

Serving Siblings of Children with Cancer

SuperSibs!

Powered by: Alex's Lemonade Stand Foundation



Here comes the sun!

Every day is one step closer to summer. Some days, we can be happy and have fun in the sun, and other days we're burning up and need a break. We can't stop these waves of emotions, but we can choose which ones to ride out. So, surfs up, SuperSib!



For more SuperSib stories and to submit your own, visit SuperSibs.org!



PLAYBOOK
SPRING/SUMMER 2022

Meet SuperSib Addy

Age: 9

What she wants to be when she grows up: A veterinarian

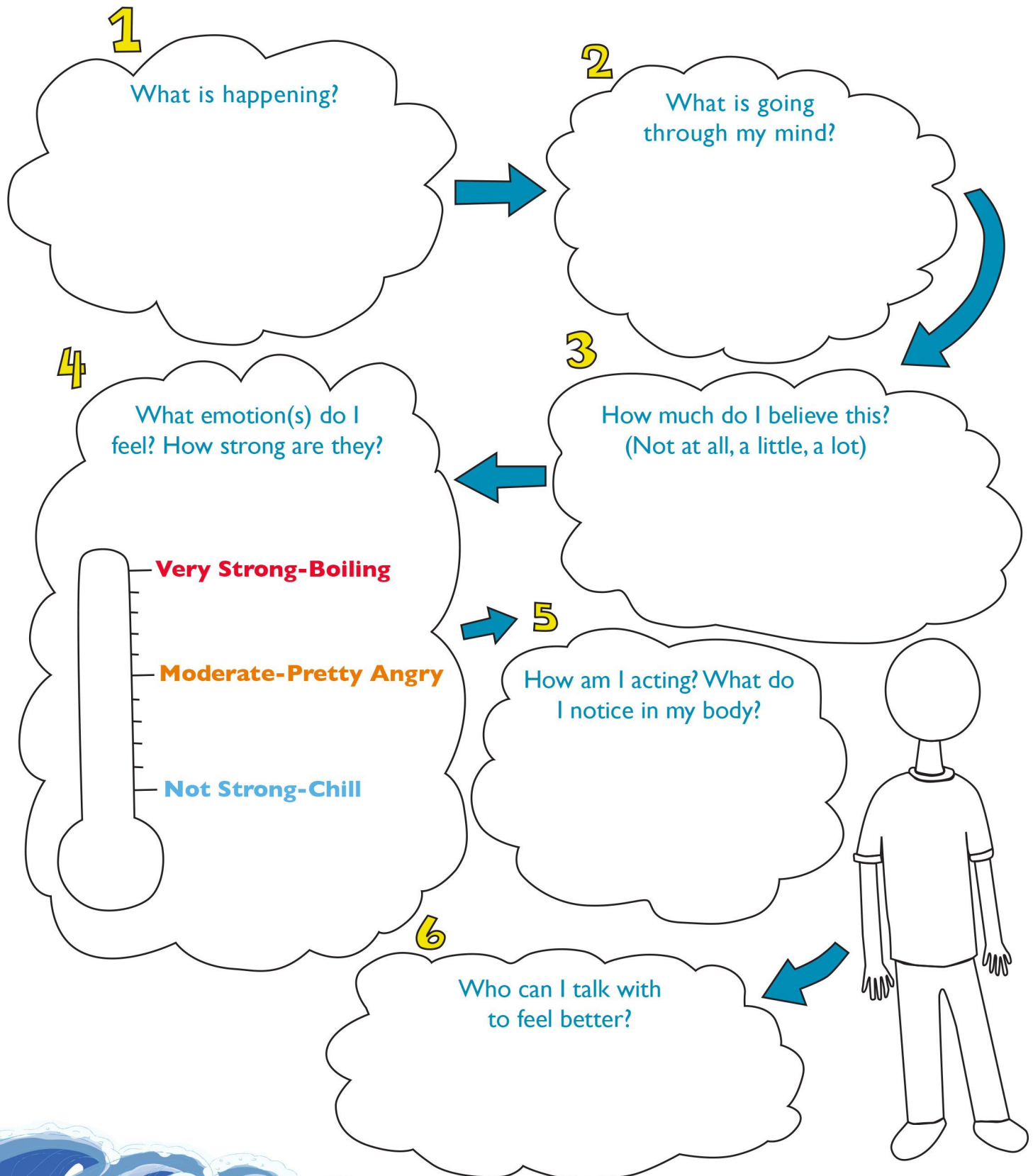
Addy loves all kinds of activities, from soccer to basketball, and painting to dance. Addy was 6 years old when her little sister, Josie, was diagnosed with rhabdomyosarcoma, and suddenly she was filled with worry. Addy did not like being separated from Josie or one of her parents. But Addy, caring and compassionate, fought through the tough parts and stayed strong for Josie. Whenever she could, Addy stayed by Josie's side to play games, watch movies and give big sister hugs. Addy also helped give Josie medicine every night. To Addy, being a good big sibling means taking care of your younger siblings. Reading other SuperSib stories helped her see that other kids are going through the same thing. It is encouraging to know you're not alone!



Anger is an emotion that everyone feels at different points in their lives. It's a powerful emotion that can be felt in your whole body. Anger is also a sign that something has to change. The key to dealing with anger is accepting how you feel, understanding why you feel it and then letting it go.

Complete the map below to understand more about the way you feel and respond to anger.

Mapping My Anger



The Anger Iceberg

Did you know that only a small part of an iceberg is visible on the surface of the water? Most of an iceberg floats underneath. Anger can be the same way: below the surface there are many more emotions floating around. Noticing these other feelings can help you understand your reactions.

In the iceberg below, circle the emotions you tend to feel when you are angry. Write other feelings in the empty spaces below.



