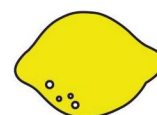




Serving Siblings of Children with Cancer

SuperSibs!

Powered by: Alex's Lemonade Stand Foundation



PLAYBOOK

FALL/WINTER 2021

Sending you support, SuperSib!

As winter arrives and the days get shorter (and colder), we want you to know that we are here for you. Keep reading for stories from other teens, activities, ideas and support just for you, SuperSib!

Enjoy!

The SuperSibs Team



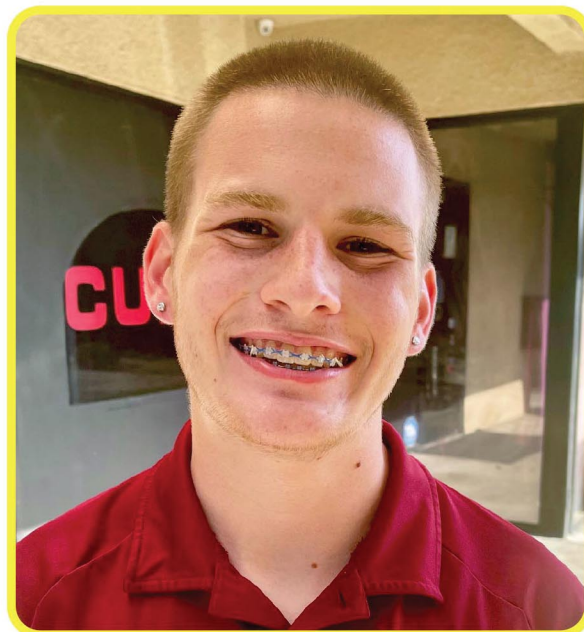
**Meet SuperSib
Tommy G.**

What is something you are proud of? I'm proud to be the brother and son to two of the strongest people I know: Gabby and my mom.

How do you approach obstacles? One day at a time.

Why is being a sibling important to you? Because I know that no matter what I'll always have my siblings as not only family, but as best friends who will always be there for me.

As twins, Tommy has been by his sister Gabby's side literally since the day she was born. When Gabby was diagnosed with cancer in eighth grade, Tommy had to continue school without her for the first time. He kept up with things he enjoyed, like playing club soccer and hanging out with his friends, but he also spent as much time with Gabby as possible in the hospital. Support from family and friends helped him through this tough time, and his advice for other siblings is to focus on the things you can control, not the things you can't.



Age: 17

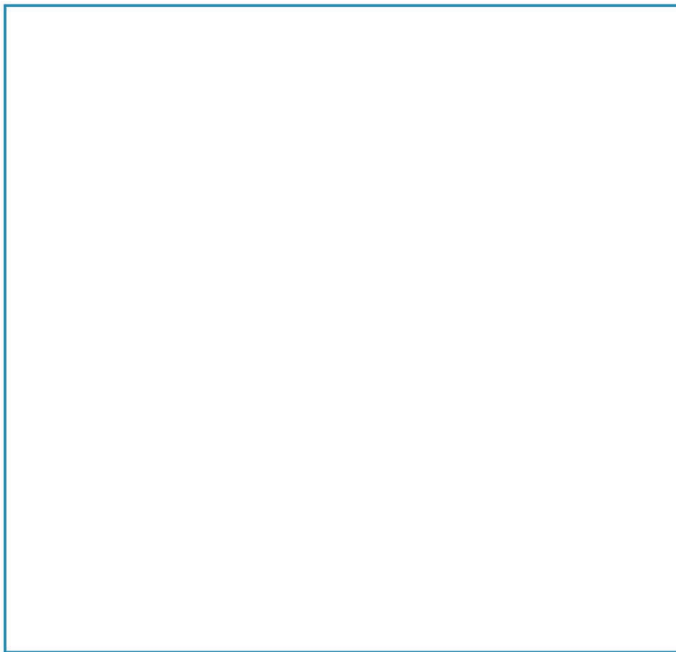
Special skill: Ability to make others laugh

Read more SuperSib stories on our website at [SuperSibs.org](https://www.SuperSibs.org)

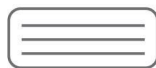
Who is your person of the year?

The end of the year is a popular time to reflect over the past several months. When you reflect, think of someone who has been your *Person of the Year*. This person could have helped you through a hard time, inspired you to try something new, or maybe you'll choose someone who you've never met but would like to one day!

