

Spring/Summer 2026

# SuperSibs

Supporting Siblings of Children with Cancer

## 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: **Toddy**

**Age:** 10

**Favorite Animal:** Dogs

Toddy is an amazing athlete who loves teaching his little brother William how to play sports. When Toddy was just 4 years old, William was diagnosed with neuroblastoma. Back then, Toddy was too little to understand what was happening, but he did his best to be patient while his family went back and forth between the hospital. Now that he's older, Toddy struggles with the thought of losing his best friend, but the SuperSibs program has helped him navigate those difficult feelings along with the rest of his family. Today, William is in remission, and Toddy is doing his best to be brave and support his brother in any way he can.

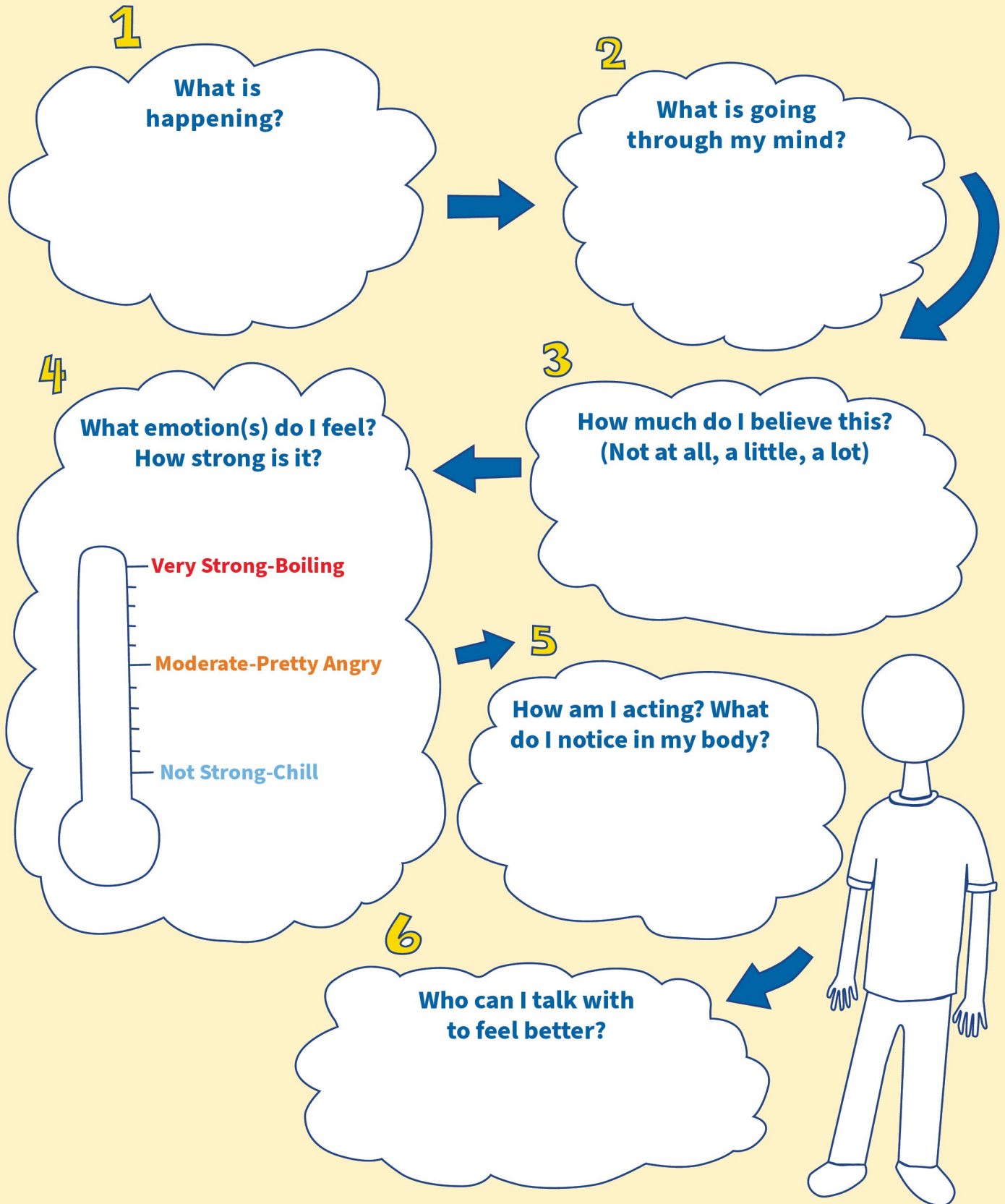
**To submit your own SuperSib story or read more, visit [SuperSibs.org](https://www.SuperSibs.org).**