You ARE in control!

The Uncontrollable: It's important to remember there are things you cannot control and things that you can. Look at the examples of things that you cannot control on the TV screen below. Fill in the blanks with other examples.

The television screen is divided into four sections for writing:

- What others say. (Top left)
- What others do. (Top right)
- What others think. (Bottom left)
- What others feel. (Bottom right)

Each section has several horizontal lines for writing.

The Controllable: When you spend too much time focusing on things that are out of your control, it's easy to become angry. Instead, focus on things that you have the power to change!

Fill in the blanks below with things you can control. This is a great tool for transforming anger and letting it go!

The video game controller has several components labeled with controllable actions:

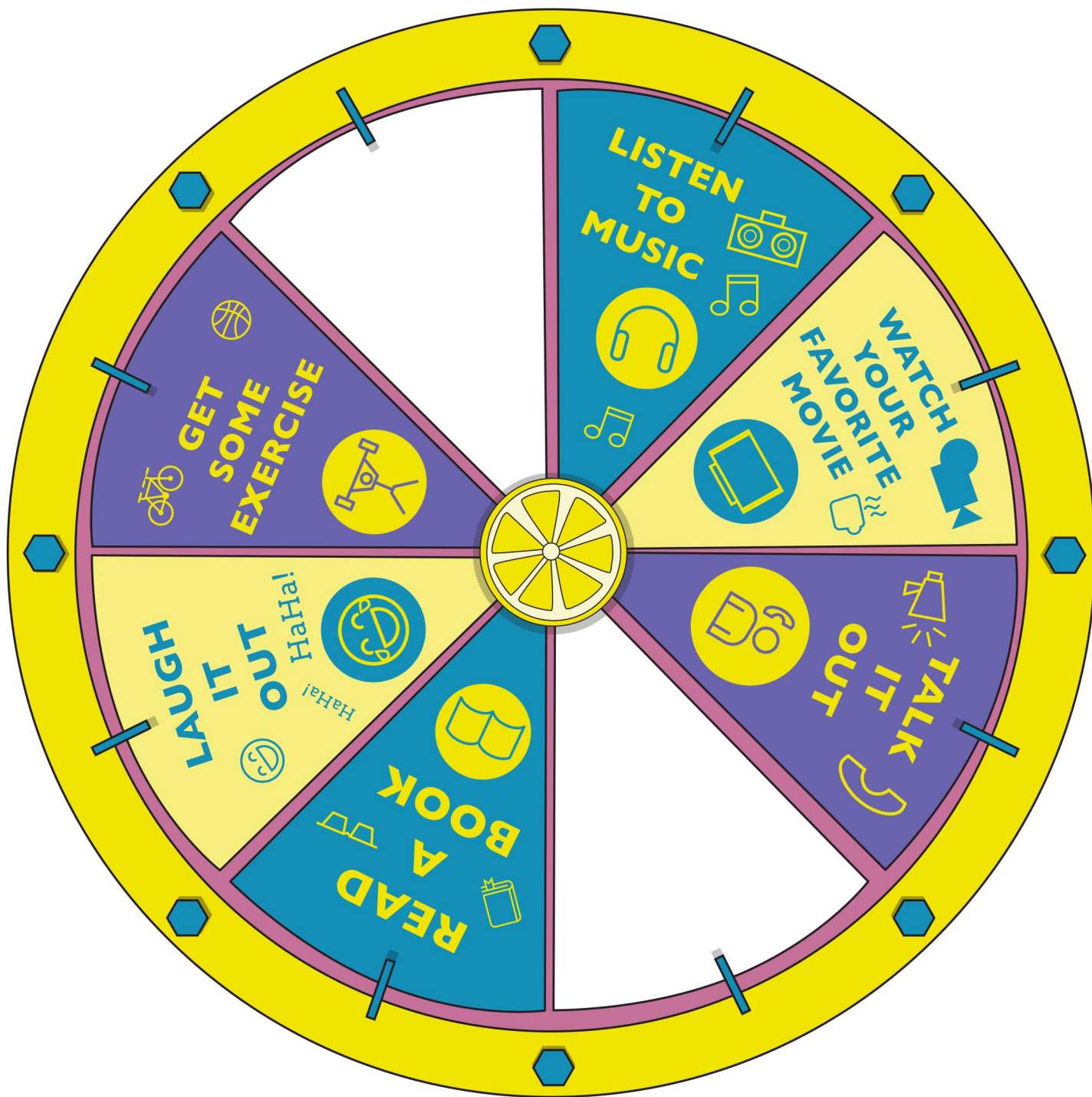
- Being kind. (Left joystick)
- Forgiving others. (Red button)
- My decisions. (Black button)
- Taking care of myself. (X button)
- Trying again. (B button)
- Asking for help. (Left trigger)

There are also blank lines for additional controllable actions:

- Top center: _____
- Right side: _____
- Bottom center: _____

Coping Wheel

What are some different ways you can express your emotions? Sometimes it's talking to a friend, parent or trusted adult. Sometimes you just want to work through it on your own. This is a great way to decide which activity to choose in the moment. Fill in the blank spaces with ideas of your own. Flip a coin to see where it lands, then try that activity!



SuperSibs wants to hear from you!
Like what you see? Have an idea for a future playbook?
Email SuperSibs@AlexsLemonade.org

**NATIONAL
SIBLING DAY**

**April
10TH**

National Sibling Day is April 10th, but being a sibling is important every day! We want to know what makes being a sibling special to you. Finish the sentence below. Take a picture with your answer and ask your parents to share it with us on Facebook @SuperSibsALSF, or email it to SuperSibs@AlexsLemonade.org! We'll feature the photos on our Facebook page.

NATIONAL SIBLING DAY

**What I love about
being a sibling is...**

