

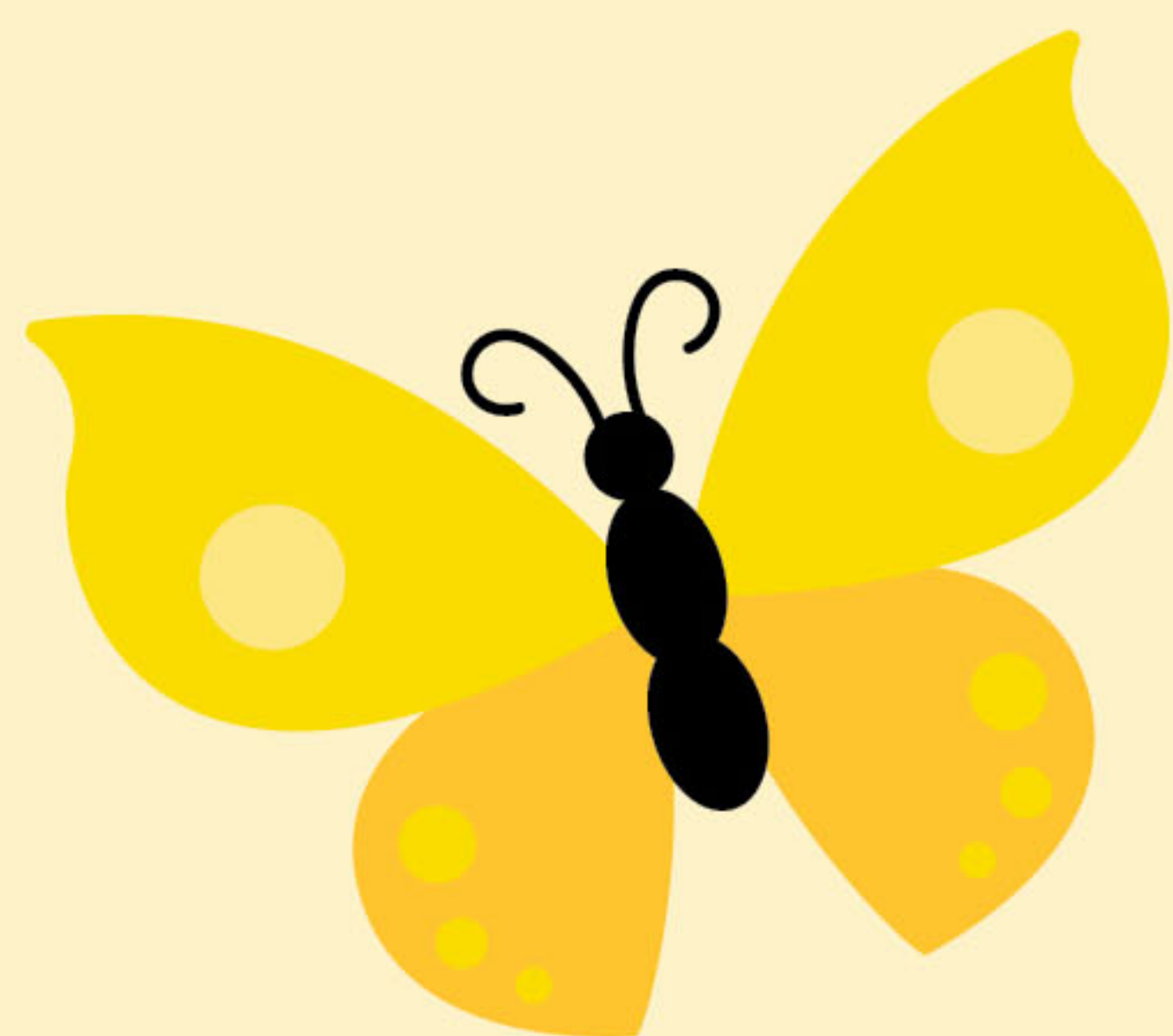
Spring/Summer 2023

# SuperSibs

Supporting Siblings of Children with Cancer

## Spring is Here, SuperSib!

Days are getting longer,  
and the sunshine is here  
to stay. We hope you  
enjoy this feel-good  
playbook!