# 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.



# 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

distrustful

scared

disappointed

rejected

annoyed

uncomfortable

lonely

stressed

guilty insecure

helpless

worried

envious

frustrated

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



# 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.** \_\_\_\_\_

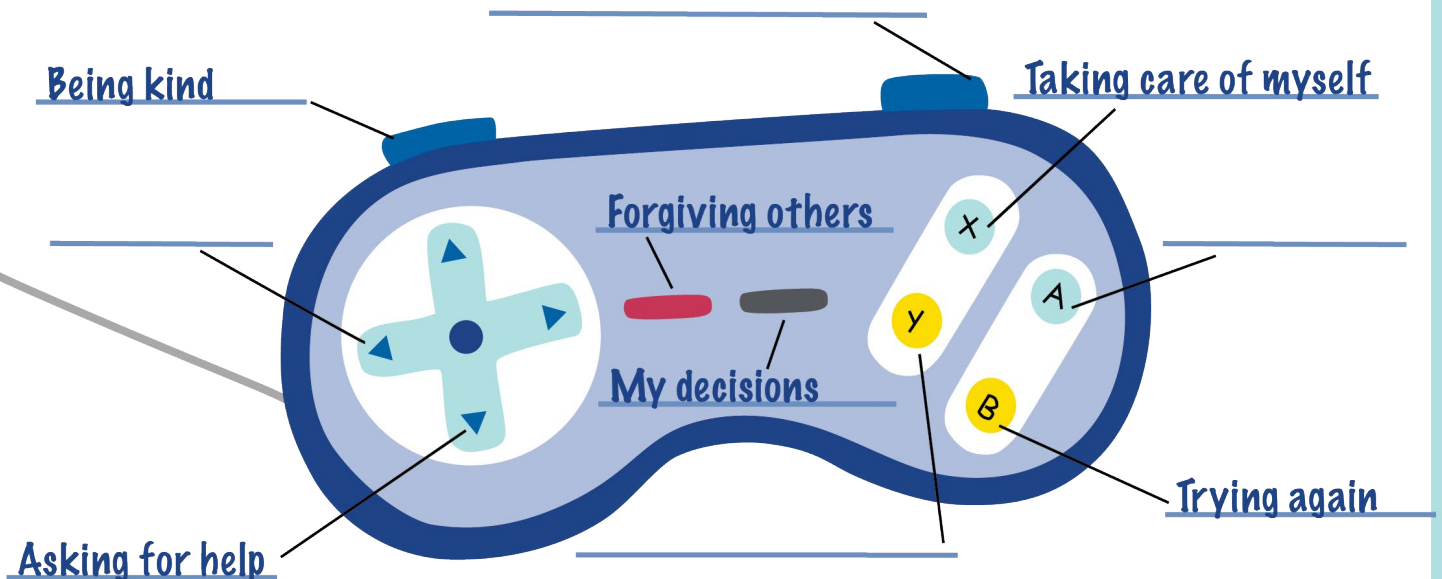
\_\_\_\_\_

**What others feel.**

\_\_\_\_\_

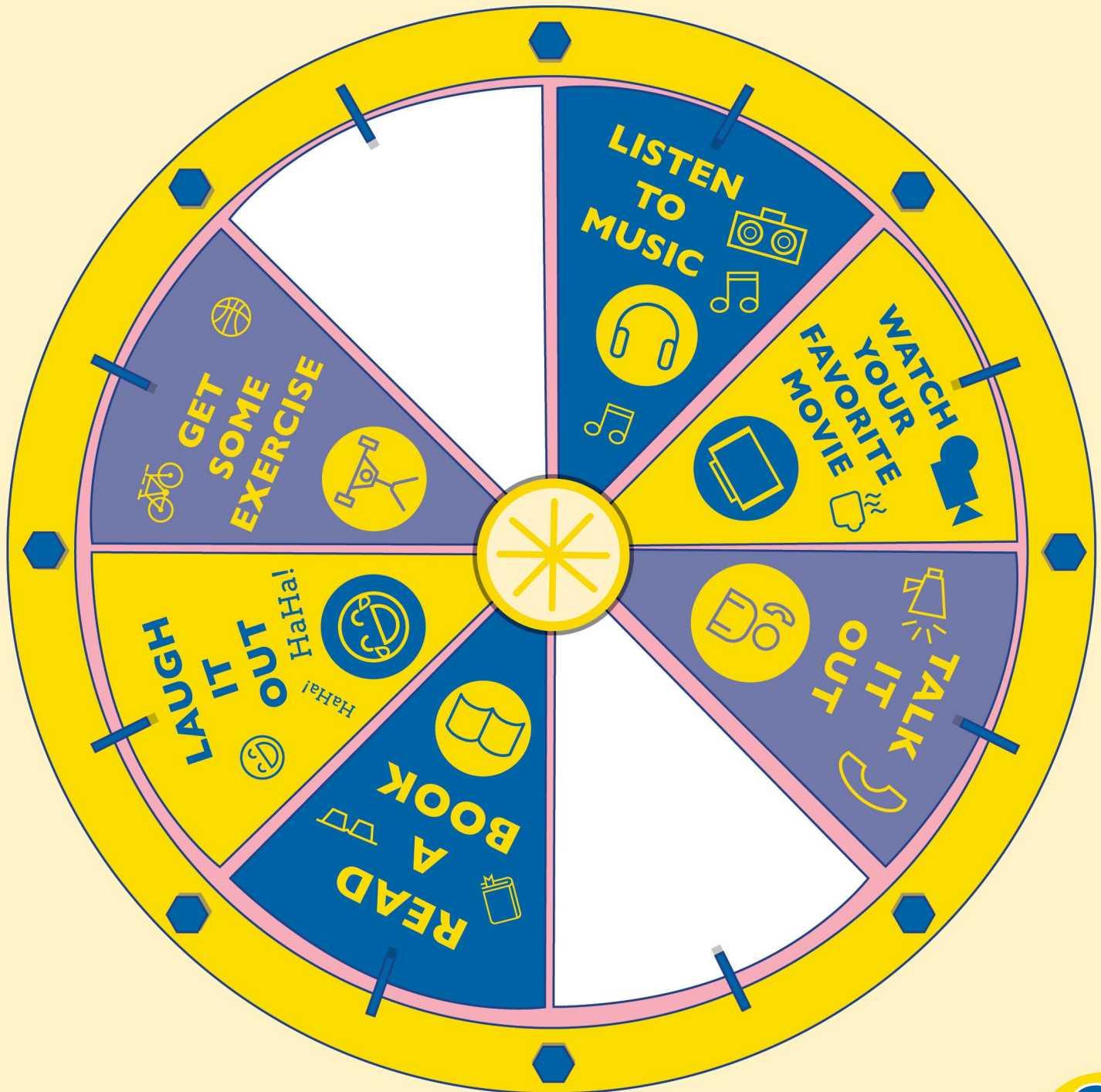
**The Controllable:** When you spend too much time focusing on things that are out of your control, it's easy to become angry. Instead, focus on things that you have the power to change!

