

SuperSibs

Supporting Siblings of Children with Cancer

Spring/Summer 2023



Meet SuperSib **Anthony**

Age: 16

Anthony is a one-of-a-kind brother who can make anybody laugh. When his sister, Julia, was diagnosed with Hodgkin lymphoma, Anthony became an amazing source of support. He was always checking that Julia was okay throughout treatment and making her laugh whenever she wasn't. Even while Anthony was acting as his sister's biggest supporter, he still managed to do amazing things at school. Now that Julia is in remission, Anthony is happy to be living in the moment and enjoying every day.

Advice for other SuperSibs

“My advice to other amazing SuperSibs would be to be there for your brother/sister no matter what. Try to make them happy!”

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



Make Your Own Résumé

Resumés are a way to show off your own talents, skills, and accomplishments. They're basically a snapshot of you! Complete the résumé below and remind yourself of the different things that make you awesome.

All About Me – What would you say if you had to summarize yourself in three sentences?

Interests – List your favorite hobbies, subjects, and things you like.

Skills – Name some things that you are really good at doing!

Special Achievements – Share the awards, recognitions, or accomplishments you are proud of!

Top Three Dream Jobs – If you could be anything in the world, what would you be?

Share your resumé on our Facebook page, **@SuperSibsALSF**, for a chance to win a prize!

RESUMÉ

INTERESTS

SKILLS

TOP 3 DREAM JOBS

NAME:

ALL ABOUT ME

SPECIAL ACHIEVEMENTS

Hit the **Reset** Button!



It's always important to take time for yourself! Schedule 30 minutes a week to take a break from screens and do something you enjoy. Pick your activity, choose a time and write it down in one of the spaces below to hold yourself accountable.