## Riddle Me This

Know the answer to the  
riddle below? Comment your  
guess on our Facebook page,  
**@SuperSibsALSF**, and you  
could win a special prize!

## Do More Of What Makes You

## Sibling Spotlight: **Maci** Age: 10

### What She Wants to Be When She Grows Up: A Math Teacher



Maci is an athlete, an artist and an amazing big sister to her brothers, Landon and Grayson. Ever since Landon was diagnosed with T-cell acute lymphoblastic leukemia, Maci has made it her mission to be there for her little brother. As the oldest of three, Maci has taken it upon herself to check up on Landon as often as she can, and she always keeps her brother's well-being in the front of her mind. Now, her brother has finished treatment, and Maci is still doing everything she can to be the best big sister she can be!



Alex's  
Lemonade  
Stand

Foundation for Childhood Cancer™

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

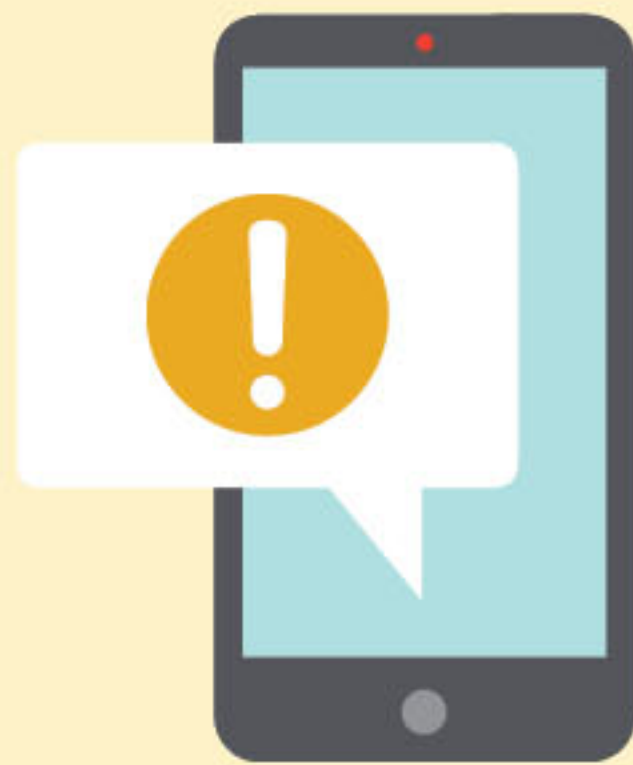
# Digital Detox

Sometimes it can be hard to disconnect from technology. Smartphones, game consoles, and TV can take up hours of your time before you even realize it!

Challenge yourself or your friends to go 48 hours screen-free. See how refreshed you feel after! Anything you miss will still be there when you log back on!



