Days are getting longer, and the sunshine is here to stay. We hope you enjoy this feel-good playbook!

Know the answer to the riddle below? Comment your guess on our Facebook page, @SuperSibsALSF, and you could win a special prize!

DO MORE OF WHAT MAKES YOU

For more SuperSib stories and to submit your own, visit SuperSibs.org.
These days it can be hard to disconnect from technology. Smartphones, game consoles, and television can take up hours of your time before you even realize it! Sign off from social media, put down the controller, and hide that remote! Challenge yourself or challenge a friend — but aim for 48 screen-free hours. You'll see how refreshed you feel after! Anything you miss will be there when you log back on. ;)

**Challenge Yourself!**

- Turn off push notifications for apps
- Do something creative or artistic
- Use a real alarm clock instead of your cell phone
- Charge your phone on the other side of the room overnight
- Play a game outside
- Wear a watch

**The Benefits**

- More free time
- Boost your productivity
- Better sleep
- Less comparing yourself to others
- More personal connections with friends and family
- Live in the moment
These optical illusions are as fun to create as they are to look at! With “forced perspective photography,” you intentionally change the perspective of a photo by placing a small item close to the camera, and a large item further away behind it. This makes the small object look way bigger than it is in real life, creating a funny photo that looks like a movie special effect.

Choose an object that you want to appear larger than life! This is the object that will be closest to the camera. The other subject will be farther away.

Grab a friend and brainstorm some silly photos, or try to recreate the ones below.

Ask a parent to share your photos with us SuperSibs@AlexsLemonade.org or on Facebook @SuperSibsALSF.

**PRO TIPS:**

Try taking pictures where there isn’t much in the background. You may need to play around with the distance between objects, and the distance from the camera.
Thinking positively can help bring sunshine to your days! Create positive reminders to celebrate yourself. They should highlight your favorite qualities and celebrate you as a person. Repeating them out loud helps boost self-esteem, makes you feel better and calms you down if you’re feeling stressed.

In the blank mirror, write your own positive statements! Make it a habit and say them to yourself every day when you look in a real mirror. Or write them on sticky notes and put them in a spot that you’ll see every day.

“IF YOU HAVE GOOD THOUGHTS, THEY WILL SHINE OUT OF YOUR FACE LIKE SUN BEAMS AND YOU WILL ALWAYS LOOK LOVELY”

~ ROALD DAHL ~

I believe in myself
I am helpful
I am a kind
I am a hard worker
I am a good friend
What's up dog?! You already know that yoga is an exercise that helps you build strength and become more flexible, but did you know it has other benefits?

Practicing yoga will leave you feeling happy, confident, and proud of what your body can do. Put on your favorite playlist and try these moves! Once you feel like you have these mastered, try teaching them to a friend.

**FORWARD BEND**

Although this pose may look easy, it can take a while to be perfect. It’ll stretch your hamstrings, improve hip flexibility and promote circulation to the brain.

DIFFICULTY 2/5

**DOWN DOG**

From Forward Bend, keep your heels planted and walk your hands out in front of you until you are in an upside-down “V” shape. Relax your neck and let your head hang, while keeping your hips high in the air.

DIFFICULTY 2/5

**UP DOG**

Upward Facing Dog is a back bending pose for relieving muscle tension. It stretches all aspects of the spine and even stimulates organs in the abdomen.

DIFFICULTY 2/5

**RAISED HANDS**

This standing position is good for developing balance and calming the mind. It strengthens a variety of muscle groups as well as improving your posture.

DIFFICULTY 2/5
What is a SuperSib? What does it mean to be a SuperSib? Celebrate National Siblings Day on April 10 by sharing what being a SuperSib means to you! Fill in your definition below and ask a parent to email us at SuperSibs@AlexsLemonade.org or post on our Facebook page, @SuperSibsALSF.

SuperSib (noun)

sibling (noun)  A sibling is a brother or a sister. The plural is siblings, and it can refer to brothers, sisters, or a combination of both.

On April 10, be sure to check out ALSF on social media to see other answers from siblings. Yours may be featured too!

/AlexsLemonade  @AlexsLemonade  @AlexsLemonade

EXAMPLE:
Helping to make sure my sister takes her medicine and protecting her when she isn’t feeling great.
– Liliana C.

Keep in touch! With a parent or guardian’s permission, follow us on Facebook @SuperSibsALSF or send us your questions, thoughts, and feedback to SuperSibs@AlexsLemonade.org.