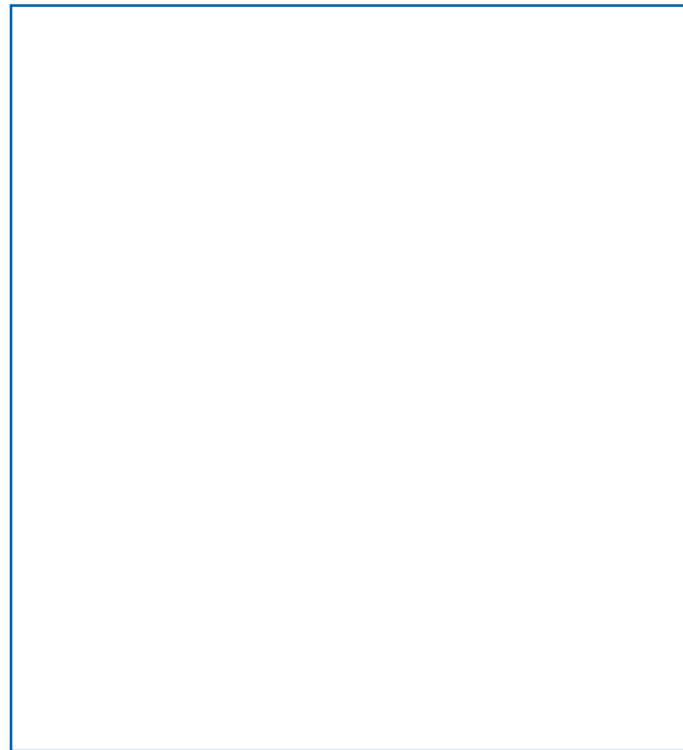


## Who is your person of the year?

The end of the year is a popular time to reflect over the past several months. When you reflect, think of someone who has been your *Person of the Year*. This person could have helped you through a hard time, inspired you to try something new, or maybe you'll choose someone who you've never met but would like to one day!

Paste a photo or draw a portrait of them. In the yellow boxes, add their name, words to describe them, or a short quote. When you're done, share with your person of the year to show how to show how much they have had an impact on you.



---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

## Cope, Connect & Get Involved



Remember – there are friends and family members who want to help you during difficult times. Asking for help or advice will take the courage and strength that you have inside of you! Here are some ways to cope with difficult questions, connect with others and take a stand against childhood cancer.

### Cope

Looking for ways to make tricky conversations easier? Work with your parents or school to have a plan to answer questions. Here are some of our ideas:

- Ask a staff member at school who you trust and are comfortable with to accept and answer questions from others. This person can be your “go-to” if you feel overwhelmed.
- If you are comfortable answering yourself, come up with a short, prepared response for general questions. Or, simply say: “I am doing the best I can and I don’t want to talk about it.”
- Brainstorm ways to address potential questions all at once. For example, you could talk to your counselor about ways to educate your classmates about cancer. Even if you aren’t present, it could help your peers to better understand what you are going through.

### Connect



Cancer in your family can make you feel lonely or different from your peers. But, you are not alone – there are other teens walking a similar path! Ask a counselor or trusted adult about local support groups and opportunities to connect with others who can help you. And, of course, SuperSibs has great ways for you to virtually connect:

- Like and post on the SuperSibs Facebook page (if you are under 14, ask your parents to do it for you).
- Share your story and read through others on SuperSibs.org for comfort and advice.
- Connect to SibSpot.org to find coping strategies and activities to empower you!

### Get Involved



If you feel ready, become an ambassador for SuperSibs and Alex’s Lemonade Stand Foundation! As an ambassador, you can share your story in your community, with other SuperSibs and get involved in the fight against childhood cancer. Email us at [SuperSibs@AlexsLemonade.org](mailto:SuperSibs@AlexsLemonade.org) or visit [SuperSibs.org](http://SuperSibs.org) to learn more!



## Meet SuperSib Dot

Age: 14



### Advice for other SuperSibs

“Find ways to stay connected, even if you can’t visit the hospital. I’d visit my sister’s Animal Crossing Island when she was inpatient and the hospital was not allowing visitors under 18. And my mom and dad and I came up with special things to do together. When my mom was at the hospital with my sister, my dad and I started a new tradition of watching behind the scenes theme park documentaries. When my dad stayed with Leonor, my mom and I watched the Great British Bake Off.”



### Journal Prompt

We are so thankful that you are a SuperSib! Across two pages of your journal, draw your own “Thankful Lemon Tree”. Draw a tree, add some lemons, and fill each lemon with a person, place or thing that you are thankful for.

**Dot** is a quiet and introspective person who loves to read and draw. Ever since her little sister, Leonor, was diagnosed with Ewing sarcoma, Dot has been an avid SuperSib. Every year, Dot and her family team up with their local library to host a lemonade stand in her sister’s honor. Dot even chose a gold-yellow homecoming dress to raise awareness for childhood cancer. Today, Dot is working through her school’s Early College Program, running track and field, and participating in Gaming Club.

To submit your own SuperSib story or read more, visit [SuperSibs.org](http://SuperSibs.org).