## Challenge Yourself!



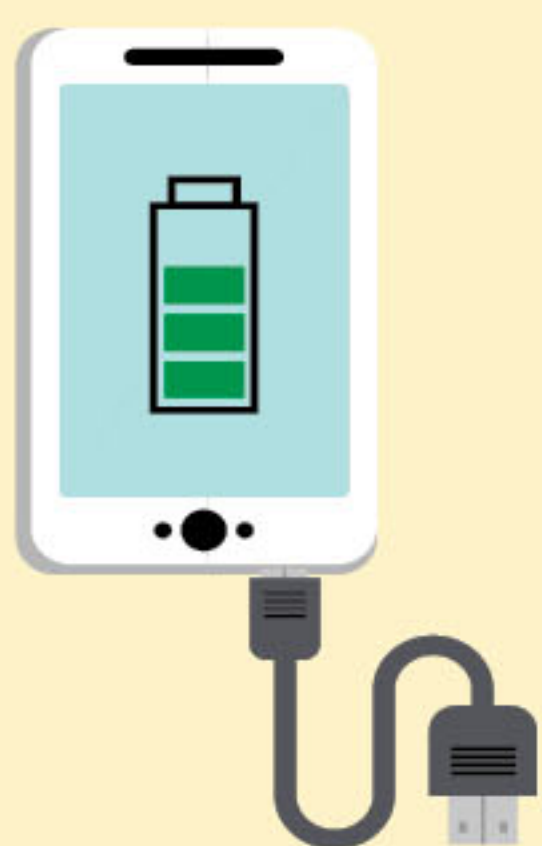
Turn off push notifications for apps



Do something creative or artistic



Use a real alarm clock instead of your cell phone



Charge your phone on the other side of the room overnight



Play a game outside



Wear a watch

## The Benefits

FREE TIME LOADING...



More free time



Boost your productivity



Better sleep



Less comparing yourself to others



Live in the moment



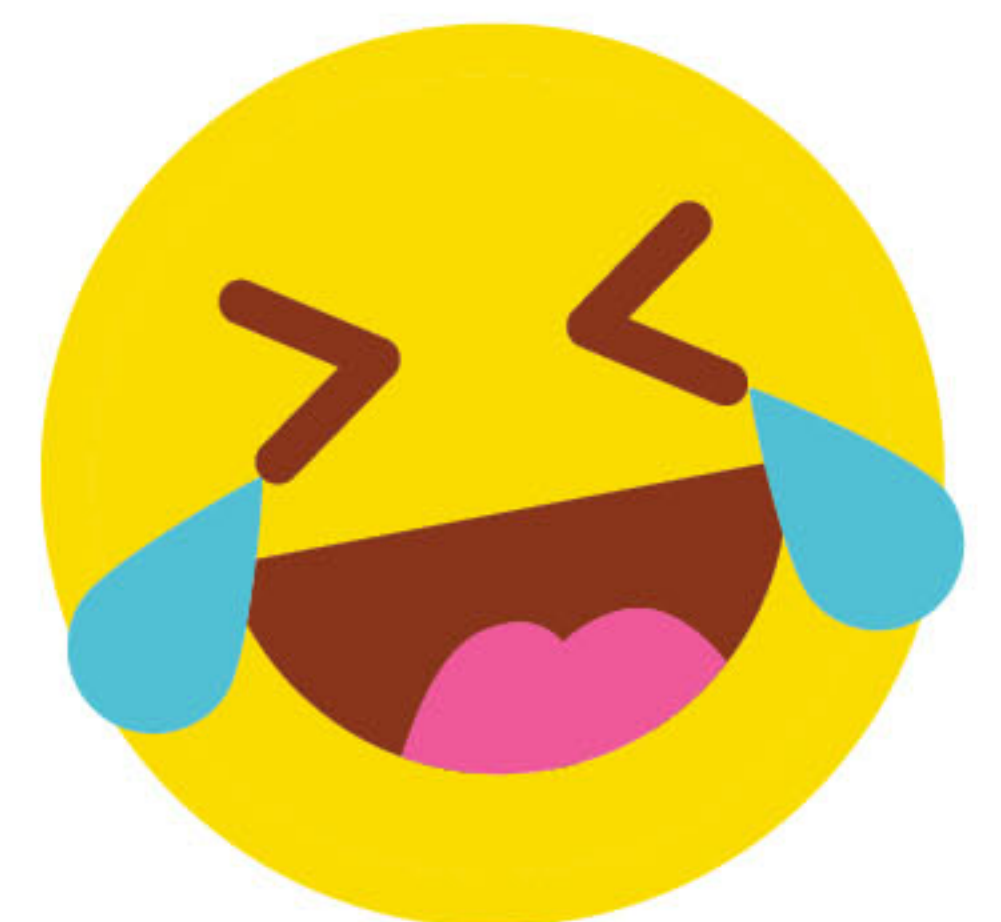
More personal connections with friends and family

# New Perspectives

These optical illusions are as fun to create as they are to look at! With “forced perspective photography,” you intentionally change the perspective of a photo by placing a small item close to the camera and a large item further away behind it. This makes the small object look way bigger than it is in real life, creating a funny photo that looks like a movie special effect.

Choose an object that you want to appear larger than life! This is the object that will be closest to the camera. The other subject will be farther away.

