SuperSibs

Supporting Siblings of Children with Cancer

Sibling Spotlight:
Bennett

Favorite Animal:
Blue Whale

Hey SuperSib,

Welcome to your Fall/Winter Playbook! There is a lot of fun just for you inside!

So, come join us!

Sincerely,
The SuperSibs Team

Bennett is a curious and empathetic kid who loves video games and playing football. He is incredibly caring, especially when it comes to his little sister, Lydia. Bennett was sad when Lydia was diagnosed with clear cell sarcoma of the kidney, but he always tries to be strong. It was hard for him to miss out on playdates to protect Lydia's health, but still, he always makes sure to include Lydia and her health in his nightly prayers. Bennett's parents are so proud of him for being so understanding throughout Lydia's treatment, and their family is glad that the SuperSibs program is there to help Bennett feel less alone. They even held a lemonade stand this past summer that raised $2,000 for Alex's Lemonade Stand Foundation!

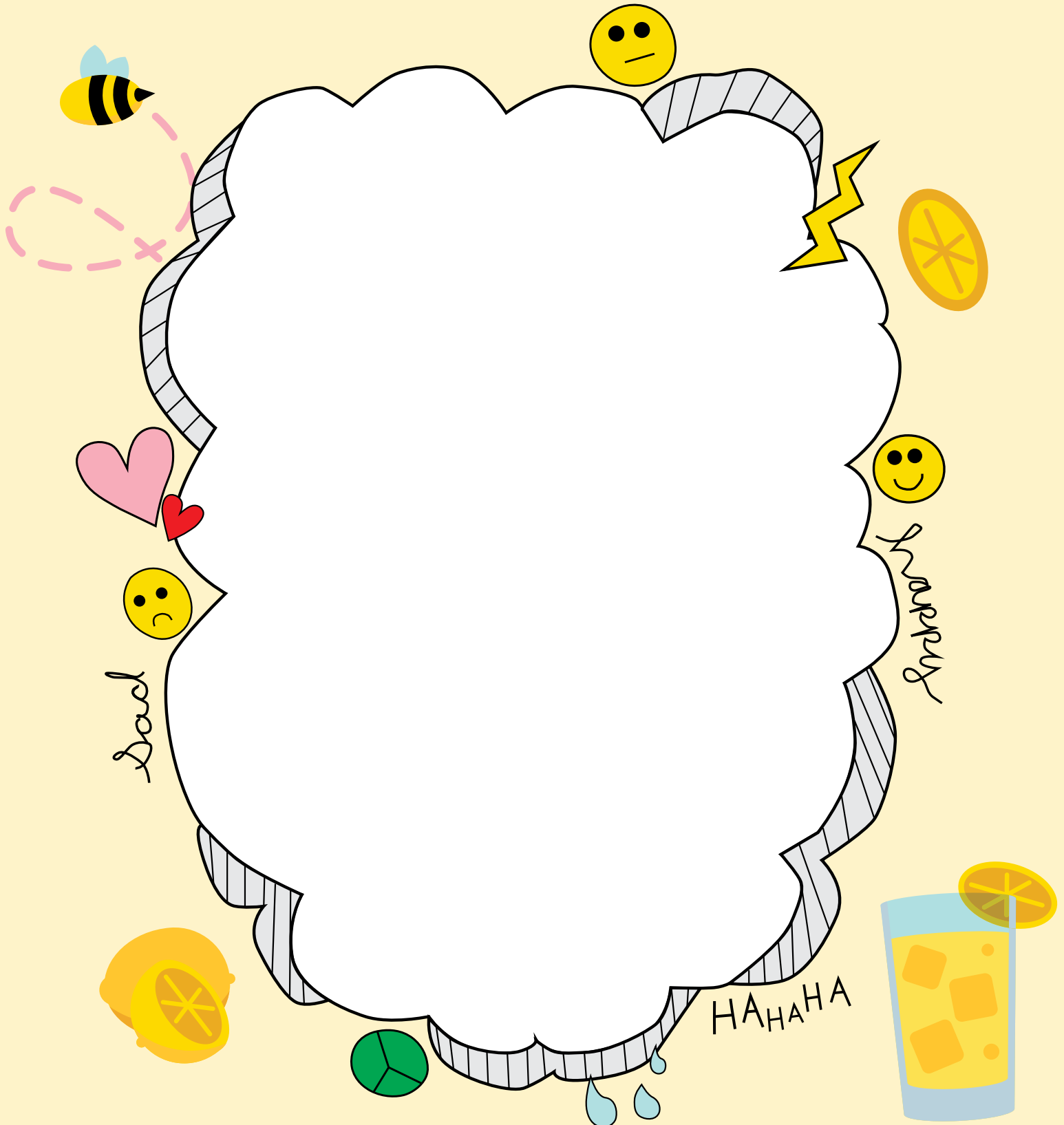**To submit your own SuperSib story or read more, visit SuperSibs.org.**

Alex's Lemonade Stand

Foundation for Childhood Cancer™

How Do You Feel?

There is no "right" way to feel. And sometimes it can be hard to share how you feel. Inside the cloud below, draw some pictures of how you feel or write some feeling words.

Share your Feeling Cloud with your parents, your siblings, your friends or teachers, or keep it to just yourself.

happy

Dad

HAHAHA

One of our favorite books is *The Invisible String* by Patrice Karst. Did you know there is an invisible string of love that connects us to our family? Even if you cannot see it with your eyes, you can feel it in your heart. Who does your invisible string connect you to?

My invisible string connects...

to

Me

Your Personalized Emoji

If you were an emoji, what would you look like? Make your own silly or serious emoji in the circle and share it with us! Have your parents email a picture to **SuperSibs@AlexsLemonade.org** so we can see it too.

Leaf Breathing Exercise

Deep breathing has a physical effect on your body to help you calm down and lower stress.

hold

Breathe In

Breathe out

hold

Breathe out

Breathe In

Breathe In

Breathe out

hold

Breathe In

Breathe out

Breathe Out

hold

Dot-to-Dot!

Connect the dots below, then color it in to make it snow!