

“Let us remember:
One book, one pen,
one child and
one teacher can
change the world.”

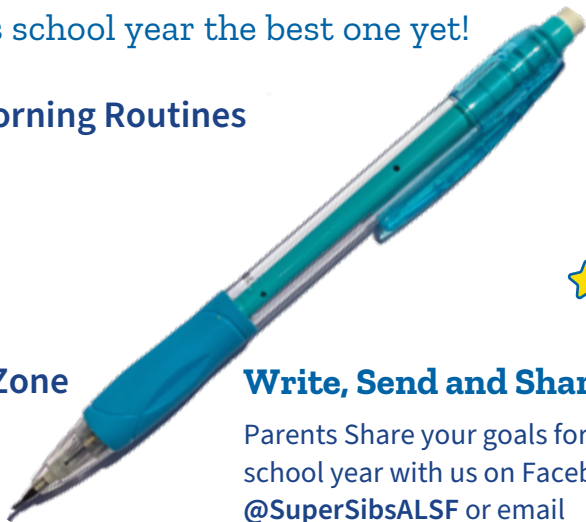
– Malala Yousafzai



Going back to school doesn't have to be stressful.

Here are some tips to make this school year the best one yet!

1. Establish Bedtime and Morning Routines
2. Get a Good Night's Sleep
3. Eat a Healthy Breakfast
4. Stay Organized
5. Get Out of Your Comfort Zone
6. Get Involved
7. Work Hard
8. Be Present



Write, Send and Share!

Parents Share your goals for the school year with us on Facebook @SuperSibsALSF or email SuperSibs@AlexsLemonade.org for a chance to win a special prize!



Journal Prompt

In your journal, write or draw something you are looking forward to this school year.

SuperSibs

Supporting Siblings of Children with Cancer

SuperSibs.org