Grab a friend and brainstorm some silly photos, or try to recreate the ones below.



Ask a parent to share your photos with us **SuperSibs@AlexsLemonade.org** or on Facebook **@SuperSibsALSF**.



## Pro Tip:

Try taking pictures where there isn't much in the background. You may need to play around with the distance between objects and the distance from the camera.

“If you have good thoughts, they will shine out of your face like sun beams, and **you will always look lovely.**” - Roald Dahl

Thinking positively can help bring sunshine to your days! Create positive reminders to celebrate yourself. They should highlight your favorite qualities and celebrate you as a person. Repeating them out loud helps boost self-esteem, makes you feel better, and calms you down if you're feeling stressed.

In the blank mirror, write your own positive statements! Make it a habit, and say them to yourself every day when you look in a real mirror. Or write them on sticky notes and put them in a spot that you'll see every day.

I am a  
hard  
worker

I am  
helpful

I AM  
KIND

I am a  
good  
friend

I  
believe  
in  
myself

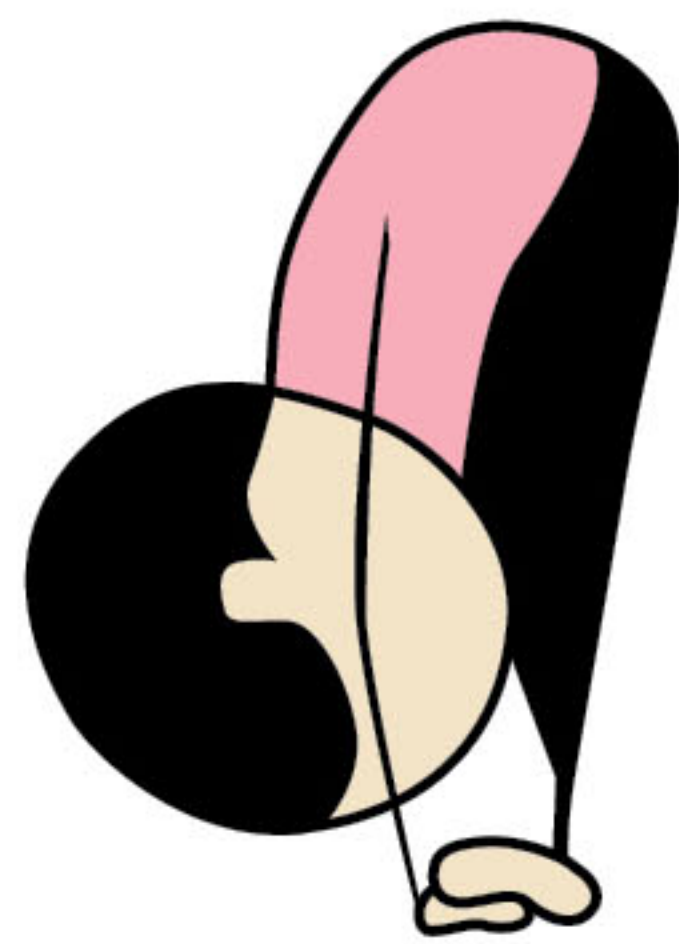


# Go With the Flow



What's up dog?! You already know that yoga is an exercise that helps you build strength and become more flexible, but did you know it has other benefits?

