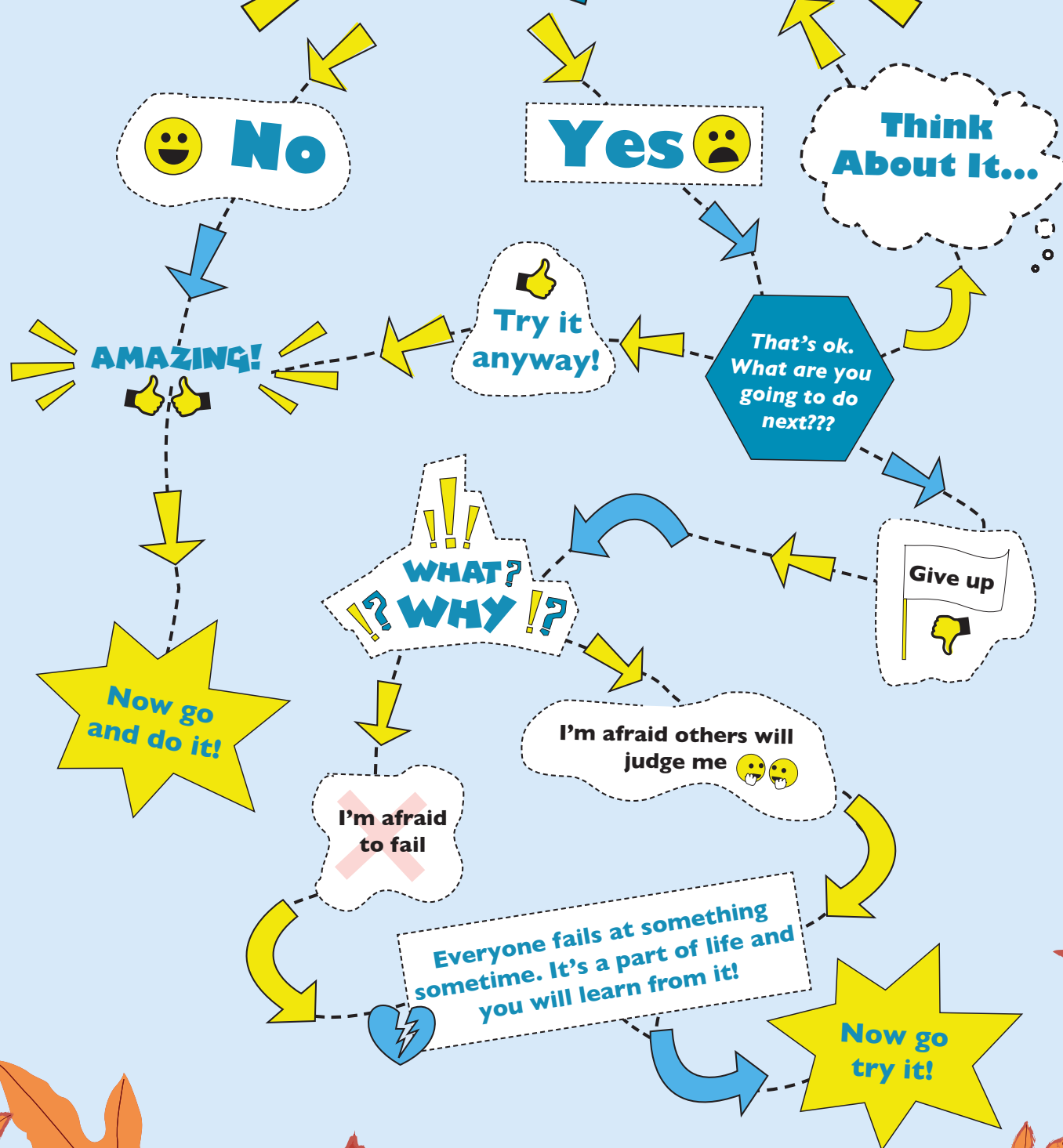


Are You Afraid to Try Something

NEW?



Future you is very proud of who you are right now, SuperSib!

Capture all that you are facing, working on, and accomplishing by writing a letter

to yourself. Answer the questions below, or come up with your own. 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.

Dear Future Me:

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?

Sincerely,
Present Me

Crossword Puzzle Answers: Down: 1. learn, 2. yet, 3. brave, 4. problem, 5. succeed, 6. new, 7. help, 8. anything

Serving Siblings of Children with Cancer

SuperSibs!

Powered by: Alex's Lemonade Stand Foundation

PLAYBOOK
FALL/WINTER 2020

"Our fate lives within us, you only have to be brave enough to see it."

- Merida from Disney's Brave

Meet SuperSib: CASHEL

Age: 11

Favorite Color: Red

Dream Job: Architect

If I had one superpower, it would be: Telekinesis!*

For Cash, having a brother with cancer was pretty scary. Especially when he first learned his big brother Sully was diagnosed with a brain tumor called medulloblastoma. When Sully spent time in the hospital, Cash really missed him and having a playmate. As a middle child, he stepped up to be a role model for his younger brother, Finn.

