

Spring/Summer 2026

SuperSibs

Supporting Siblings of Children with Cancer



**Happy Spring,
SuperSib!**

Winter is over, and
the countdown
to summer is on.

Enjoy!

Sibling
Spotlight:
Brooks

Age: 4

Favorite Animal: Dogs

Brooks can be shy at first, but once he warms up, he is full of fun and personality. He has a huge heart and so much love to share with others, especially when it comes to his little brother, Banks. When Banks was diagnosed with Wilms tumor, it was hard for Brooks to see his baby brother go through surgery and treatment. Still, Brooks does his best to be a supportive, caring and kind brother by cheering on Banks every step of the way. Brooks never complains and does his best to be understanding. While Brooks continues to be strong for his little brother, he's taken to playing baseball in his spare time and inspiring Banks to join in the fun.

For fun activities you can enjoy at home, visit SibSpot.org.



Alex's
Lemonade
Stand 

Foundation for Childhood Cancer™

"What do you do with the mad that you feel?" – Mr. Rogers

We all get mad sometimes, but it's important to learn how to deal with those feelings so that we don't hurt ourselves or others. When you are able to stay calm and talk about how you're feeling, you can turn your anger into positive action!

Draw it out in the spaces below.

Something that makes me angry:

Something that makes me feel better:

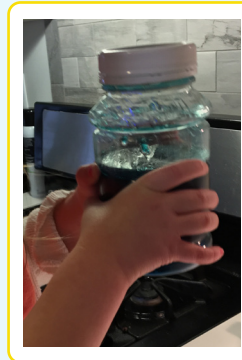
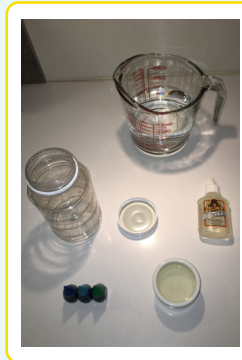
When I've calmed down after being angry, I like to:

Craft: Ocean in a Bottle

Summer is near, and this fun craft can soothe even the crabbiest feelings. You only need a few ingredients, so grab an adult and get started!

INGREDIENTS

- WATER
- COOKING OIL (vegetable or canola)
- BLUE FOOD COLORING (or whatever your favorite color is!)
- LARGE CLEAR BOTTLE WITH A LID (like a soda bottle or empty mouthwash bottle)
- FUNNEL FOR POURING
- SUPER GLUE



1. Fill 2/3 of the bottle with water.
2. Add 1-2 drops of food coloring, tighten lid and shake!
3. Fill the bottle the rest of the way with oil.
4. Have an adult put glue around the inside of the lid, then put the lid on the bottle good and tight.
5. Turn your bottle upside down and watch your ocean come to life!



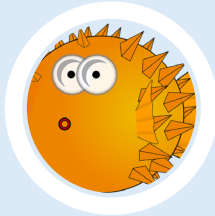


It's normal to have lots of feelings when there are changes in your family – including being angry, sad or even unsure of your feelings. This is okay! You don't always have to be happy, or silly, or funny, but it's important you don't stay angry or upset all the time. It takes strength to face our feelings and you are a strong person, SuperSib!

Take the “Grrr” out of “Anger”

Lions and tigers and bears, oh my! What do these animals have in common? They all say GRRR! Instead of getting your ~Growl~ on, find ways to keep calm and go with the flow. Check out the ways these sea creatures do it.

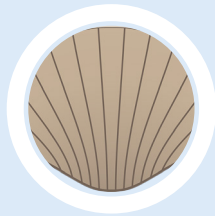
Quick ways to CALM down! Sea Life Sensory Solutions.



Puffer Fish Puff

Puff your cheeks like a puffer fish!

Fill your cheeks with air and hold for 5 seconds.



Clam Cuddle

Cuddle yourself like a clam.

Place your hands on the opposite shoulders and squeeze.



Turtle Tongue

Poke your tongue out like a turtle pokes out its neck.

Stick your tongue out and quickly hide it again.



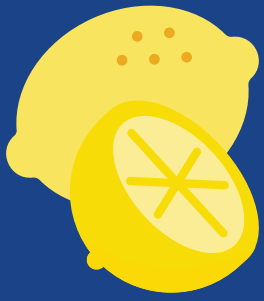
Starfish Stretch

Stretch out like a starfish.

Place your arms up over your head and stretch out wide. Stretch your legs out wide too.

Thanks to our friends at Your Kids OT for sharing.





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!

CONNECT-THE-DOTS