In the space below, create their profile page. Paste a photo or draw a portrait of them. In the yellow boxes, add their name, words to describe them, or a short quote. When you're done, share with your person of the year to show how they have had an impact on you.



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EMPOWERED
Laughter

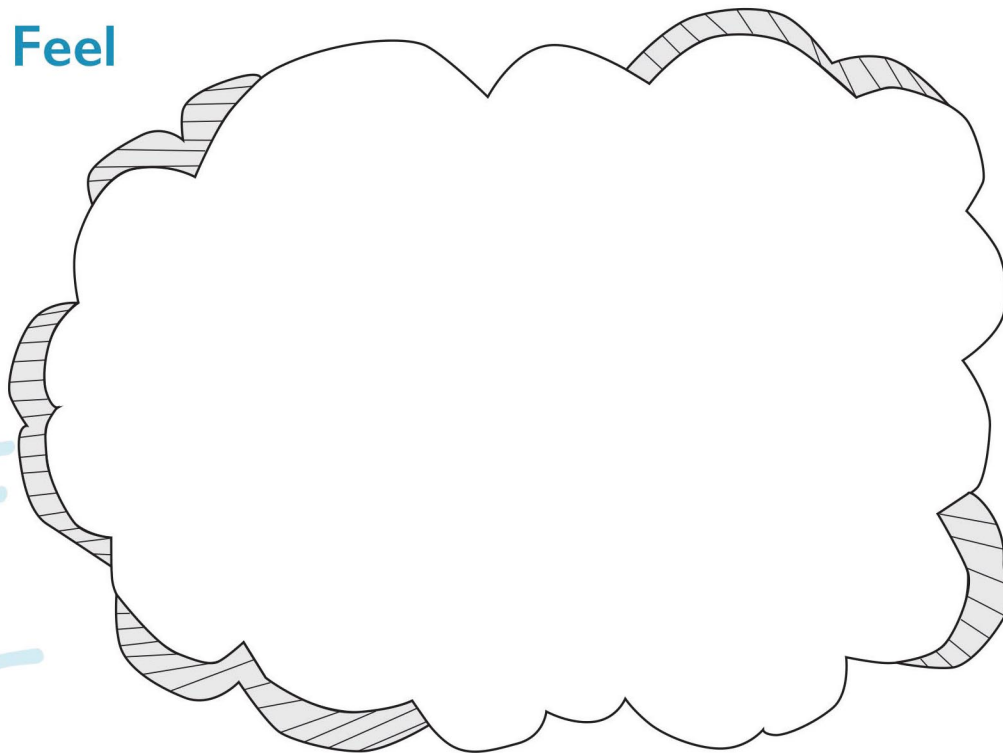


Word Clouds

Use your lists to create two Word Clouds. Grab markers or pens and write your words in the cloud. Make your more important or more frequent words bigger and less important items smaller.

