Here comes the sun!

Every day is one step closer to summer. Some days, we can be happy and have fun in the sun. Other days, we’re burning up and need a break. We can’t stop these waves of emotions, but we can choose which ones to ride out. So, surfs up, SuperSib!

Sibling Spotlight: Corvin

Age: 12

What He Wants to Be When He Grows Up: A Pilot

Corvin is known for his big heart and quiet, goofy side. He loves drawing, playing video games, and spending time with friends and family. When his sister Ashley began her battle with acute lymphoblastic leukemia, Corvin stayed strong. He couldn’t help worrying about her, but Ashley persevered. Corvin was always full of questions, looking for more ways to help, and seeking to better understand what his sister was going through. Today, Ashley is in remission, and Corvin’s family is so grateful for the strong and caring person he continues to be for all of them.

To submit your own SuperSib story or read more, visit SuperSibs.org.
The Uncontrollable:
It's important to remember there are things you cannot control and things that you can. Look at the examples of things that you cannot control on the TV screen below. Fill in the blanks with other examples.

The Controllable:
When you spend too much time focusing on things that are out of your control, it's easy to become angry. Instead, focus on things that you have the power to change! Fill in the blanks with things you can control. This is a great tool for transforming anger and letting it go!

What others say. What others do. What others think. What others feel.

You ARE in control!

Coping Wheel
What are some different ways you can express your emotions? Sometimes it's talking to a friend, parent or trusted adult. Sometimes you just want to work through it on your own. This is a great way to decide which activity to choose in the moment. Fill in the blank spaces with ideas of your own. Flip a coin to see where it lands, then try that activity!

Asking for help
Trying again
Taking care of myself Being kind Forgiving others My decisions

The Anger Iceberg
Did you know that only a small part of an iceberg is visible on the surface of the water? Most of an iceberg floats underneath. Anger can be the same way: below the surface there are many more emotions floating around. Noticing these other feelings can help you understand your reactions.

In the iceberg below, circle the emotions you tend to feel when you are angry. Write other feelings in the empty spaces below.

hurt embarrassed grumpy
overwhelmed tricked
scared distrustful
annoyed rejected
stressed lonely
uncomfortable insecure
hurt guilty
embarrassed

Insecure

Lonely

Envious

Worried

Frustrated

Embarrassed

Overwhelmed

Distrustful

Disappointed

Rejected

Helpless

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Like what you see? Have an idea for a future playbook? Email SuperSibs@AlexsLemonade.org.
Mapping My Anger

Anger is an emotion that everyone feels at different points in their lives. It’s a powerful emotion that can be felt in your whole body. Anger is also a sign that something has to change. The key to dealing with anger is accepting how you feel, understanding why you feel it, and then letting it go.

Complete the map below to understand more about the way you feel and respond to anger.

1. What is happening?
2. What is going through my mind?
3. How much do I believe this? (Not at all, a little, a lot)
4. What emotion(s) do I feel? How strong is it?
   - Very Strong-Boiling
   - Moderate-Pretty Angry
   - Not Strong-Chill
5. How am I acting? What do I notice in my body?
6. Who can I talk with to feel better?
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### What others say. ________________  What others do. ________________

________________________  _______________________

________________________  _______________________

**What others think.** ________________________

________________________  **What others feel.** ________________________

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**LISTEN TO MUSIC**

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LISTEN TO MUSIC
WATCH YOUR FAVORITE MOVIE
TALK IT OUT
LAUGH IT OUT
READ A BOOK
GET SOME EXERCISE

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The saying “making lemonade out of lemons” means to find the SWEET in a bitter situation or finding positives in a difficult time.

Journal Prompt
In your journal, write or draw how you can make lemonade out of the lemons in your own life.

Ink About It
Close your eyes and draw a picture of a lemon. Once you open your eyes, you’ll notice it probably is not how you imagined it would look. Now, with your eyes open, use that drawing to create your own work of art. It can be anything you want — you just turned a lemon into lemonade! With a caregiver’s permission, email your completed artwork to us at SuperSibs@AlexsLemonade.org for a special prize!

To do something positive during a difficult time, Alex’s brothers Patrick, Eddie and Joey helped Alex hold her famous lemonade stands. If you are interested in holding a lemonade stand, scan the QR code to learn more!