Fall/Winter 2026

SuperSibs

Supporting Siblings of Children with Cancer



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.

Meet SuperSib **Calvin**

Age: 6

Favorite Animal: Penguin

Calvin is an inquisitive kid who loves spending time with his friends and family. When his little sister, Kayla, was diagnosed with acute myeloid leukemia, Calvin found special ways to care for her. While Kayla's been receiving treatment, Calvin has enjoyed being a helper around the nurses, aides and housekeeping. When Kayla was feeling upset, he would cuddle up with her to try to help her feel better. Today, Kayla is in preschool and Calvin has started kindergarten where he likes reading and playing at recess. Through it all Calvin brings so much joy to his family and the people around him.

To submit your own SuperSib story or read more, visit SuperSibs.org.

Alex's Lemonade Stand
Foundation for Childhood Cancer™

What is Loneliness?

Everyone feels lonely sometimes. You might feel lonely at a new school, when you're missing someone, or if your parents are paying more attention to your brother or sister. Feeling lonely can make us feel sad, so it's important to remember to talk to someone when we feel this way.

Can you think of what the opposite of loneliness is?

Some examples are friendship, happiness, and everyone being together. Spending time with people we love can help us stop feeling lonely and start feeling happier.

friendship

happiness



Three Boxes Activity

Below there are three boxes for you to draw in.

In the first box, draw how you think being lonely feels.

In the second box, color how you think being happy and feeling connected to other people feels.

In the third box, draw some examples of people or things that make you happy.

Think of these things when you feel lonely, and it will help you feel better!

I Love Me Activity

Think about things you do well and are proud of. Try giving yourself compliments that aren't about your looks or your clothes, but about you as the super person you are!

I make people smile

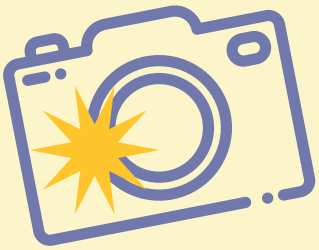
I am a hard worker



Flat Stanley

Based on the book *Flat Stanley* by Jeff Brown, create a "Flat SuperSib" that looks just like you! On the back of your "Flat SuperSib," write down some of your favorite things about yourself.

In the story, Flat Stanley travels the world through the mail. When you're feeling lonely, send your "Flat SuperSib" to your grandparents, relatives, friends, or even your brother or sister if they have to stay overnight in the hospital. Ask them to take pictures with your "Flat SuperSib" and send them to your parent/guardian. When you see all the pictures of your "Flat SuperSib," you'll be reminded how many people care about you!



***Ask your grown-up for help before using scissors to cut out your "Flat SuperSib."**

Share your Flat SuperSibs and connect with us on Facebook @SuperSibsALSF or email us at SuperSibs@AlexsLemonade.org.

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