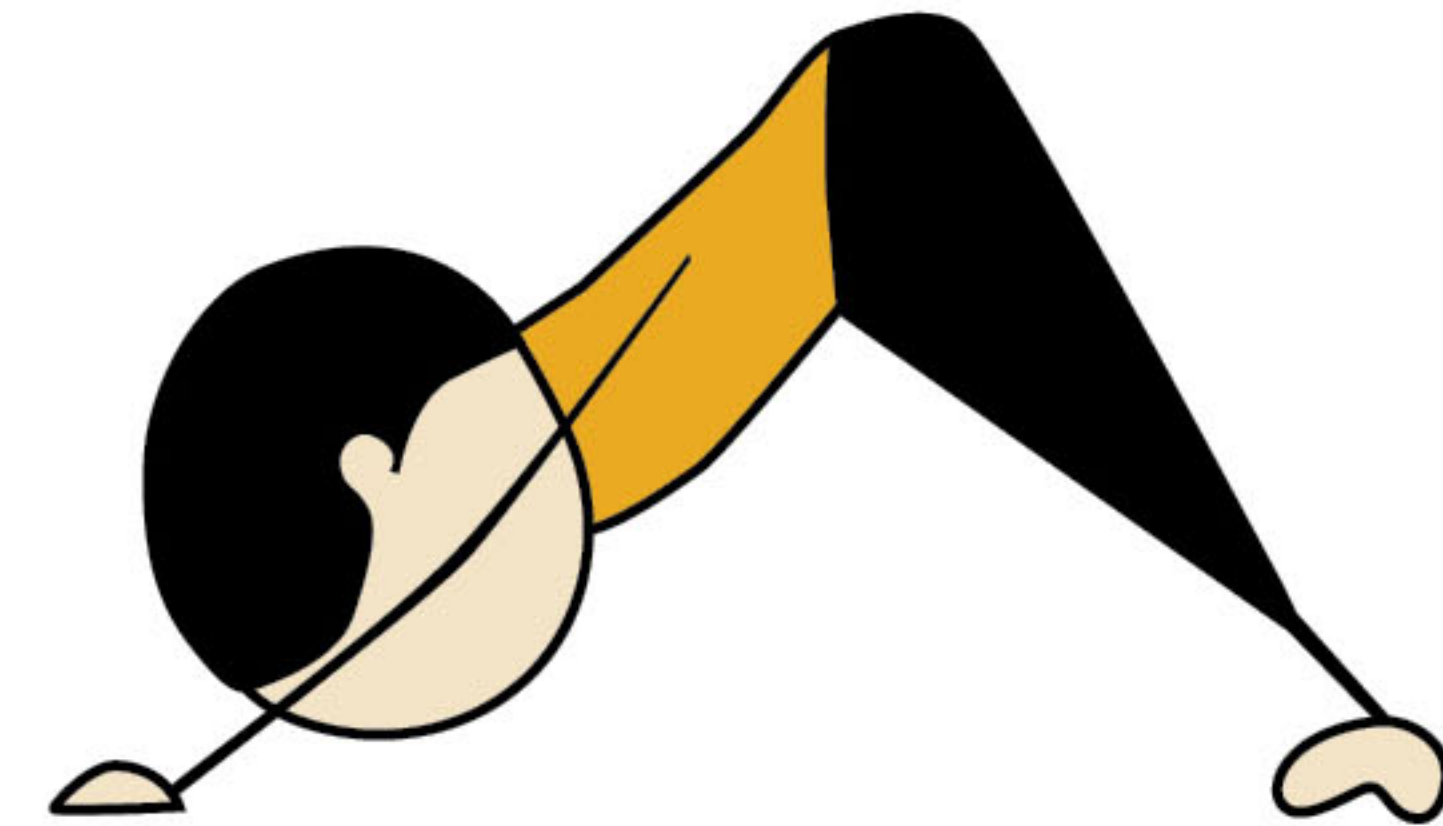
Practicing yoga will leave you feeling happy, confident, and proud of what your body can do. Put on your favorite playlist and try these moves! Once you feel like you have these mastered, try teaching them to a friend.



## FORWARD BEND

Although this pose may look easy, it can take a while to be perfect. It'll stretch your hamstrings, improve hip flexibility and promote circulation to the brain.

