

Spring/Summer 2023

# SuperSibs

Supporting Siblings of Children with Cancer



## Sibling Spotlight: Grayson

**Age: 5**

### **Favorite Animal: Sloth**

Grayson is a superhero-loving kid with a soft spot for his siblings, Landon and Maci. Ever since Landon was diagnosed with T-cell acute lymphoblastic leukemia, Grayson has found ways to support him every step of the way. Grayson is always asking his big brother for ways he can help, and his mom is so proud of how he handles their struggles as the youngest of three. Now that his brother has made it through treatment, Grayson still makes sure to show so much love for his older siblings to keep their family strong!



**Happy Spring  
SuperSib!**

### **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!

**What Type Of  
Bow Can't Be Tied?**



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

**Alex's  
Lemonade  
Stand**

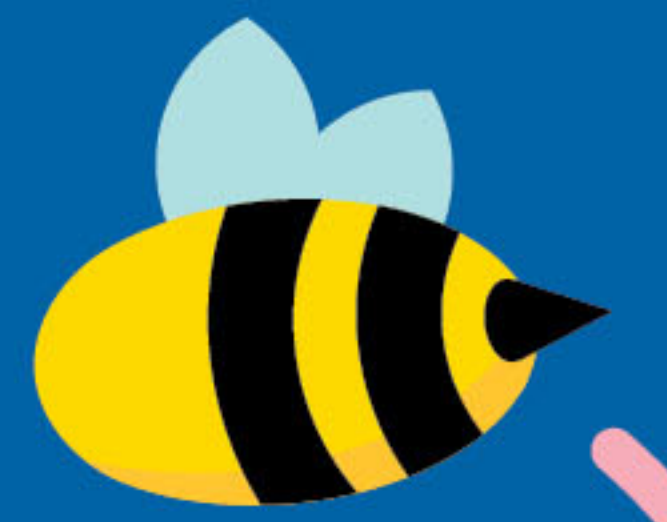
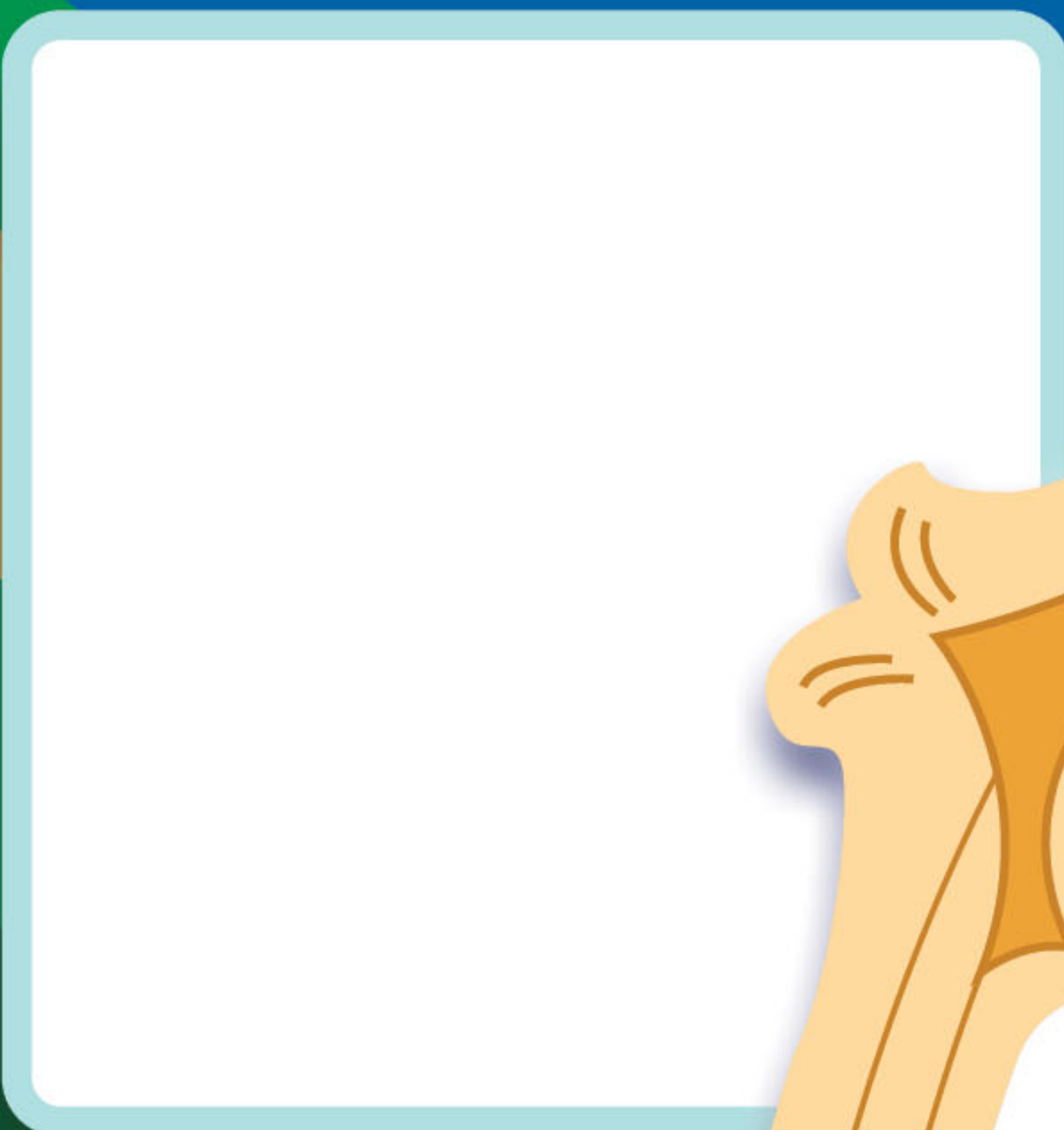
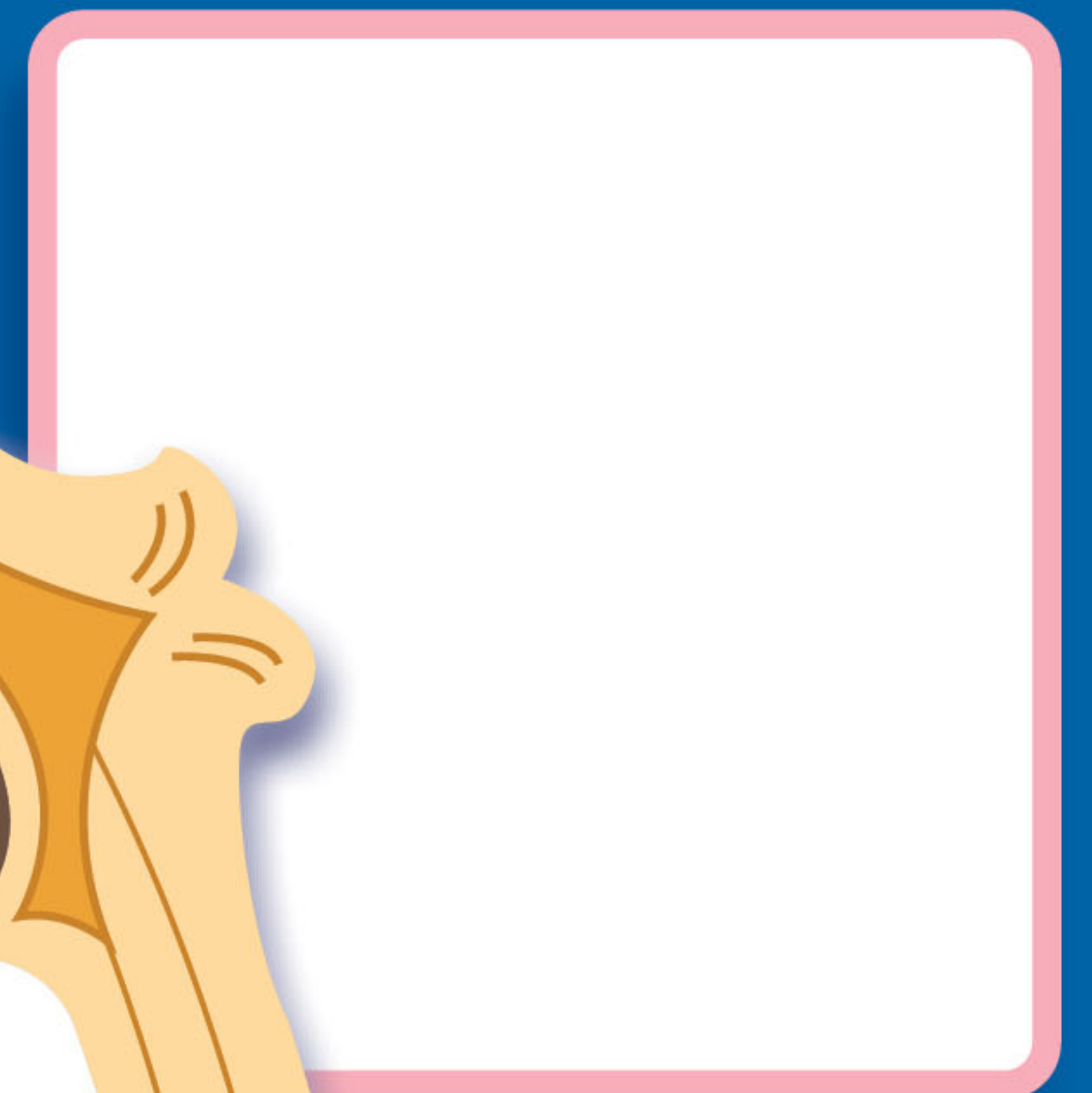
Foundation for Childhood Cancer™