Fill in the blanks with things you can control. This is a great tool for transforming anger and letting it go!



# 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!



**SuperSibs wants to hear from you!**

Like what you see? Have an idea for a future playbook? Email [SuperSibs@AlexsLemonade.org](mailto: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

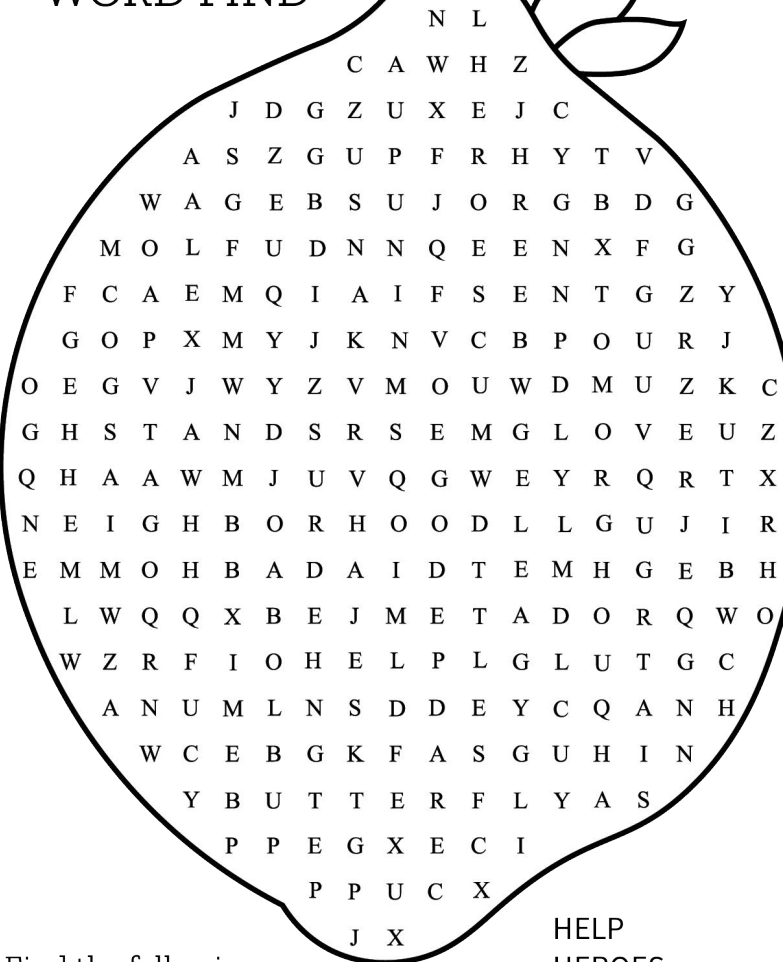
In your journal, write or draw how you can make lemonade out of the lemons in your own life.



## 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!

## WORD FIND



Find the following words hidden inside the lemon and circle them. Look up, down, across and diagonal. Good luck!

ALEX  
BUTTERFLY  
CUP  
CURE

HELP  
HEROES  
LEMONADE  
LOVE  
MIX  
NEIGHBORHOOD  
POUR  
STAND