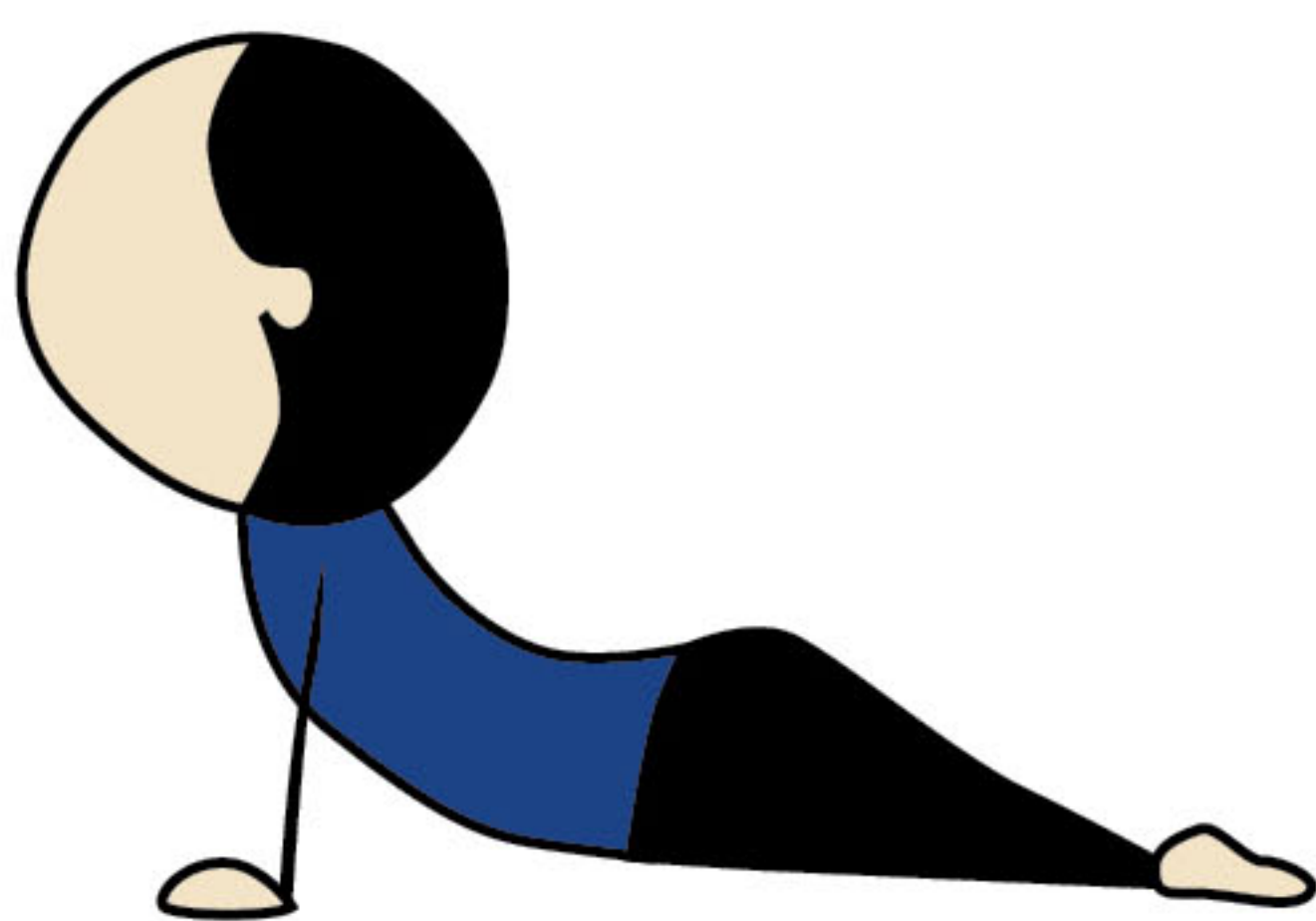
**DIFFICULTY 2/5**



## DOWN DOG

From Forward Bend, keep your heels planted and walk your hands out in front of you until you are in an upside-down "V" shape. Relax your neck and let your head hang, while keeping your hips high in the air.

