

SuperSibs



Supporting Siblings of Children with Cancer



Spring/Summer
2026

Meet SuperSib **Alaina**

Age: 13

Alaina is an incredible artist who loves using her creativity to come up with games for her two little brothers. When Alaina's youngest brother, William was diagnosed with neuroblastoma, she navigated the fear, anger, frustration and sadness with such grace. Although she often struggled quietly, her family could see how strong she was being for all of them. Looking back, the SuperSibs program helped Alaina and her family work through so many big emotions and conversations. Today, William is in remission, and Alaina continues to face the hard times with a compassionate heart.

Advice for other SuperSibs

“You can always talk to someone about your feelings — don't keep them inside. Stay strong! You are loved.”

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



Response vs. Reaction

As we just learned, part of your brain's job is to instinctively protect you from something that causes you harm, fear or stress. Sometimes we react immediately to stressful situations, and often we are not thinking about our own deeper emotions contributing to our actions. When we take the time to pause and think about why we are angry and upset, we give ourselves the opportunity to respond in a more thoughtful and intentional way.

We can ask ourselves questions in situations like:

“Why am I letting this get to me?”

“I normally wouldn't be this angry that my team lost the game. Why does today feel worse?”

“Am I the one responsible for what happened, but I'm blaming someone else?”

“Is my bad quiz grade the real reason I'm getting angry at my friends who did well?”

“Why do I feel like I am angry at my family, when I really just wish our circumstances were different?”

Read through the examples below of **angry reactions**, and then match them to a more **positive response**.

- Yelling at your parent for arriving late to pick you up from school.
- Making a mean comment on a friend's post to get back at them for teasing you.
- Lashing out at a family member or friend after having a bad day.
- Shouting and grabbing the remote from your sibling or friend's hand when you don't agree on a show to watch.
- Refusing to do the chores that a parent asked you to do.
- Calling yourself stupid after getting a bad grade.
- Calmly asking for more time to complete your chores.
- Taking turns watching shows or finding a show both you and your sibling or friend can enjoy.
- Telling your parent you felt embarrassed or worried while waiting for them.
- Listening to music after having a bad day.
- Talking directly about how it made you feel when a friend teased you.
- Asking for help if you are struggling in school/Being kind to yourself and acknowledging the impact of stressful circumstances.

Sometimes our emotions lay quietly until they fade away, and other times they bubble below the surface, waiting to erupt. Emotions can be powerful and felt in your whole body. Emotions can make you feel on top of the world, joyous, elated, excited — or underneath it, sad, angry or even just confused. Tackling emotions is complex and it takes practice to understand and process what you are feeling. **Anger** is a particularly complicated emotion, but one felt by everyone at different points in their lives. It is normal to get angry sometimes. Recognizing all the emotions behind anger, such as worry, fear, jealousy, guilt and insecurity, can help you.

Did you know part of your brain's job is to protect you?

Yep, it's true. There is a part of your brain that constantly looks out for things that could harm you. It tries to warn you of perceived danger, which creates the feeling of stress. The more you are exposed to anxiety-inducing situations, the more your brain is triggered, which can cause anger to bubble over.

How Meditation Can Help

Meditation is a great tool to identify those hidden emotions behind your anger. Practicing meditation can help you understand why you feel that way and then help you find ways to calm down, make yourself feel better and let it go or learn from it.

Doing small meditations daily helps with managing emotions. Just take 10-15 minutes a day and focus on your breath. For guided meditation, try the Calm app.



You ARE in control!

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.

What others say. _____ **What others do.** _____

What others think. _____

What others feel. _____

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!

