

Serving Siblings of Children with Cancer

# SuperSibs!

Powered by: Alex's Lemonade Stand Foundation



HAPPY SPRING,  
SUPERSIB!

PLAYBOOK  
SPRING/SUMMER 2021

## Sibling Spotlight: Juan Jose

### RIDDLE ME THIS

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

**WHAT TYPE OF BOW  
CAN'T BE TIED?**

— — — — —

**Age: 6**

**Special Skill: Whistling**

*Juan Jose cares for others before himself, especially his younger brother, Francisco, who was diagnosed with embryonal rhabdomyosarcoma (ERMS). Learning about his brother's condition has been a big step in Juan Jose's life, but he's learning to be a great big brother. While Francisco was going through treatment and Juan Jose was not allowed in the hospital, video calls helped him so much. He loves his brother and can't wait until he's better again so they can play together like they used to.*

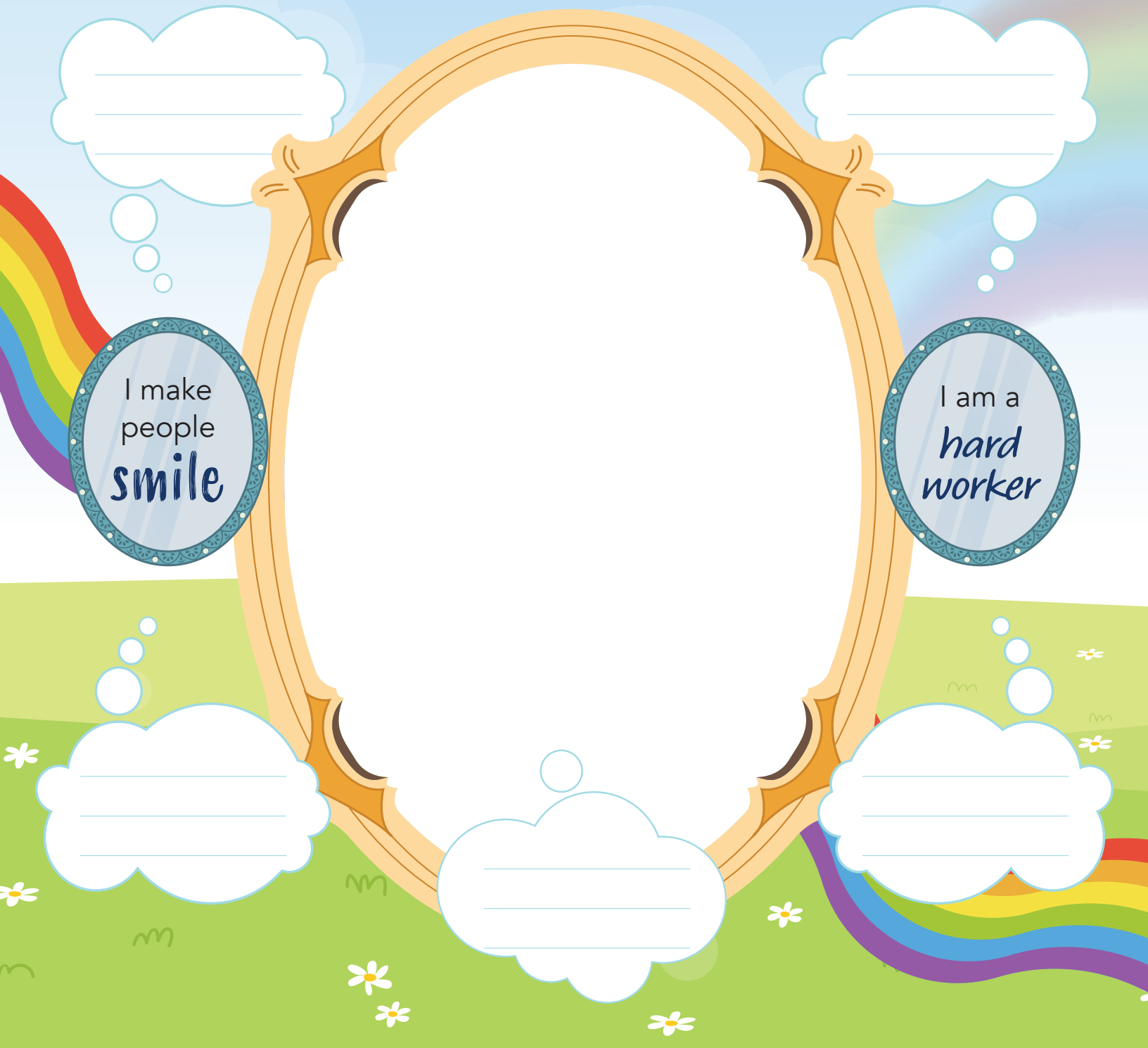
For more SuperSib stories and to  
submit your own, visit [SuperSibs.org](https://www.SuperSibs.org).



# MIRROR, MIRROR ON THE WALL

Giving compliments is an easy way to make someone's day, including your own! Think about things you do well and are proud of. Try giving yourself compliments that aren't about your looks or your clothes, but about you as the super person you are!

1. Draw your selfie in the mirror.
2. Write five compliments to yourself in the spaces around your selfie.
3. Next time you look at yourself in a real mirror, remember these compliments and say them to yourself out loud!



# STRETCH IT OUT!

Yoga helps build strength and flexibility. It also helps you focus so you can feel calm and happy! Try these poses. Once you feel like you've got them down, try teaching them to a friend.



## COW POSE

Start with your hands and knees on the floor like a table. As you breathe in, arch your back and point your face forward. Hold for five seconds, exhale and go back to your starting position. Repeat!



DIFFICULTY 1/5

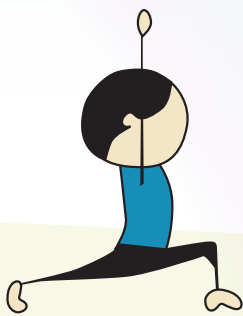


## MOUNTAIN POSE

Stand up tall with your feet together and arms by your sides. Face forward and take deep breaths in through your nose and out through your mouth.



DIFFICULTY 1/5



## WARRIOR 1

Start in Mountain Pose. Bring one foot back and point your toes out. Face your chest toward your front leg, and bend your front knee. Lift your arms to the ceiling and look up. Keep your legs strong, breathe deep, hold, then switch legs.



DIFFICULTY 2/5



## WARRIOR 2

Keep your feet in the same position as Warrior 1. Turn your chest out to the side, raise your arms, and extend your fingertips long and strong.



DIFFICULTY 2/5



# NATIONAL SIB DAY

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](mailto:SuperSibs@AlexsLemonade.org) or post on our Facebook page, [@SuperSibsALSF](https://www.facebook.com/SuperSibsALSF).

**SuperSib (noun)** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**sib•ling (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.

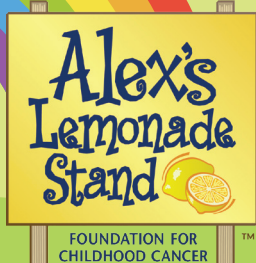


On April 10, be sure to check out **ALSF** on social media to see other answers from siblings. Yours may be featured too!

 /AlexsLemonade

 @AlexsLemonade

 @AlexsLemonade



**EXAMPLE:**

*Helping to make sure my sister takes her medicine and protecting her when she isn't feeling great.*

*— Liliana C.*



Parents, stay in touch with SuperSibs! Share your experiences to inspire other siblings, or let us know what we can do to improve. Email us anytime at [SuperSibs@AlexsLemonade.org](mailto:SuperSibs@AlexsLemonade.org).