Fall/Winter 2026

SuperSibs

Supporting Siblings of Children with Cancer



Meet SuperSib **Grace**

Age: 15

Grace loves competing in sports from softball to flag football. Ever since her oldest brother, Jack, was diagnosed with Hodgkin lymphoma, Grace has taken on more of a leadership role in her family. As a middle child, she always wants everyone to get along and offers to help whenever she can. With her older sister away at college and Jack in treatment, Grace helps out around the house by doing the dishes, laundry, or cleaning. She does her best to be supportive of all her siblings.

Journal Prompt

Across two pages of your journal, trace your hand. Then, on each finger, write the name of a person in your life who you can go to when you need a helping hand.

Want to submit your own SuperSib story?
Head to SuperSibs.org to share your story or read more!

Alex's Lemonade Stand
Foundation for Childhood Cancer™

Are You Afraid to Try Something NEW?



We want to hear from you on Facebook! Check out **@SuperSibsALSF** or email us at **SuperSibs@AlexsLemonade.org**. Also, did you know Alex's Lemonade Stand Foundation has a TikTok? Follow us at **@AlexsLemonade**.

Some Sweet Self-Care

Everyone feels lonely sometimes, whether you've moved and started at a new school, are feeling left out, miss someone, or you feel like your parents are paying more attention to your brother or sister. You can even feel lonely when you're surrounded by other people.

It's important to remember that being bored and spending time alone are not the same as feeling lonely. Spending time by yourself gives you time to relax, unwind after a long day, focus on a task or project or even write in a journal. Some people enjoy having time alone to recharge, watch their favorite show, read a book and more.

Can you think of what the opposite of loneliness is? Some examples are connection, companionship, friendship, and togetherness. Loneliness can be a signal that these positive feelings are missing. Spending time with people we love can help us channel these warm, comforting feelings. Here are some suggestions of what you can do to help create these positive vibes.

Volunteer – Volunteering for a cause that is important to you is a wonderful way to interact with others! Ask a parent, guardian, or teacher about ways to volunteer in your local community. (You can find ways to volunteer with ALSF by checking out AlexsLemonade.org)

Join a Club or Try a New Hobby – Getting involved with clubs and activities can boost feelings of community and belonging. You can sign up for art or yoga classes, get involved in local or school theatre, join a rec league for sports, or attend a book club through your public library.

Limit Screen Time – A study from the Journal of Adolescence* shows that teens today feel lonelier than teens did a decade ago, and social media is one of the main causes of this. While it can be great to always feel connected with others, it can also increase feelings of FOMO, or "Fear of Missing Out," by being reminded of what we don't have or aren't doing. Limiting screen time helps to reduce these negative feelings.

Don't Be Afraid to Speak Up – If you're feeling left out because of the extra attention on your sibling, talk to your family about how you can feel more included or how you can do more things as a family.

Spend Time with a Pet – If you have any pets at home, they can be great companions! Spending time with a pet or an animal produces a chemical that makes us feel happy, safe and comfortable. Your furry friend will appreciate the extra loving too!

Courtesy of the Journal of Adolescence

ALSF



focus on a project



write in a journal



watch your favorite show



read a book



Re-Frame *Your Brain*

Most often when we feel lonely, we tell ourselves things that aren't true to keep us feeling that way. When we start feeling lonely or anxious, we can remind ourselves that just because you think it, doesn't mean it's true. In the examples below, re-frame a negative, lonely thought to a positive, kind thought.

"Everyone is doing something fun this weekend except me."

"Sometimes my friends have other plans, and that is okay! I can still enjoy my weekend."

"I don't have any friends at my new school."

"I will make new friends by joining activities/clubs that bring me joy, while still staying connected with my friends back home."



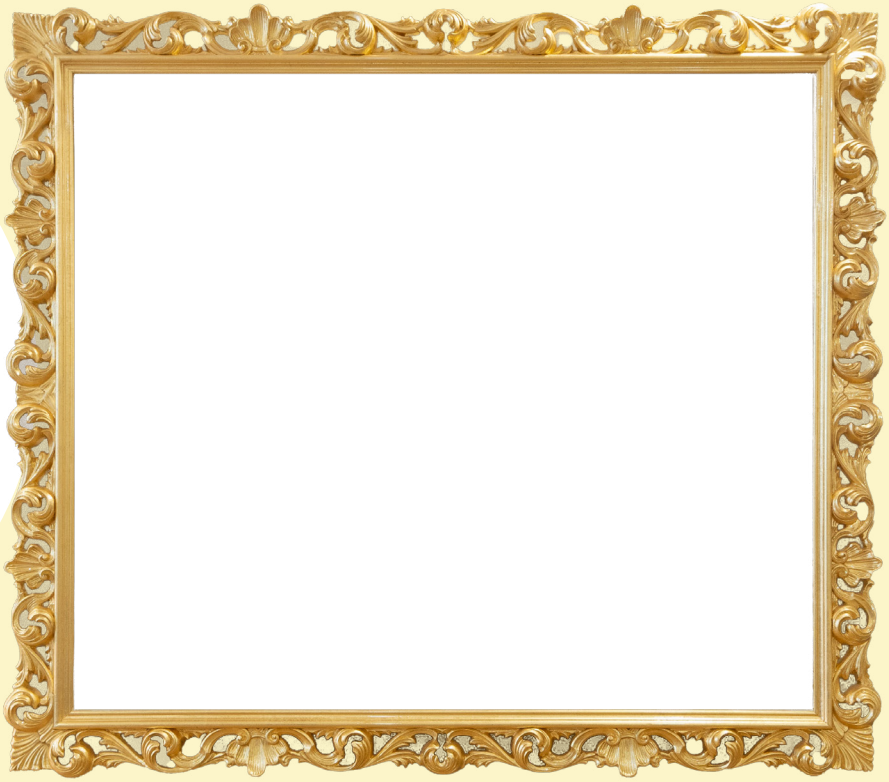
"I really miss hanging out with my brother/sister like we used to."

"I have nothing to do today."





Write a negative, lonely thought of your own. How would you re-frame it?





Dear Future Me

Letter writing is a great way to capture who you are right now and what you dream of accomplishing!

Answer the questions below, or come up with your own, and write them in a letter to your future self. When you're done, seal it in an envelope and put it away for a year or two.

When you open your letter, take time to reflect on how you've grown and changed over the last year.



When you're done, seal it in an envelope and put it away for a year or two.

Use These Questions To Help Write A Letter To Your Future Self:

- **What are you good at doing? What is difficult for you?**
- **What is one new thing that you want to try?**
- **How will you stay positive if something doesn't work out on the first try?**
- **What is one thing that scares you?**
- **What are your goals in the next year?**
- **How will you feel when you achieve your goals?**