Date

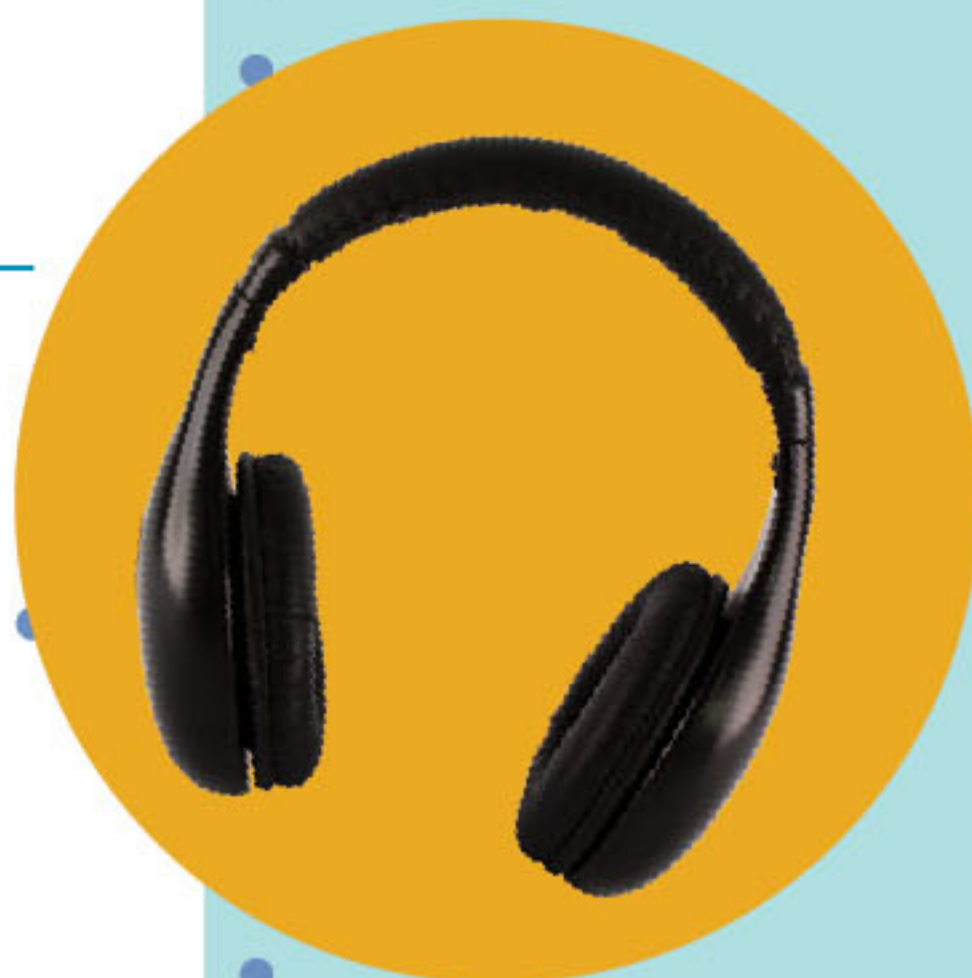
Date

Time

Time

Activity

Activity



Date

Date

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Time

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Activity



“Happiness springs from **doing good and helping others.**” - Plato

There are tons of different ways to **volunteer**, but they all have something in common – they are all rewarding! Volunteering is a great way to learn about your community, make new friends and social connections, and know that you are helping others who need it. Volunteering also produces a positive response in your brain which boosts your mood and feeling of well-being. Plus, it looks good on school and job applications!



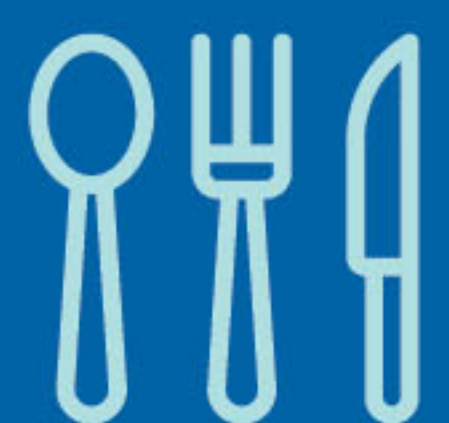
Volunteering has not only allowed me to give back to a charity that has helped my family so much, but has also given me the opportunity to earn service hours for school activities like National Honors Society. I've gotten my own friends involved with volunteering at many ALSF events too, and they loved it! I think it's really important to take part in volunteer work and community service starting at a young age, so children and young adults acquire life skills and experience to benefit the community throughout their lives."

– Maggie F., SuperSib

Here are 5 suggestions to use your interests to make a difference!



1. For the animal lover: Contact a local animal shelter to ask if they need things like blankets, cleaning supplies, or volunteers. Many shelters have a wish list of items they frequently use. Make flyers and ask community members for donations.



2. For the chef: Gather dry goods to donate to a local food bank, or try serving a meal at a local food kitchen. Some food banks also need help sorting donations and packaging items together.



3. For the reader: Reach out to a local homeless shelter, hospital or daycare to see if they accept book donations. Ask friends and family to donate gently used books. Local libraries or elementary schools may also have opportunities to read books aloud to small groups over a video call.