# Mirror, Mirror on The Wall...

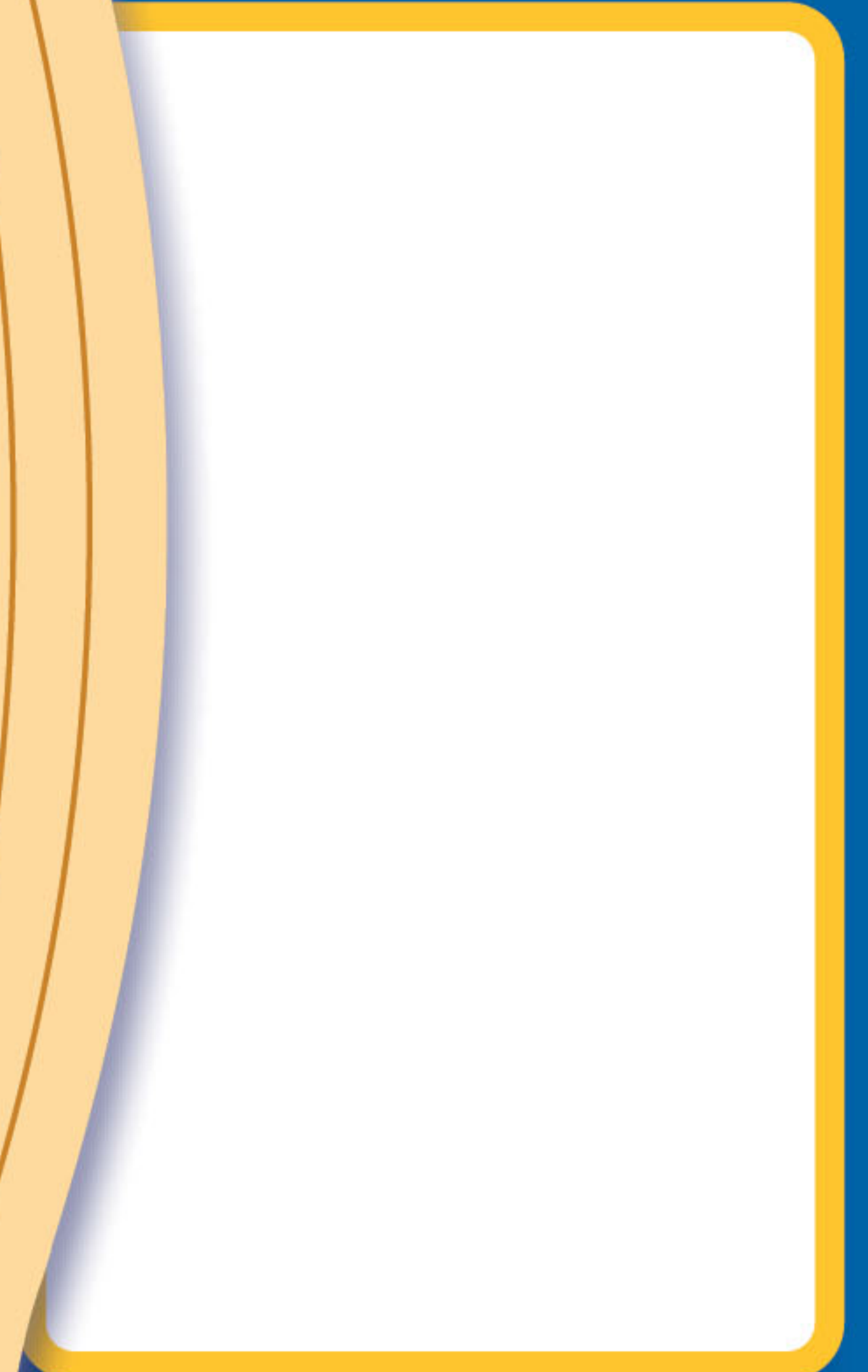
Giving compliments is an easy way to make someone's day, including your own! Think about things you do well and feel proud of. Try giving yourself compliments that aren't about your looks or your clothes, but about you as the super person you are!

