

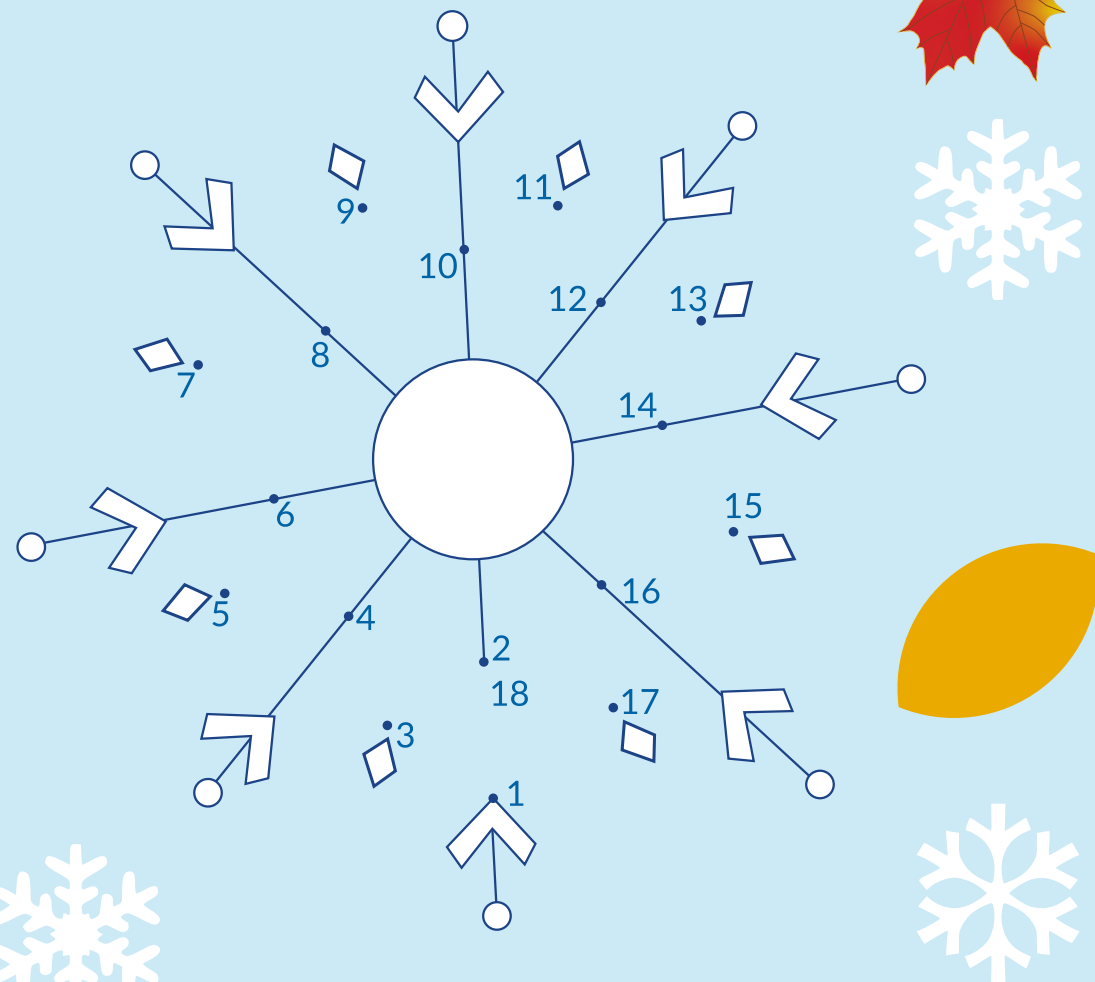
Leaf Breathing Exercise

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



Dot-to-Dot!

