

Serving Siblings of Children with Cancer

# SuperSibs!

Powered by: Alex's Lemonade Stand Foundation



**PLAYBOOK**  
SPRING/SUMMER 2020

Spring has sprung and summer is near, SuperSib! Life isn't always a beach—sometimes the waters are calm and sometimes the sea rages. Our feelings can be just as powerful as the ocean, but we can learn to surf the waves that come our way instead of letting them wipe us out. ***Just keep swimming, SuperSib!***

“Be yourself.  
Everyone else is already taken.”  
— Oscar Wilde, famous poet and playwright



## 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](https://www.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!

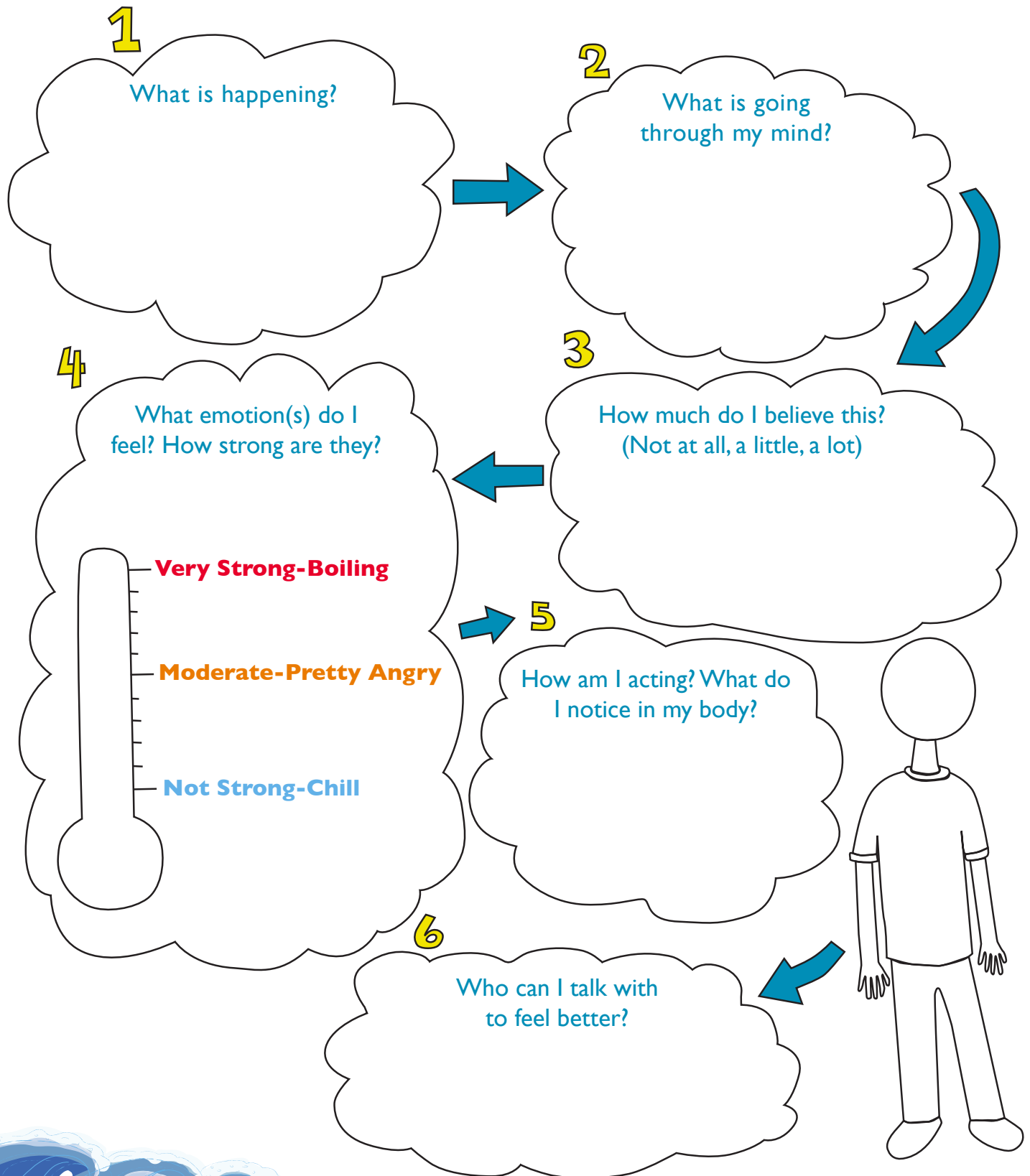
Some of those hidden emotions are listed in the wave below. Circle the ones you recognize and fill in the blanks with other feelings that build up to anger. Which ones tend to get buried under others? Which ones are triggers?



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.