Now Sully is home and getting stronger each day, and Cash still has a brave, positive outlook! His pet bunny, Rosey, makes him happy. Petting Rosey helps when Cash wants to feel relaxed or needs to calm down. One of his favorite memories with his hero Sully was riding a giant wooden see-saw on vacation in Arizona.

*Telekinesis means you can move things with your mind!

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

Answer the questions below:

What would you do?

If I knew
I couldn't fail,
I would...

What would you try?

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

FAIL = First Attempt In Learning

Crossword Puzzle:

There are two sides to everything!
Below are two sets of phrases:
one is encouraging, one is discouraging.

Fill in the blanks and write the answers in the puzzle.
Answer key is on the back cover (don't peek!).

ACROSS

The "across" phrases are thoughts you may have when you're struggling or trying something that's difficult and new.

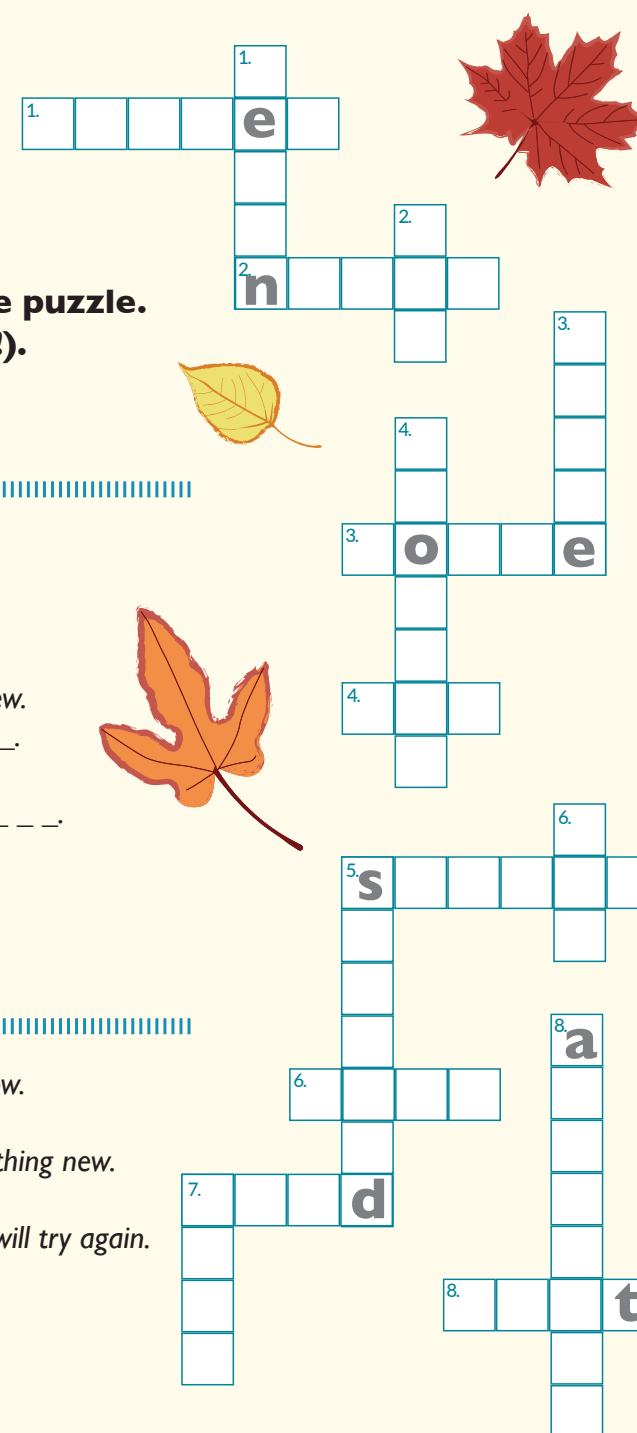
1. Mistakes mean that I _____.
2. I will _____ figure this out.
3. I can't _____ this problem.
4. I can't try _____ things.
5. I am _____ to try something new.
6. Asking for help makes me feel _____.
7. I can't do _____ things.
8. If I don't succeed right away, I will _____.

DOWN

The "down" phrases are ways to think differently about those thoughts!

1. Mistakes help me _____ and grow.
2. I haven't figured it out _____.
3. I am _____ enough to try something new.
4. I am a _____ solver.
5. If I don't _____ right away, I will try again.
6. I like to try _____ things.
7. I can ask for _____ when I need it.
8. I can learn _____!

WORDBANK: brave, new, learn, never, help, weak, problem, failed, anything, solve, quit, scared, yet, new, hard, succeed



"I BELIEVE IN
MY #SELFIE"

Draw your selfie in
the cell phone and
finish the three
sentences below:

iEnjoy _____

iCan _____

iWill _____

WE WANT TO
HEAR FROM YOU!



Email us at SuperSibs@AlexsLemonade.org or follow us on
Facebook with your parent's permission [@SuperSibsALSF](https://www.facebook.com/SuperSibsALSF)

