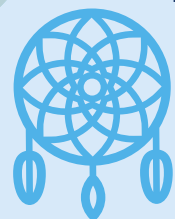




Fears and worries can keep us from reaching our dreams. Now that we know how to quiet that **Worry Monster** and show our bravery, let's catch those dreams.




Dreamcatchers have been around for a long time. Native Americans believe they protect us from bad dreams by trapping nightmares in the net so the good dreams can pass through the center, down the feathers, and straight to you.

Try making a dreamcatcher of your own, and keep fears out of your dreams.

What You'll Need:

☐  **Hole puncher**

☐  **Paper plate**

☐  **Yarn**

☐  **Tape**

☐  **Paint/Markers/Crayons**

☐  **Glitter/Beads/Feathers**

Directions:

- 1** Cut out the center of the paper plate, and paint the outer ring with your favorite color(s).
- 2** Punch 12 holes around the paper plate.
- 3** Thread the yarn through one hole, and secure one end to the back of the plate with tape. Weave the yarn through the holes to create a web. Repeat with 2 more strings of yarn in different colors.
- 4** Punch 3-4 holes in the bottom of the plate and tie yarn to hang as fringe. Add beads, feathers, or charms.
- 5** Punch a hole at the top of the plate and add a piece of string so you can hang it above your bed!



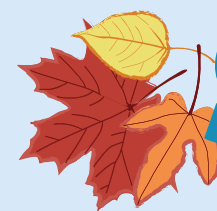
TheSuburbanMom.com

Photo Credit: TheSuburbanMom.com

Hey parents, we want to hear from you! What would your SuperSib like to see in future mailings? How can we better support you?

E-mail us anytime at SuperSibs@AlexsLemonade.org.

Ask your parents to share your dreamcatcher with us on Facebook at: [@SuperSibsALSF](https://www.facebook.com/SuperSibsALSF).



Serving Siblings of Children with Cancer

SuperSibs!

Powered by: Alex's Lemonade Stand Foundation



PLAYBOOK
FALL/WINTER 2020

"A head full of fears has no space for dreams."
- Unknown

Meet SuperSib: FINNEAS



- **Age:** 8
- **Favorite Color:** Red and Black
- **When I grow up, I want to be:** A cave explorer.
- **If I had one wish:** I'd wish for it to rain candy!
- **Favorite memory with my hero:** Staying home when my brother Sully takes care of me and playing Minecraft together.
- **When I want to calm down or relax:** I go to my room.
- *Fin is the youngest of three brothers. His oldest brother, Sully, was diagnosed with a brain tumor. It is sad to have a brother with cancer, but spending time with Sully, eating ice cream, gymnastics, and playing Minecraft makes Finn happy.*

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

THE WORRY MONSTER

Our fears and worries are just our imaginations running wild, but they can feel very real. Just remember that we can control what we feed that Worry Monster.

Think for a moment about the things that make you scared or worried.

Write or draw them in the monster's belly.



Let's look at what's in the Worry Monster's belly.

Are these worries true or in your imagination?

Worries and fears never go away completely, but we can keep them small so they don't take over.



Don't Feed THE WORRY MONSTER

If we give the Worry Monster the truth, he will get smaller and go away.

On the refrigerator shelves, write the truth about your worries from above.



"You are braver than you believe, stronger than you seem, and smarter than you think." - Winnie the Pooh

Badge of Bravery:

This is a badge of bravery, something you earn when you try something new or something out of your comfort zone!

You can also use your bravery badge when you feel like you need an extra dose of courage.



Color in the badge and add decorations that make it all about you!



Here's an example!



Draw some examples of times when you might use your badge:

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