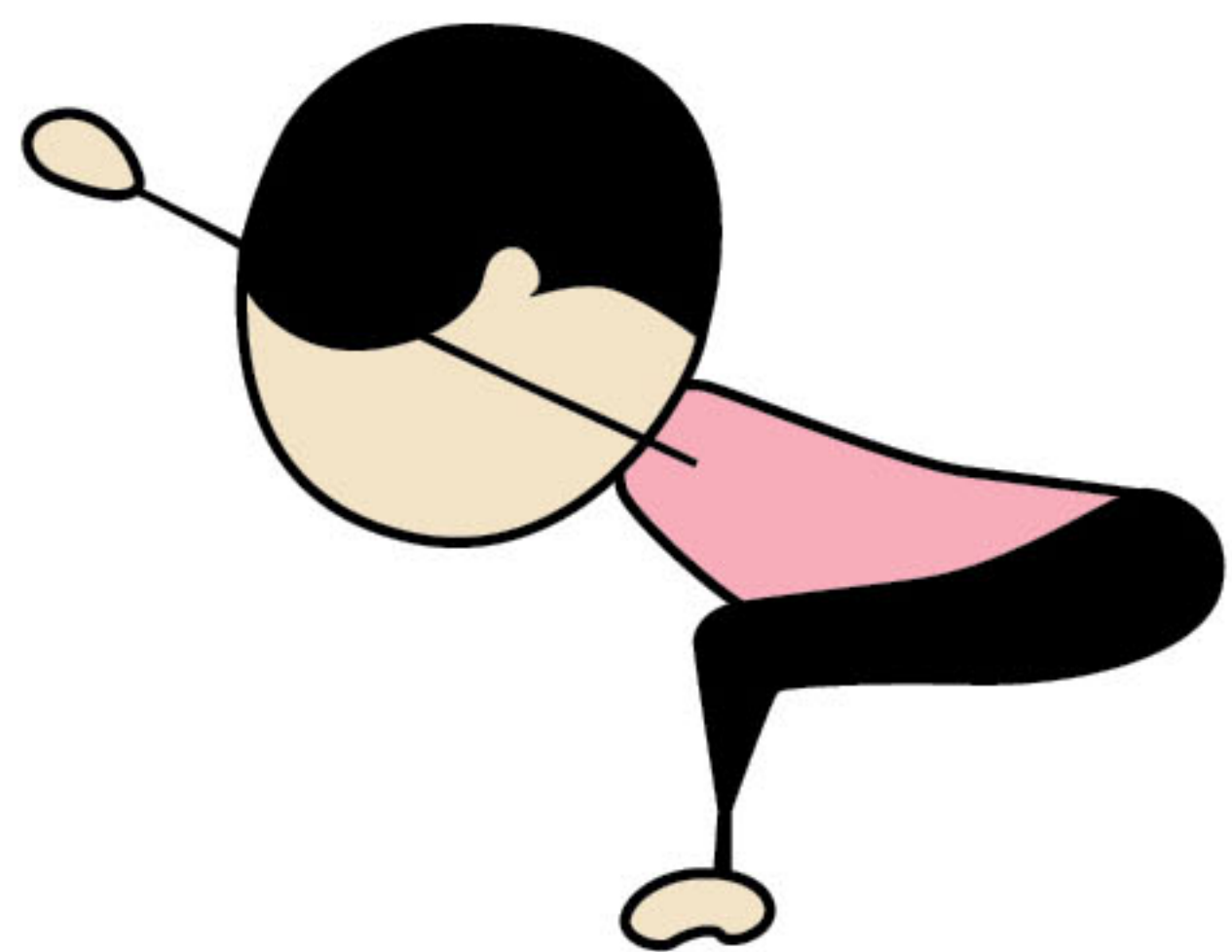
4. For the artist: Make cards to send to residents at a local nursing home or to kids at a nearby hospital. Use your creative skills to brighten someone's day with a positive message.



5. For the lemonade lover: Hold a virtual or socially distanced lemonade stand! You can join ALSF and fight childhood cancer one cup at a time by setting up a safe fundraiser online or in other creative ways. For tips and suggestions, visit AlexsLemonade.org/Get-Involved.

Nama-stay Calm

You already know that yoga can help you build strength and become more flexible, but did you know it has other benefits? Practicing yoga will leave you feeling happy, confident, and proud of what your body can do. NBA player LeBron James even practices yoga to stay at the top of his game. Put on your favorite playlist, and try these moves!



CHAIR POSE

Sometimes known as Fierce Pose or Powerful Pose, this is great for thigh and quadricep training. The longer you hold the pose, the more effective it will be.