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



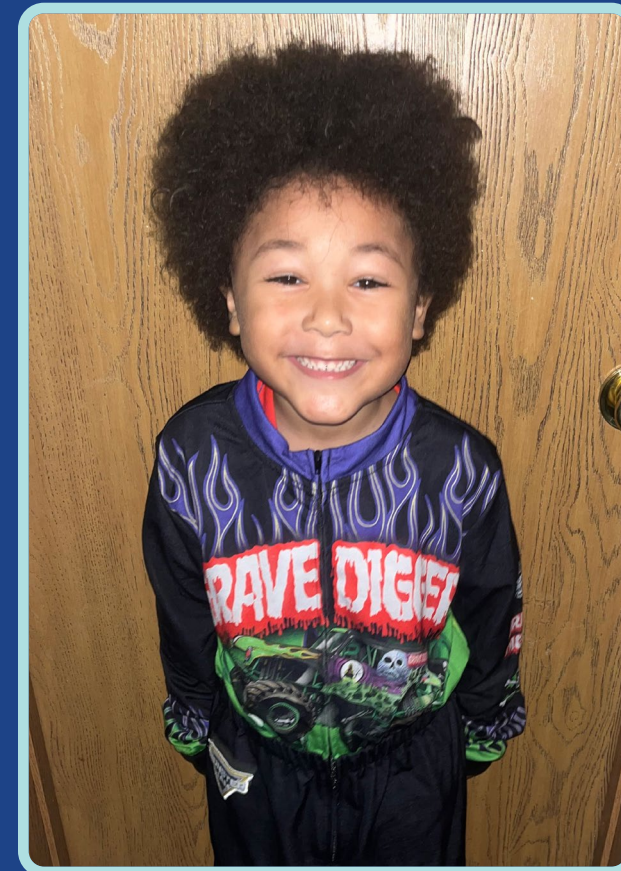
Fall/Winter 2025

SuperSibs

Supporting Siblings of Children with Cancer

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.



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

Sibling Spotlight:

JR

Favorite Animal:
Dinosaur or Lion

JR is spunky but inquisitive. He asks questions about anything and cares so deeply for everyone he loves. While his younger brother Kno'lan has been fighting cancer, JR has remained so strong even when his family has to leave for his brother's treatment. They are so proud of him for sticking with his schooling while remaining so positive through it all. He's always willing to lend a hand for Kno'lan, whether it's grabbing his bottle or keeping his brother laughing and smiling even through the tough times.

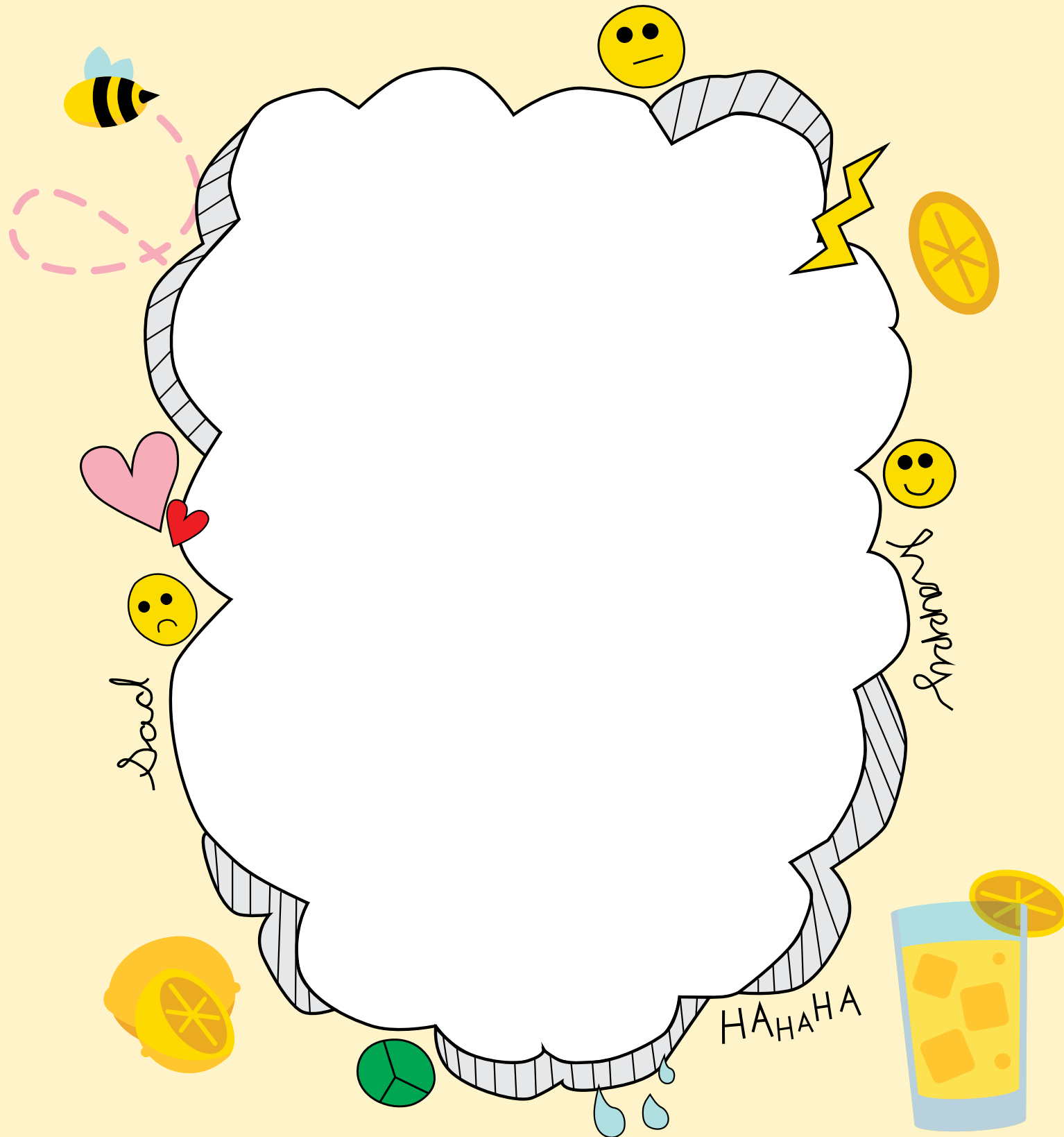
To submit your own SuperSib story or read more, visit SuperSibs.org.