Being kind

Taking care of myself

Forgiving others

My decisions

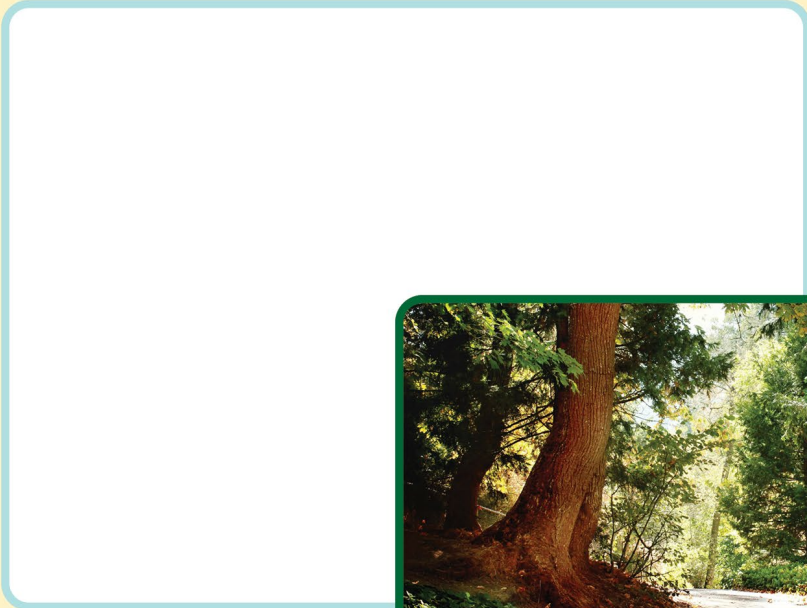
Trying again

Asking for help

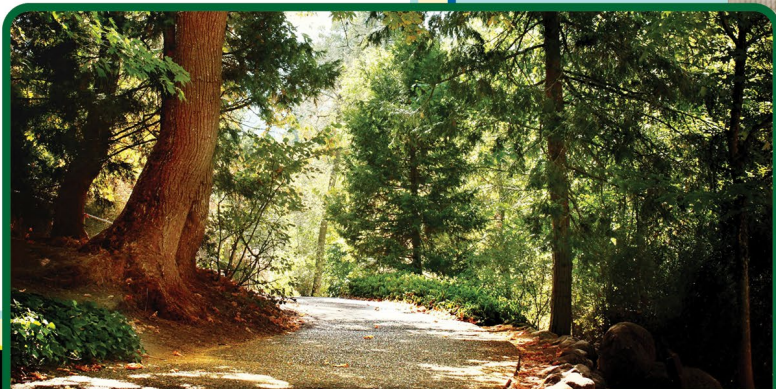
Coping

By now you've done a lot of work to identify the feelings underneath anger, the differences between responding and reacting, and how meditation can be a useful tool to work through anger. Well done! Let's find some ways to cope with our feelings so we can let them go and move on.

Try these simple ways to clear your mind and find your happy place. Fill in the blank rectangles with your favorite ways to de-stress.

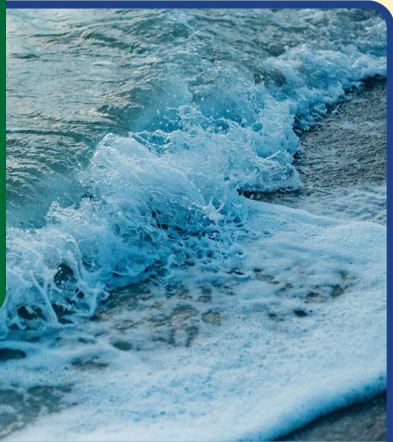


**Make a
playlist**

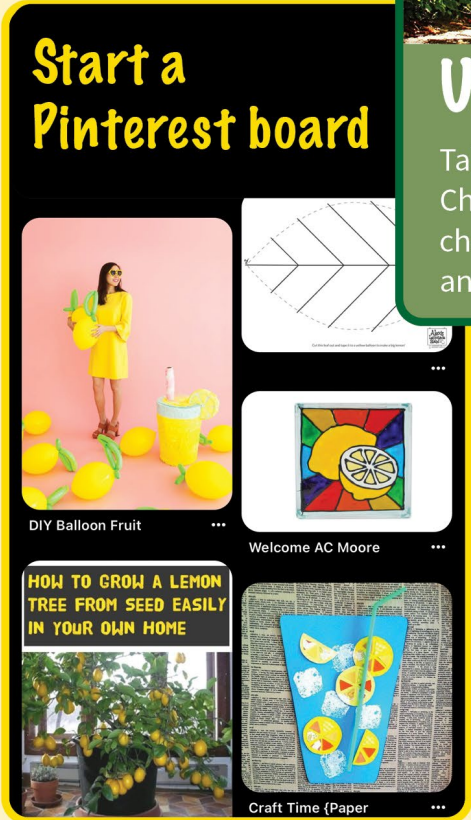


Unplug

Take a vacation from the pressure of social media. Challenge yourself to take a few days off from chatting online and connect with friends in person and outdoors!



**Download an
app that plays
calming sounds**



SuperSibs wants to hear from you!

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



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.



Lemonade Recipe

1. Cut **6 lemons** in half and squeeze the juice into your pitcher.
2. Add **1 cup of sugar** to the juice.
3. Add **1 cup of hot water** and stir the mix until the sugar is dissolved.
4. Add **4 cups of cold water** to the pitcher.
5. Add **ice and lemon slices** to garnish. Then pour and enjoy!

Calming
Coloring
Corner