1. Draw your selfie in the mirror.
2. Write five compliments to yourself in the spaces around your selfie.
3. Next time you look at yourself in a real mirror, remember these compliments, and say them to yourself out loud!

**I am a  
hard  
worker**

**I make  
people  
smile**

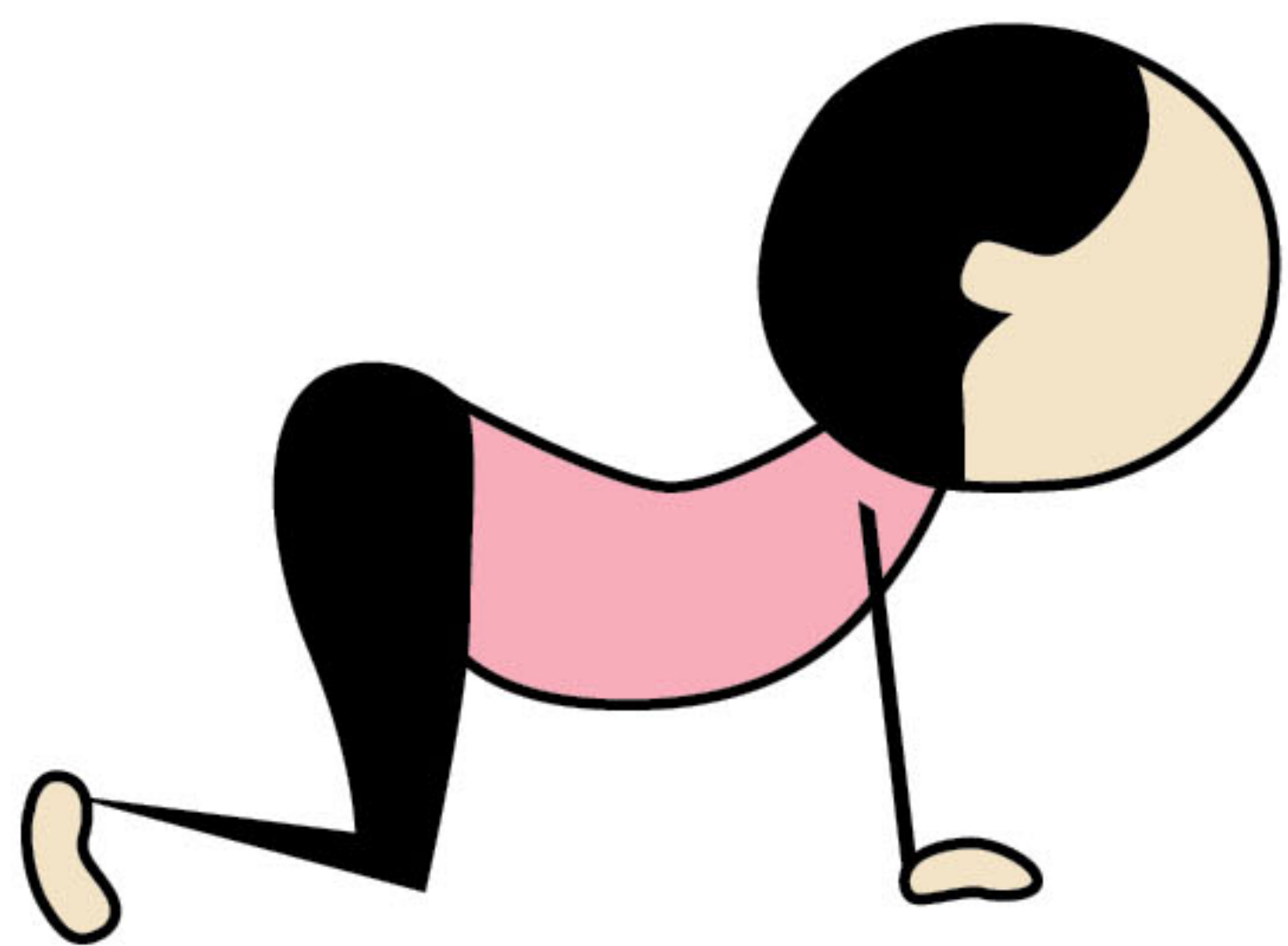







# Stretch it out!

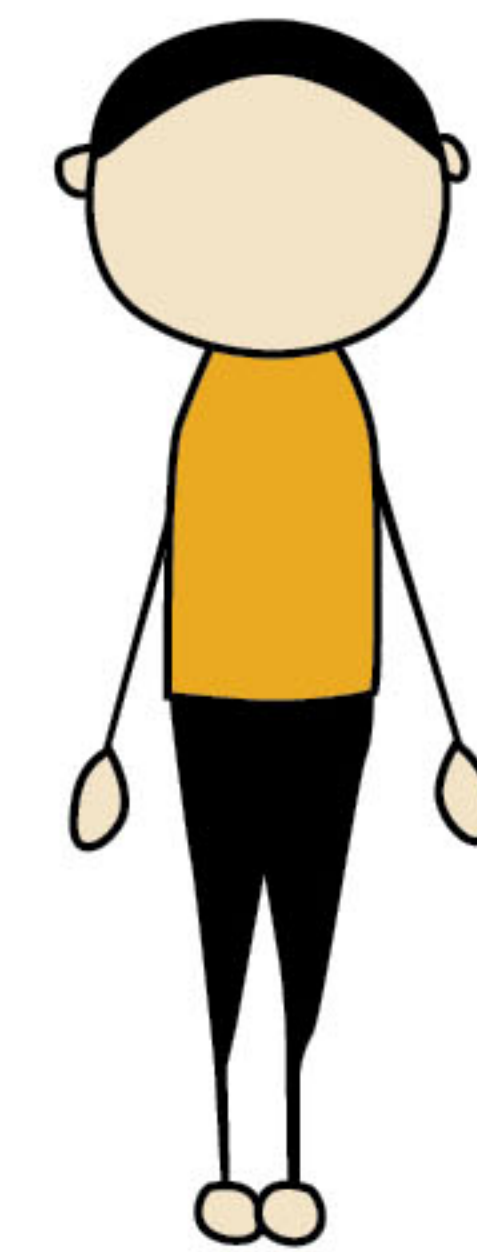
Yoga helps build strength and flexibility. It also helps you focus so you can feel calm and happy! Try these poses. Once you feel like you've got them down, try teaching them to a friend.



## COW POSE

Start with your hands and knees on the floor like a table. As you breathe in, arch your back and point your face forward. Hold for five seconds, exhale, and go back to your starting position. Repeat!