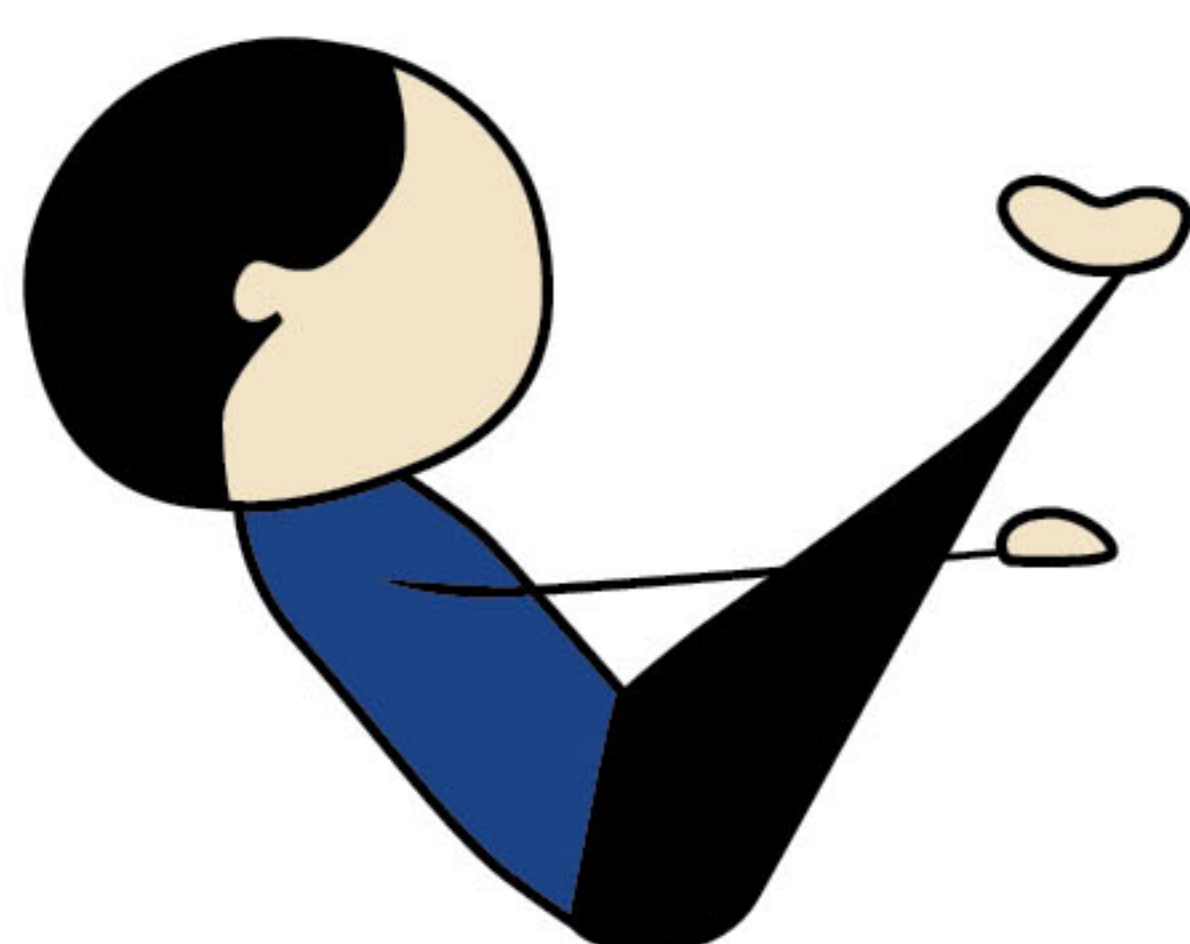
DIFFICULTY 3/5



LUNGE POSE

The Lunge Pose has several variants such as resting a knee on the ground or reaching to the sky with your arms. It improves balance, concentration and core strength.

