Meet SuperSib Dean

Age: 15

Favorite Activity: Soccer, drawing and hanging out with friends

Dean is an active, friendly ninth grader who loves to play soccer! At age 3, his twin sister, Felicia, was diagnosed with Wilms’ Tumor. His mom took Felicia to a doctor’s appointment and, after finding out the diagnosis, Felicia ended up staying in the hospital for nearly a month.

Dean struggled with being separated from his family during his sister’s cancer treatment. Afterwards, he still worried about being apart. But, he worked hard with his family to learn how to cope with the stress surrounding childhood cancer. Now, he is loving high school and spending time with his friends. His great sense of humor stands out in the crowd!

Dean and his family are Alex’s Lemonade Stand Foundation Hero Ambassadors! One of Dean’s favorite days of the year is July 4th: when he walks with family and friends in a neighborhood parade, representing ALSF!

For more SuperSib stories and to submit your own, visit SuperSibs.org!
A Wave of Anger

Sometimes our emotions lay quietly until they fade away and other times they bubble below the surface until you burst out in anger. Recognizing all the emotions underneath anger can help you ride the wave and avoid the crashes!

Some of those hidden emotions are listed in the wave below. Circle the ones you recognize and fill in the blanks with other feelings that build up to anger. Which ones tend to get buried under others? Which ones are triggers?
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**

1. What is happening?
2. What is going through my mind?
3. How much do I believe this? (Not at all, a little, a lot)
4. What emotion(s) do I feel? How strong are they?
   - Very Strong-Boiling
   - Moderate-Pretty Angry
   - Not Strong-Chill
5. How am I acting? What do I notice in my body?
6. Who can I talk with to feel better?
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.

<table>
<thead>
<tr>
<th>What others say</th>
<th>What others do</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
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What others think.

What others feel.

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!

- Being kind
- Taking care of myself
- Forgiving others
- My decisions
- Asking for help
- Trying again
Coping
By now you’ve done a lot of work to identify the feelings underneath anger and map the process of working through anger. Well done! Let’s find some ways to cope with our feelings before they take us to our boiling point.
Try these simple ways to clear your mind and find your happy place. Fill in the blank rectangles with your favorite ways to de-stress.

- Download an app that plays calming sounds
- Make a playlist
- SuperSibs wants to hear from you!
  Like what you see? Have an idea for a future playbook?
  Email SuperSibs@AlexsLemonade.org

Unplug
Take a vacation from the pressure of social media. Challenge yourself to take a few days off from chatting online and connect with friends in person and outdoors!

Follow ALSF on TikTok for a good Laugh!
@AlexsLemonade

Like what you see? Have an idea for a future playbook?
Email SuperSibs@AlexsLemonade.org
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.