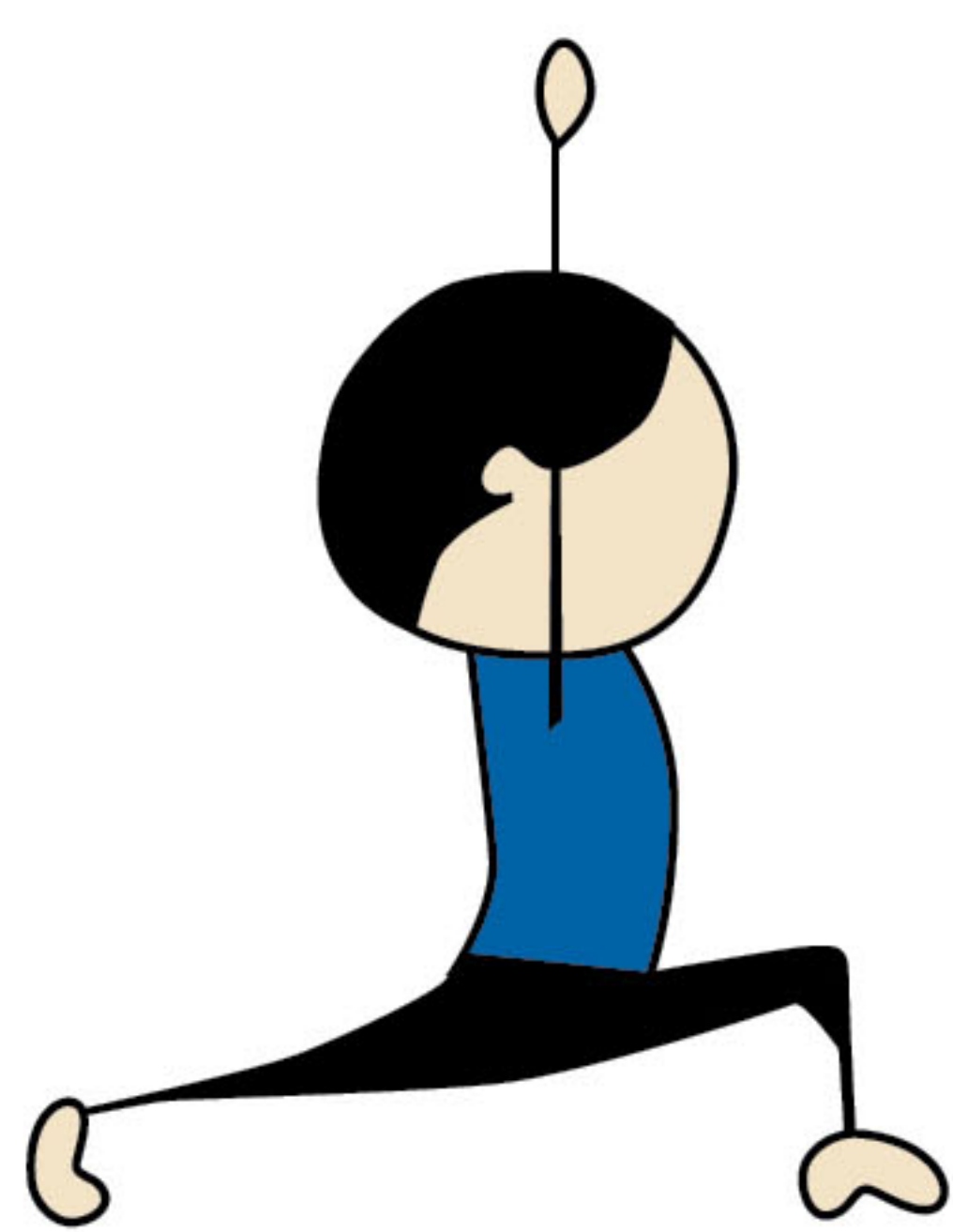
**DIFFICULTY 1/5**



## MOUNTAIN POSE

Stand up tall with your feet together and arms by your sides. Face forward and take deep breaths in through your nose and out through your mouth.

**DIFFICULTY 1/5**



## WARRIOR 1

Start in Mountain Pose. Bring one foot back and point your toes out. Face your chest toward your front leg and bend your front knee. Lift your arms to the ceiling and look up. Keep your legs strong, breathe deep, hold, then switch legs.

**DIFFICULTY 2/5**



## WARRIOR 2

Keep your feet in the same position as Warrior 1. Turn your chest out to the side, raise your arms, and extend your fingertips long and strong.

**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