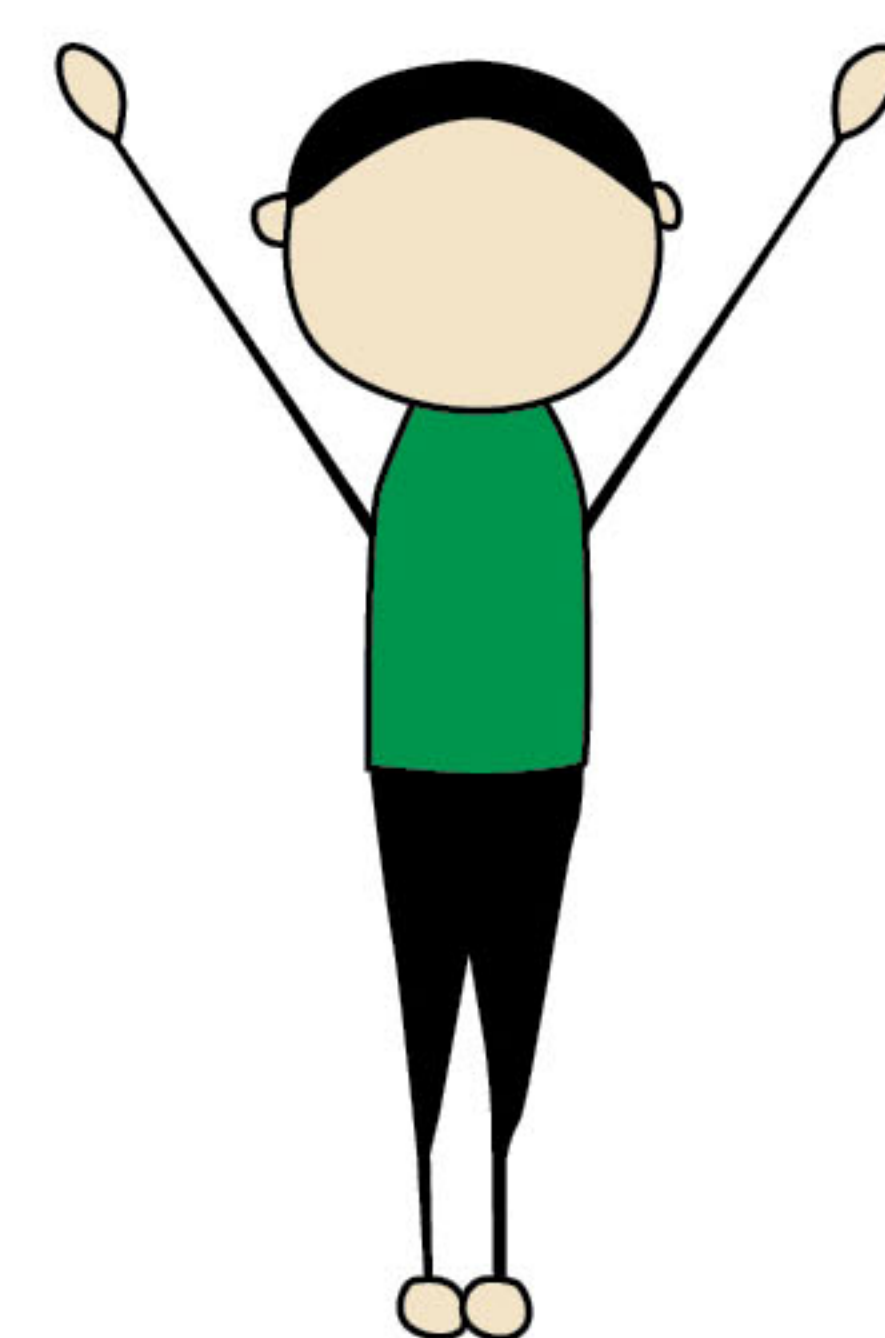
**DIFFICULTY 2/5**



## UP DOG

Upward Facing Dog is a back pose for relieving muscle tension. It stretches all aspects of the spine and even stimulates organs in the abdomen.

**DIFFICULTY 2/5**



## RAISED HANDS

This standing pose is good for developing balance and calming the mind. It strengthens a variety of muscle groups as well as improving your posture.

**DIFFICULTY 2/5**

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! With a parent's permission, share a picture with us on Facebook **@SuperSibsALSF**, or email to **SuperSibs@AlexsLemonade.org**! We'll feature the photos on our Facebook page.

# MAKE ALEX'S LEMONADE

