

Serving Siblings of Children with Cancer

SuperSibs!

Powered by: Alex's Lemonade Stand Foundation



HAPPY SPRING,
SUPERSIB!

PLAYBOOK
SPRING/SUMMER 2019

Sibling Spotlight: Liliana C.

RIDDLE ME THIS

Answer the riddle below, and have a parent email your response to us at SuperSibs@AlexsLemonade.org to win a special prize.

**WHAT TYPE OF BOW
CAN'T BE TIED?**

Age: 8

Special Skill: Cheerleading

It was difficult when Liliana's little sister, Audrey, was diagnosed with a form of leukemia. Liliana is protective over Audrey because she is her best friend and wants her to be healthy again. She prides herself on being Audrey's biggest supporter, she has even learned how to help Audrey when it's time to take her medicine.

During Audrey's treatment, it has been helpful for Liliana to spend time with her grandparents. Playing with her puppy, Jackpot, also helps! Her other favorite activities are swinging, beating her dad in card games, and hanging out on the beach.

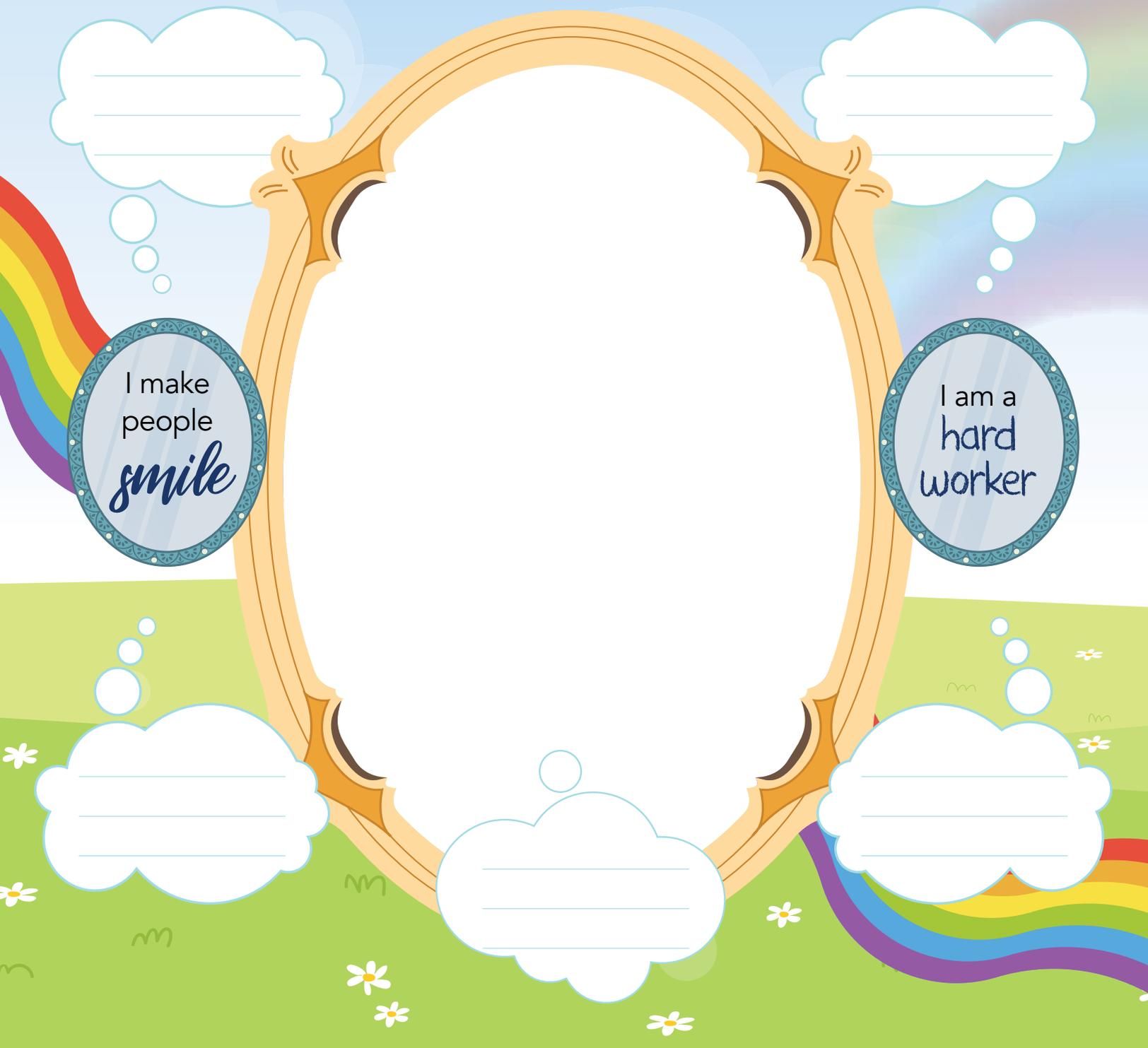
For more SuperSib stories and to submit your own, visit SuperSibs.org



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 are 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!

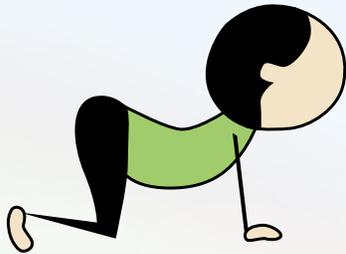


I make
people
smile

I am a
hard
worker

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 5 seconds, exhale and go back to your starting position. Repeat!

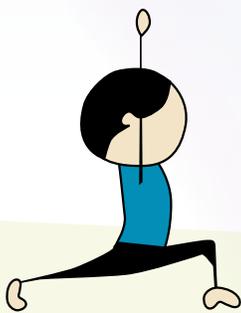
● ○ ○ ○ ○ DIFFICULTY 1/5



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



NATIONAL SIB DAY

What is a SuperSib? What does it mean to be a SuperSib? Celebrate National Siblings Day on April 10th by sharing what being a SuperSib means to you! Fill in your definition below and ask a parent to email us at SuperSibs@AlexsLemonade.org or post on our Facebook page, [@SuperSibs1](https://www.facebook.com/SuperSibs1).

SuperSib (noun) _____

sib•ling (noun) A sibling is a brother or a sister. The plural is siblings, and it can refer to brothers, sisters, or a combination of both.

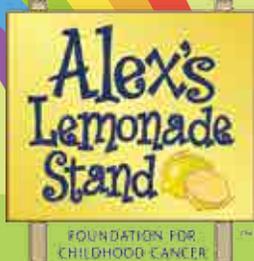


On April 10th, be sure to check out ALSF on social media to see other answers from siblings. Yours may be featured too!

 /AlexsLemonade

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EXAMPLE:

Helping to make sure my sister takes her medicine and protecting her when she isn't feeling great. – Liliana C.



Parents, stay in touch with SuperSibs! Share your experiences to inspire other siblings, or let us know what we can do to improve. Email us anytime at SuperSibs@AlexsLemonade.org.