How Do You Feel?

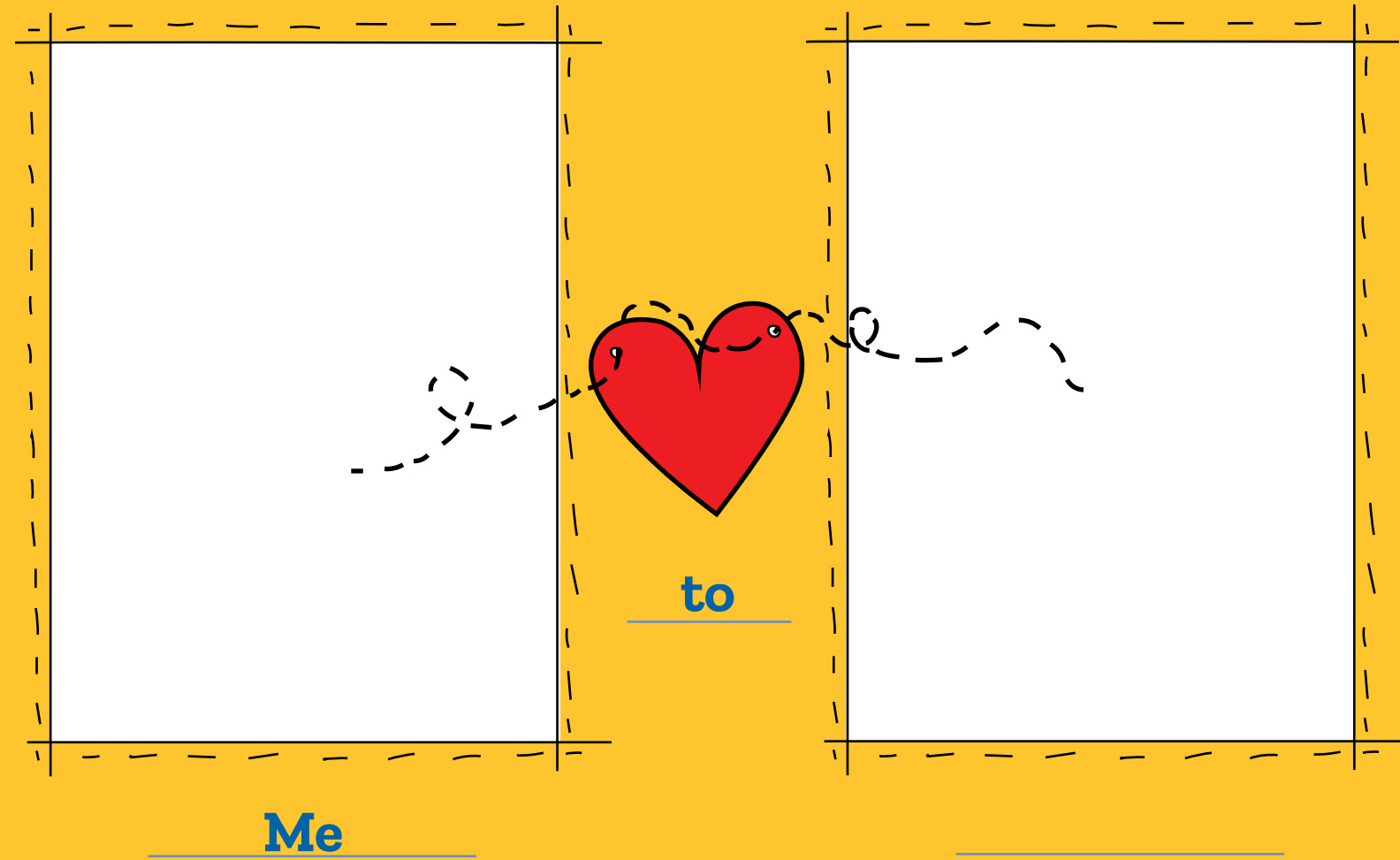
There is no “right” way to feel. And sometimes it can be hard to share how you feel. Inside the cloud below, draw some pictures of how you feel or write some feeling words.

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



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...



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.