How I Feel

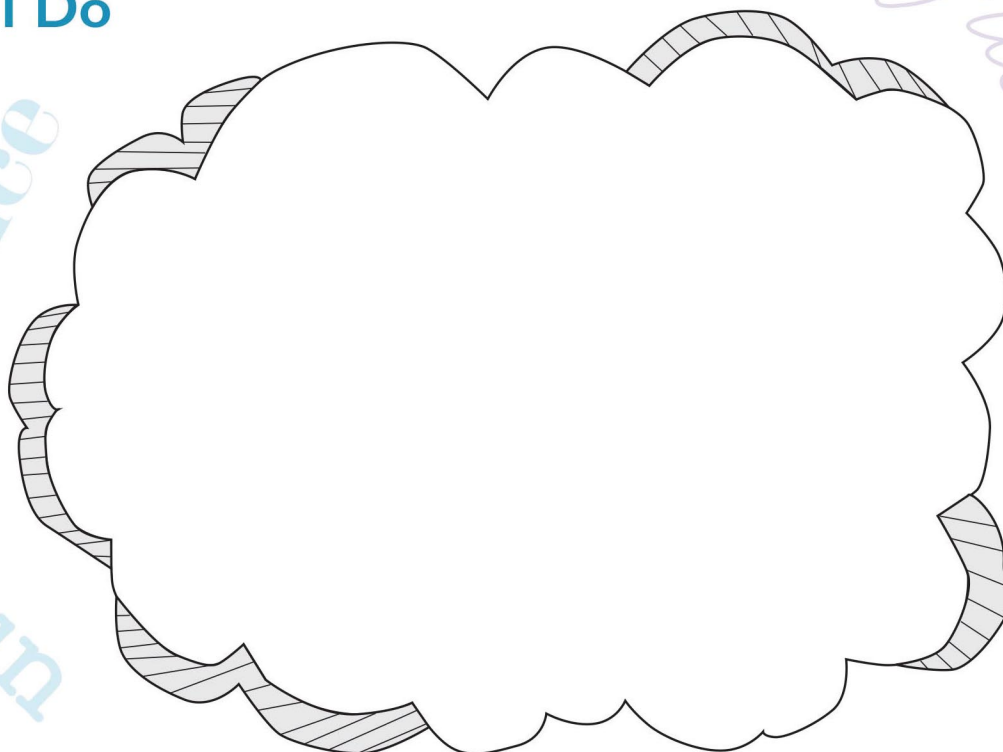
STRONG
fired



sad

What I Do

TALK
dance
run



friends
SPORTS

Use your Word Clouds however you want. You can add to it as new things pop up and look at it when you need to be reminded of ways to cope. Share it with your parents and your family to let them know how you are feeling.

DIY Crafts

Next time you are looking for the perfect gift to give a friend or family member, try one of these handmade gifts. They are thoughtful, can be personalized, and don't require much spending! These three suggestions can be created with things you may already have around the house.

Upcycled earphone container - *This gift helps cords and cables stay tangle free!*

You'll Need: (Optional to make a keychain)

- scrapbook paper or thin fabric
- scissors
- empty mint or candy container with label removed
- glue
- Mod Podge
- keyring (optional)



1. Carefully trace and cut out circles of your paper or fabric that are the slightly smaller than your container. Be sure they don't overlap the area that opens and closes, or edges of the container.
2. Glue the circle to the container, and when it is dry apply a coat of Mod Podge to seal it.
3. To make a keychain, make two holes at one end of the container so you can thread the keyring through (and back out).

Personalized Whiteboard

You'll Need:

- empty frame (5x7" or larger works best!)
- construction paper or scrapbook paper
- scissors
- dry erase marker



1. Use a piece of fancy scrapbook paper or create your own template on a piece of construction paper.
2. Cut the paper to fit the size of the frame and place it beneath the glass.
3. Gift the finished frame with a dry erase marker!

Bottle Cap Magnets - *a set of these will be perfect for the kitchen fridge or a friend's locker.*

You'll Need:

- bottle caps
- small round magnets
- double-sided tape or hot glue
- nail polish (colored and clear)



1. Using colored nail polish, decorate and design the tops of the bottle caps.
2. When dry, apply a coat of clear nail polish.
3. Using double-sided tape or hot glue, carefully stick the round magnet to the back of the bottle cap.

Cope, Connect & Get Involved

Remember – there are friends and family members who want to help you during difficult times. Asking for help or advice will take the courage and strength that you have inside of you! Here are some ways to cope with difficult questions, connect with others and take a stand against childhood cancer.

Cope

Looking for ways to make tricky conversations easier? Work with your parents or school to have a plan to answer questions. Here are some of our ideas:

- Ask a staff member at school who you trust and are comfortable with to accept and answer questions from others. This person can be your “go-to” if you feel overwhelmed.
- If you are comfortable answering yourself, come up with a short, prepared response for general questions. Or, simply say: “I am doing the best I can and I don’t want to talk about it.”
- Brainstorm ways to address potential questions all at once. For example, you could talk to your counselor about ways to educate your classmates about cancer. Even if you aren’t present, it could help your peers better understand what you are going through.



Connect

Cancer in your family can make you feel lonely or different from your peers. But, you are not alone – there are other teens walking a similar path! Ask a counselor or trusted adult about local support groups and opportunities to connect with others who can help you. And, of course, SuperSibs has great ways for you to virtually connect:

- Like and post on the SuperSibs Facebook page (if you are under 14, ask your parents to do it for you).
- Share your story and read through others on SuperSibs.org for comfort and advice.
- Connect to SibSpot.org to find coping strategies and activities to empower you!

Get Involved

If you feel ready, become an ambassador for SuperSibs and Alex’s Lemonade Stand Foundation! As an ambassador, you can share your story in your community, with other SuperSibs and get involved in the fight against childhood cancer. **Email us at SuperSibs@AlexsLemonade.org or visit SuperSibs.org to learn more!**

