grows up. She said, "I'm going to try to cure kids with cancer but I have to find the right medicine." We're behind you 100%, Meg!

Just like Meg, you are a special part of your family too!



Morgan and Megna

Visit SuperSibs.org (with a parent!) to share your story and read about other SuperSibs!

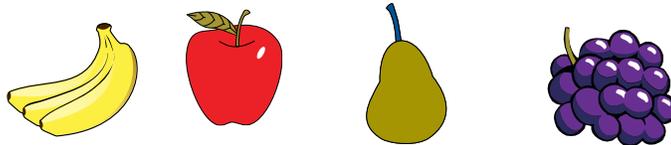
ALL ABOUT ME!

(Circle your favorite or draw your own)

My favorite color is



My favorite fruit is



My favorite winter treat is

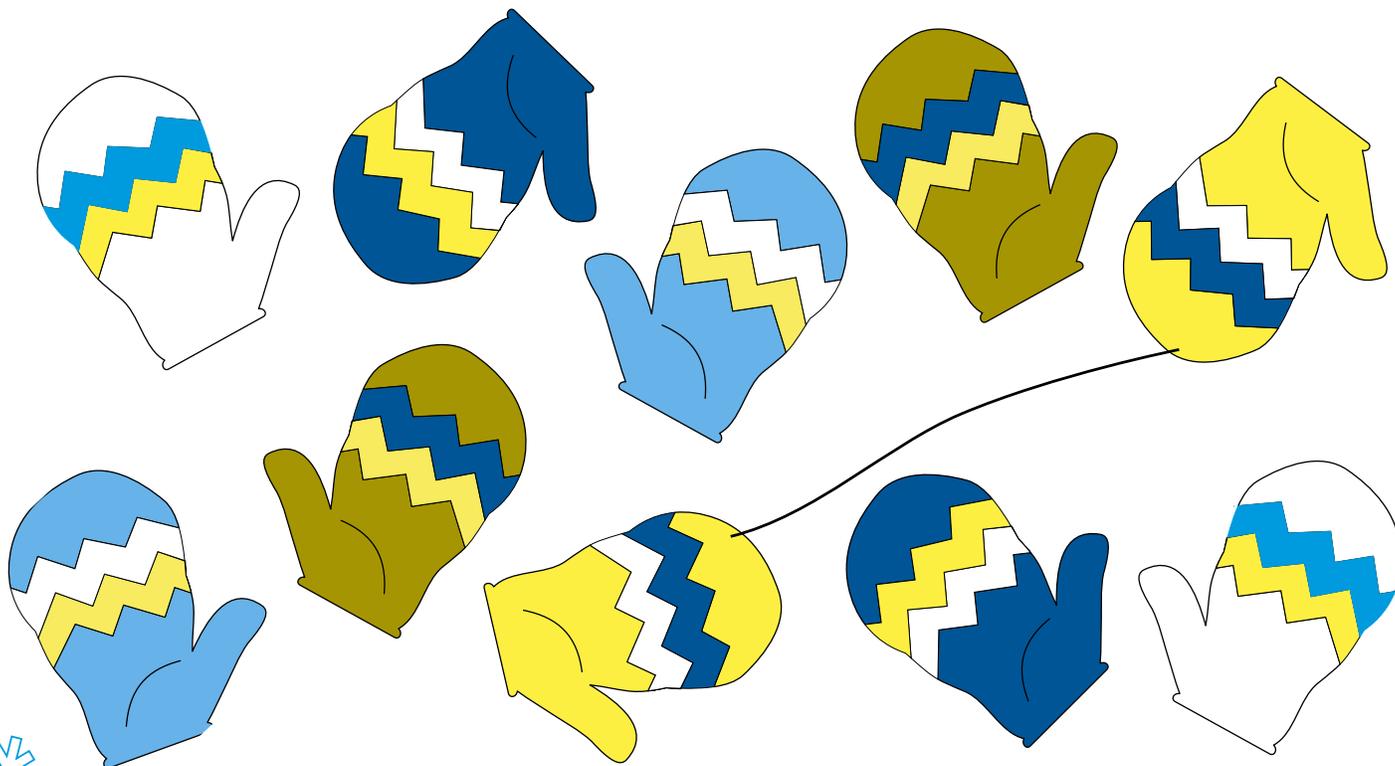


My favorite animal is



MATCH THE MITTEN

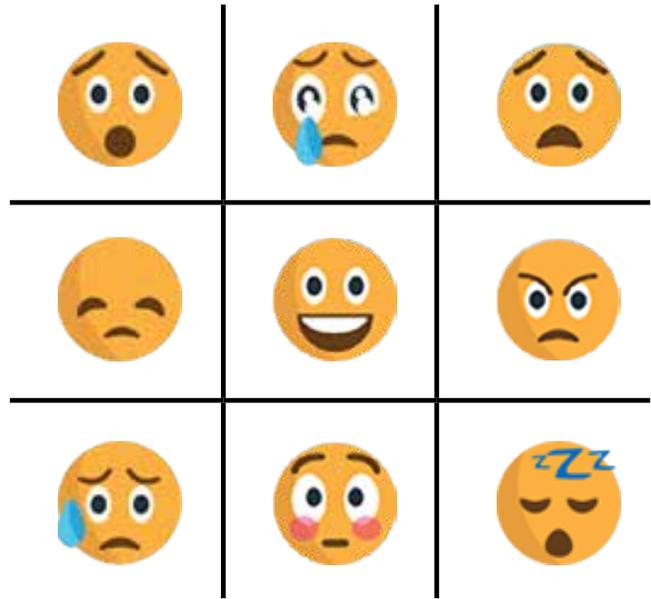
Oh, no! All of these mittens got mixed up! Draw lines to connect the pairs.



FEELINGS TIC TAC TOE

You can play with a pencil and make X's and O's, or you can use pennies and dimes (or buttons and rocks) if you want to play more than once.

1. The first player places their piece on a space and talks about the feeling in that square. Players can tell about a time they had this feeling or a character in a book or movie who felt this way. The next player places their piece and does the same.
2. The first player to place their pieces in a row across, down or diagonally wins!



MARSHMALLOW STRAW RACE

Sit around a table with your friends, siblings, parents or aunts and uncles!

1. Place a mug in front of each player.
2. Scatter mini marshmallows all over the table.
3. Give each player a straw.
4. Set a timer.
5. Using the straw, suck up marshmallows and drop them into the mug in front of you. When time runs out, count the marshmallows. The player with the most wins.
6. When the game is over, fill the mugs with hot cocoa and enjoy those marshmallows!

If you don't have marshmallows, you can also use scrunched up pieces of paper (but don't put them in your hot chocolate)!

Variation: Set up a "goal" on the table using two pennies and try to blow the marshmallows through the goal.

EASY MICROWAVE S'MORES

REMEMBER:
Always ask a grown-up to help you cook!

- 1 graham cracker
- 1 marshmallow
- A few chocolate chips

Break the graham cracker in two. Place the marshmallow on top, and the chocolate chips on top of that. Balance the other graham cracker on top. Microwave for 10 seconds on high, or until marshmallow and chocolate are partly melted. Check to make sure the melted marshmallow is not too hot, and enjoy!