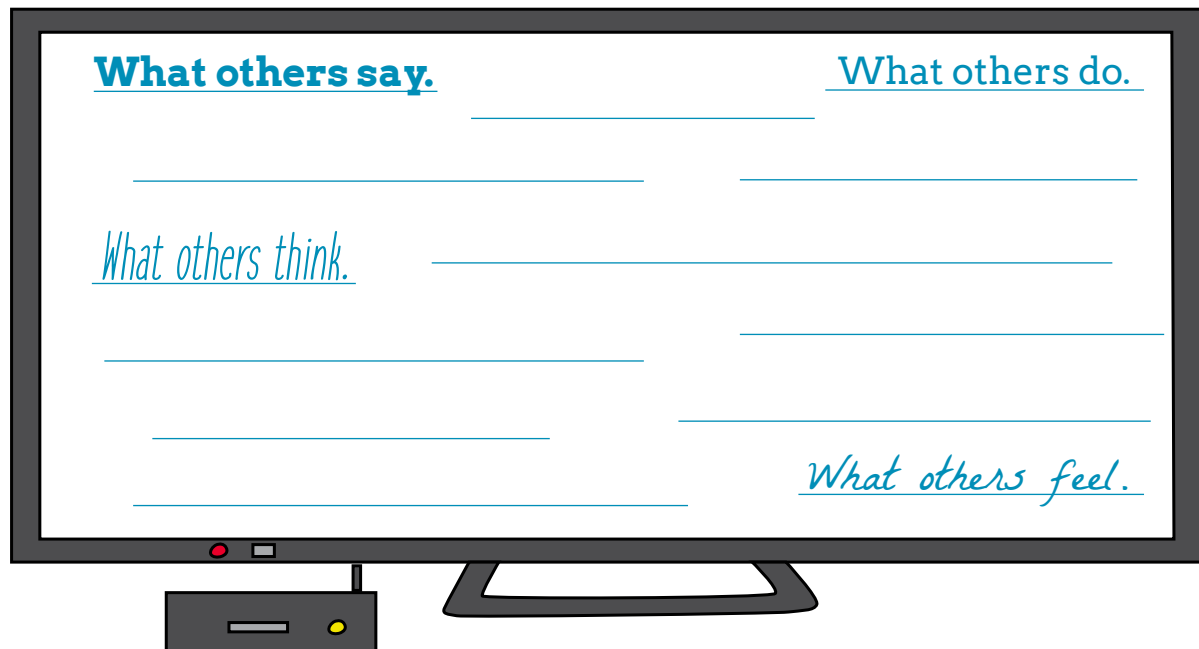
## Mapping My Anger





## 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.

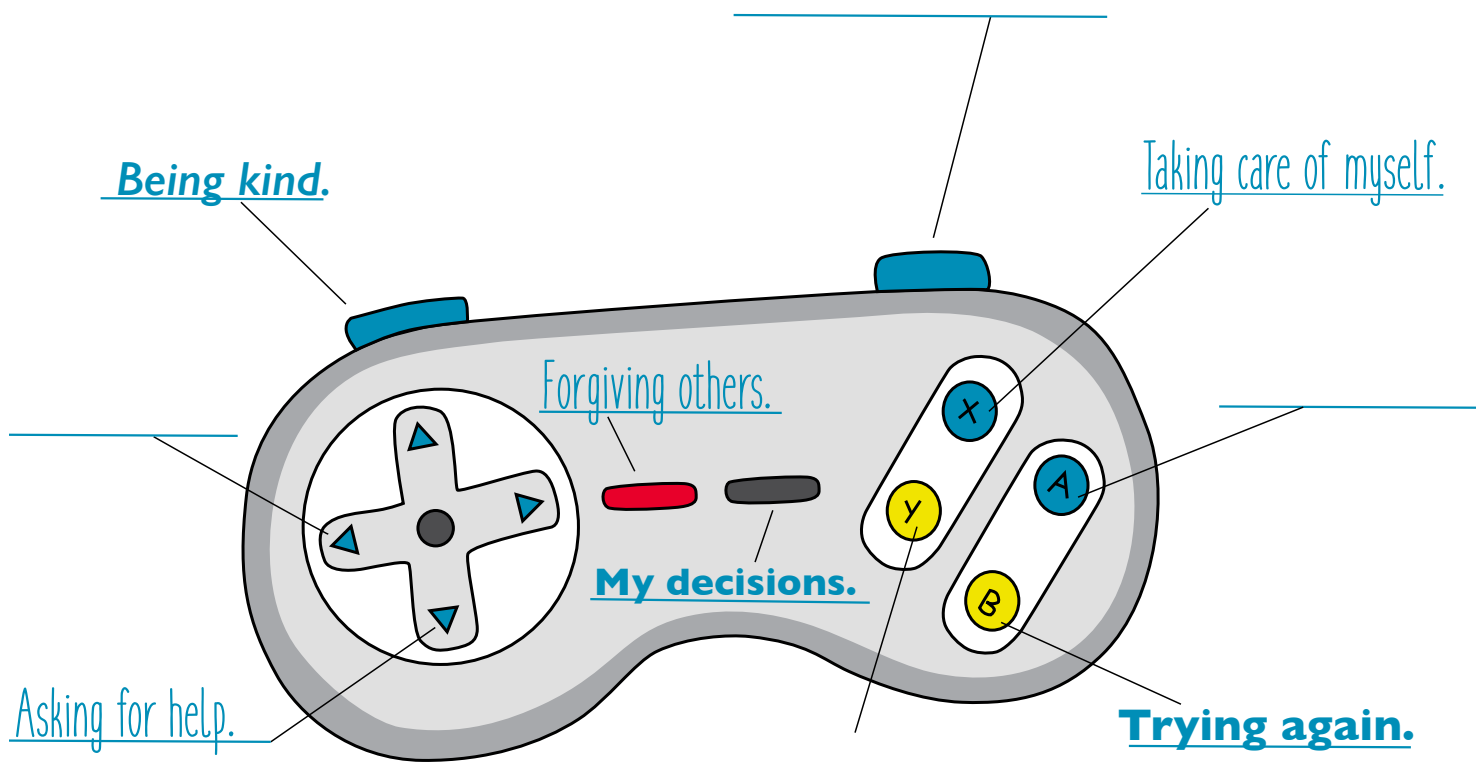


The television screen is divided into four sections for writing:

- What others say. (Top Left)
- What others do. (Top Right)
- What others think. (Bottom Left)
- What others feel. (Bottom Right)

**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!



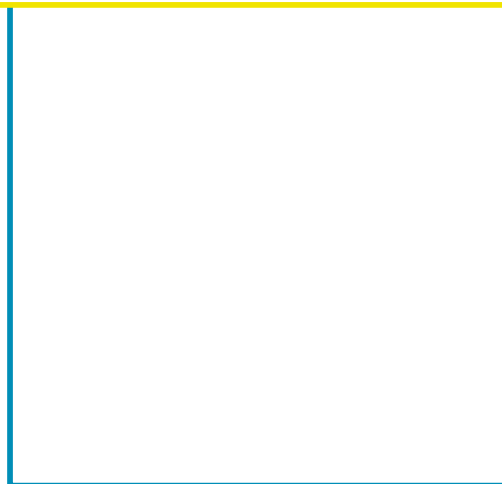
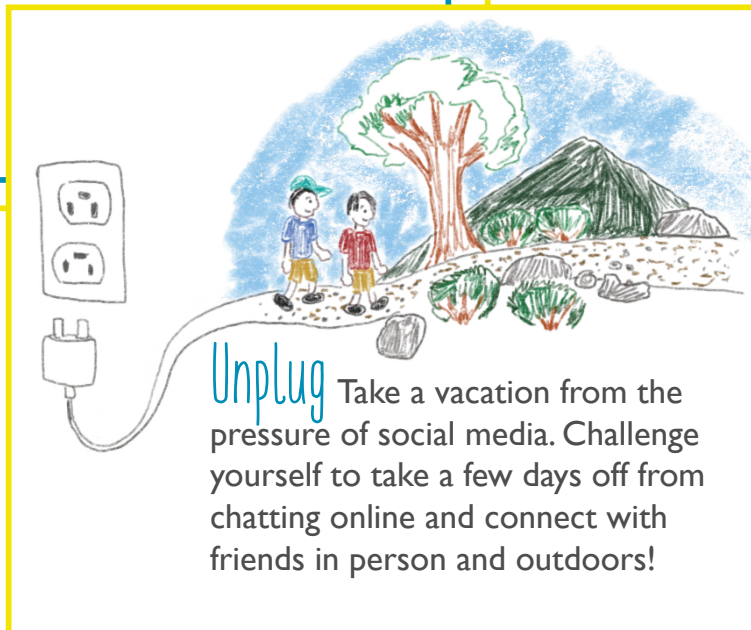
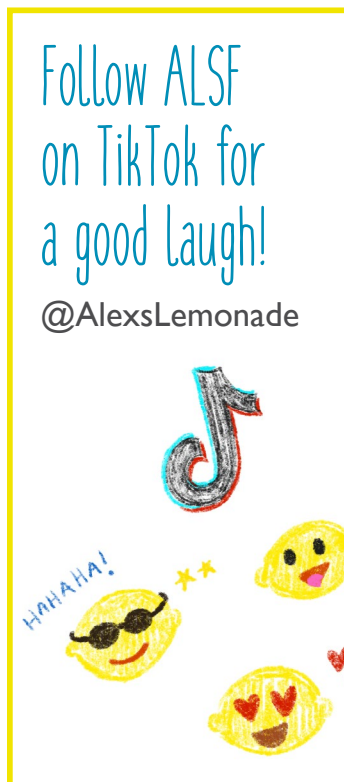
The video game controller has several buttons and joysticks, each with a line pointing to a label:

- Being kind. (Points to the top left button)
- Taking care of myself. (Points to the top right button)
- Forgiving others. (Points to the left joystick)
- My decisions. (Points to the red button)
- Trying again. (Points to the yellow 'Y' button)
- Asking for help. (Points to the left joystick)

## 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.



**SuperSibs wants to hear from you!**  
**Like what you see? Have an idea for a future playbook?**  
**Email [SuperSibs@AlexsLemonade.org](mailto:SuperSibs@AlexsLemonade.org)**

NATIONAL  
SIBLING DAY

**April**  
10<sup>TH</sup>

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...**

**SuperSibs!** 