

"THERE IS A DIFFERENCE
BETWEEN NOT KNOWING,
AND NOT KNOWING YET!"

- Famous author, Shelia Tobias

It's easy to get caught in a negative mindset when you are faced with something new or difficult. You may find yourself saying "I don't get it", "I can't do this", "this doesn't work."

Challenge yourself to adopt the "not yet" mindset.
When you find yourself feeling frustrated, don't give up. Take a break and walk away for a moment. Return to try again and think about the word "yet."

Instead of "I don't get it," try "I don't get it yet." This is a reminder that you have the potential to grow and learn. Even if you don't understand something right now, you can if you put your mind to it.

Fill out the sentences below:

I CAN'T _____ YET... BUT IF I _____ I WILL BE ABLE TO!

(activity or skill)

(action)

I CAN'T _____ YET... BUT IF I _____ I WILL BE ABLE TO!

(activity or skill)

(action)

I DON'T UNDERSTAND HOW TO _____ YET... BUT IF I _____ I WILL!

(activity or skill)

(action)

I DON'T UNDERSTAND HOW TO _____ YET... BUT IF I _____ I WILL!

(activity or skill)

(action)

THIS or THAT

Circle the thing you would rather:

Eat cold soup... ☐ ...Eat hot salad

Have rainbow colored hair... ☐ ...Have zebra stripes

Live in a teacup... ☐ ...Live under a mushroom



Have breakfast with a bear... ☐ ...Have dinner with a whale



Have a meowing dog... ☐ ...Have a barking cat

Play soccer in high heels... ☐ ...Play basketball in roller skates



Be invisible... ☐ ...Be able to fly

Be a wizard... ☐ ...Be a ninja

Go to a dance with a shark... ☐ ...Go to a dance with a wolf

Have bad breath... ☐ ...Have smelly feet

Have a friend ghost... ☐ ...Have a friend vampire



Hug a porcupine... ☐ ...Kiss a lizard



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Serving Siblings of Children with Cancer

SuperSibs!
Powered by: Alex's Lemonade Stand Foundation



"LIFE IS TOUGH,
BUT SO ARE YOU"
-Unknown

PLAYBOOK
FALL/WINTER 2020

Meet SuperSib: Israel

Israel's Hero:
His younger brother, Ethan

Age: 14

Favorite Activity: Playing baseball

When I grow up:
I want to be an MLB player.

My Advice to Other SuperSibs:
Spend as much time together with your sibling as possible.

Ethan is not just my brother, he's my best friend. I feel sad that Ethan is sick, but we always find activities we enjoy together so I can still spend lots of time with him. One of our favorite things we've done was when I bought him a Star Wars Lego set that we built together. Ethan is my hero because he is always smiling even though he's sick.

For more SuperSib stories and to submit your own, visit SuperSibs.org.

Answer the questions below:

If I knew I couldn't fail,

I would do...

I would try...

NOW WHAT'S STOPPING YOU?
Don't let the fear of failing hold you back!

Are You Afraid to Try Something



DEAR FUTURE ME:

Letter writing is a way to capture who you are right now, and what you dream of accomplishing!

Answer the questions below, or come up with your own, and write them in a letter to your future self. When you're done, seal it in an envelope and put it away for a year or two.

When you open your letter, take time to reflect on how you've grown and changed over the last year.

USE THESE QUESTIONS TO HELP YOU WRITE A LETTER TO YOUR FUTURE SELF.

- What are you good at doing? What is difficult for you?
- What is one new thing that you want to try?
- How will you stay positive if something doesn't work out on the first try?
- What is one thing that scares you?
- What are your goals in the next year?
- How will you feel when you achieve your goals?

When you're done, seal it in an envelope and put it away for a year or two.