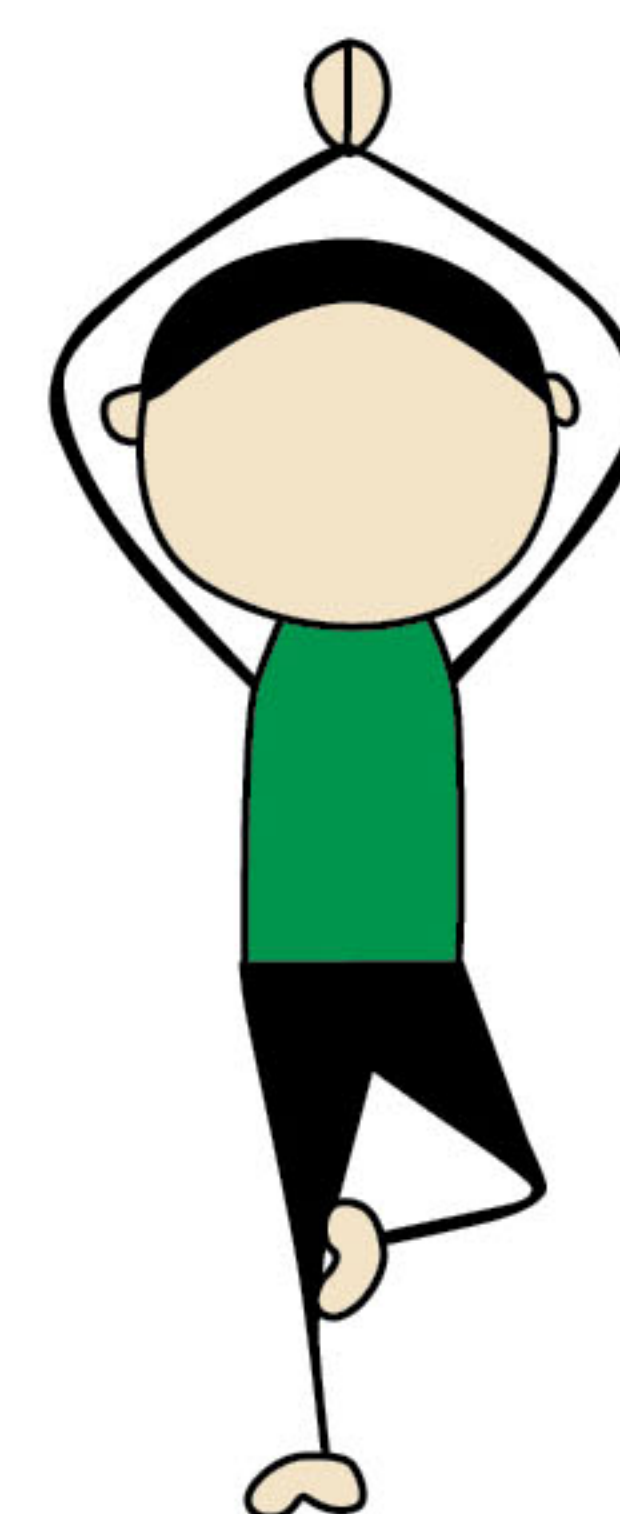
DIFFICULTY 3/5



BOAT POSE

The Boat Pose is a position you hold in the shape of the letter “V.” The main purpose is to strengthen your abdominal muscles.

DIFFICULTY 4/5



TREE POSE

Tree Pose is a modified standing position for developing balance and calming the mind. It strengthens a variety of muscle groups and improves your posture.

DIFFICULTY 4/5

When you are feeling sad or upset, how do you make lemonade out of lemons? In the space below draw a picture or make a list of what you do that makes you smile! Share a picture with us on Facebook [**@SuperSibsALSF**](https://www.facebook.com/SuperSibsALSF), or email to [**SuperSibs@AlexsLemonade.org**](mailto:SuperSibs@AlexsLemonade.org)! We'll feature the photos on our Facebook page.

MAKE ALEX'S LEMONADE