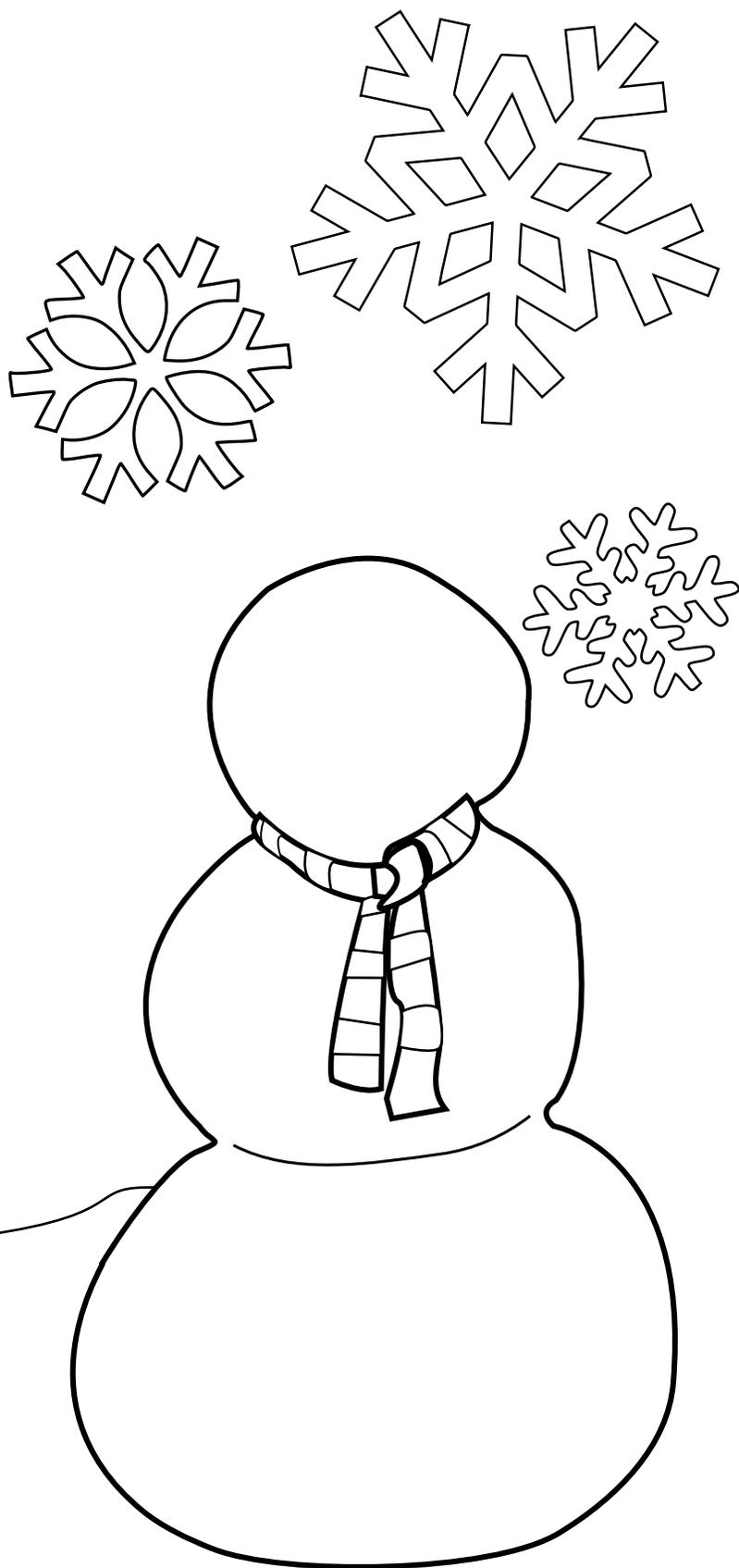
Serving Siblings of Children with Cancer

SuperSibs!
Powered by Alex's Lemonade Stand Foundation



THE SNOWMAN

Finish drawing the snowman!



FEELING BETTER WHEN YOU'RE WORRIED

Do you ever have times when your worries bother you?

Here is a list of things that kids have told us help them when they're feeling worried. Try these next time you are feeling worried:

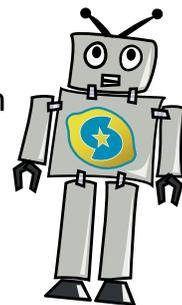
- Hug a stuffed animal
- String beads
- Draw or color
- Listen to music and dance
- Pet your cat or dog (if you have one)
- Roll down a hill or play on a swing
- Go for a walk with a grown-up
- Do twenty jumping jacks
- Tell your mom or dad about your worries

When I'm worried, it helps me to

ROBOT/RAGDOLL

Try this exercise to calm and relax your body.

1. Pretend to be a robot. Make your body stiff. Tighten your muscles like a robot and count to three.



2. Pretend to be a ragdoll. Relax your muscles and try to be as limp as you can! Count to three.



3. Repeat steps 1-2 two more times.

