

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!

PLAYBOOK

SPRING/SUMMER 2020



Meet SuperSib Miles

Age: 11

What he wants to be when he grows up:

A mechanic like my Uncle Rocco!

Miles loves to play baseball. He is on a travel team and his hometown team has won two back-to-back district championships. Miles also does cross country. If he is ever upset or frustrated, he runs.

To Miles, being a SuperSib means he is helpful and encouraging to his sister, Morgan, and lets her know to always be strong. Miles practices softball skills with Morgan since her chemotherapy treatments have impacted her hand-eye coordination. Miles and Morgan also love to run lemonade stands to benefit Alex's Lemonade Stand Foundation together.

Miles attends a camp called Camp Oasis where he learns ways to feel better when Morgan's diagnosis makes him mad or sad. If he could give advice to another sibling, he would say that helping their sibling can make them feel better, too. One way Miles does this is by encouraging Morgan to be strong and letting her know that he is always right there.



For more SuperSib stories and to submit your own, visit [SuperSibs.org](https://www.SuperSibs.org)!



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.

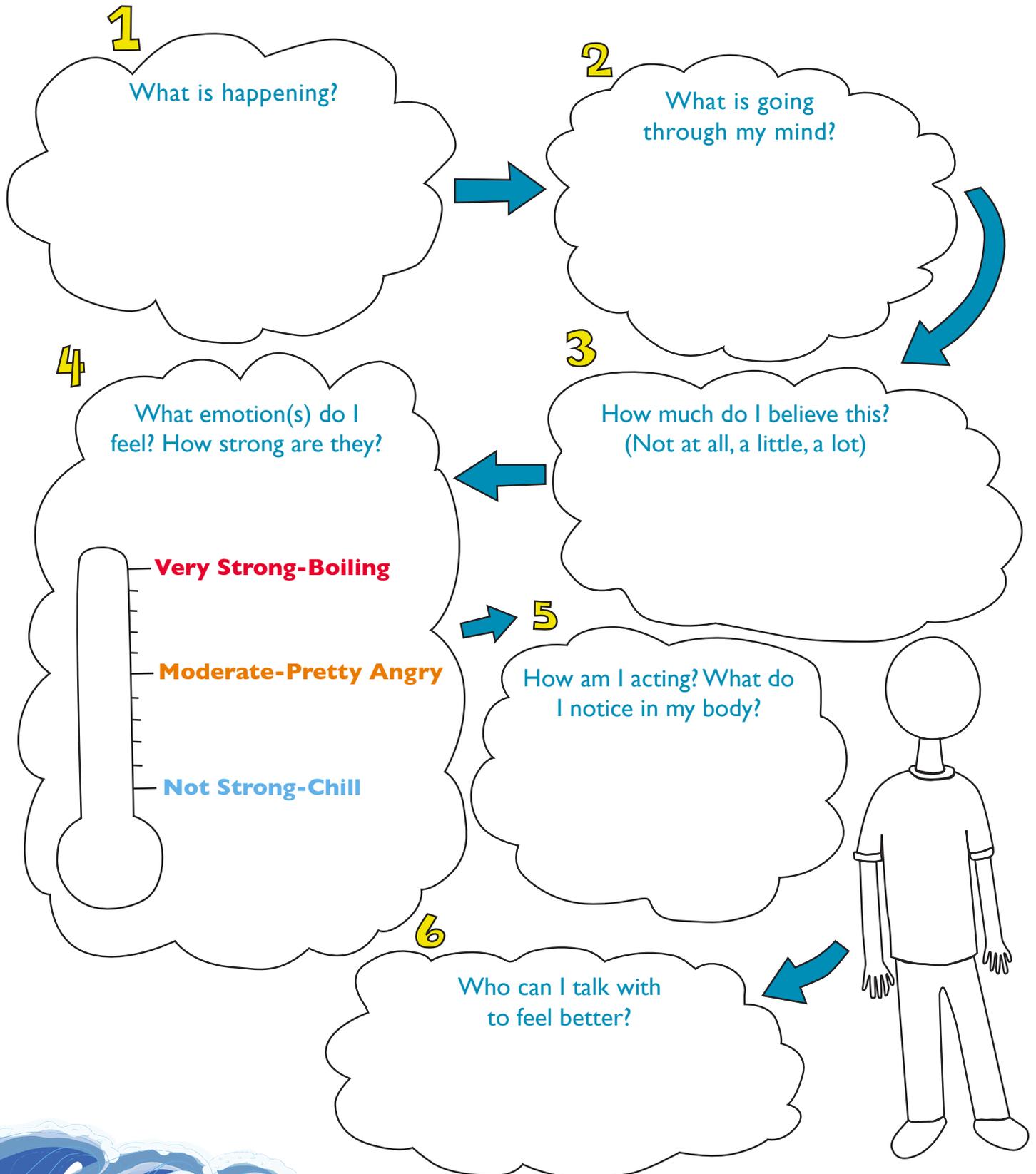
In the iceberg below, circle the emotions you tend to feel when you are angry. Write other feelings in the empty spaces below.



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.

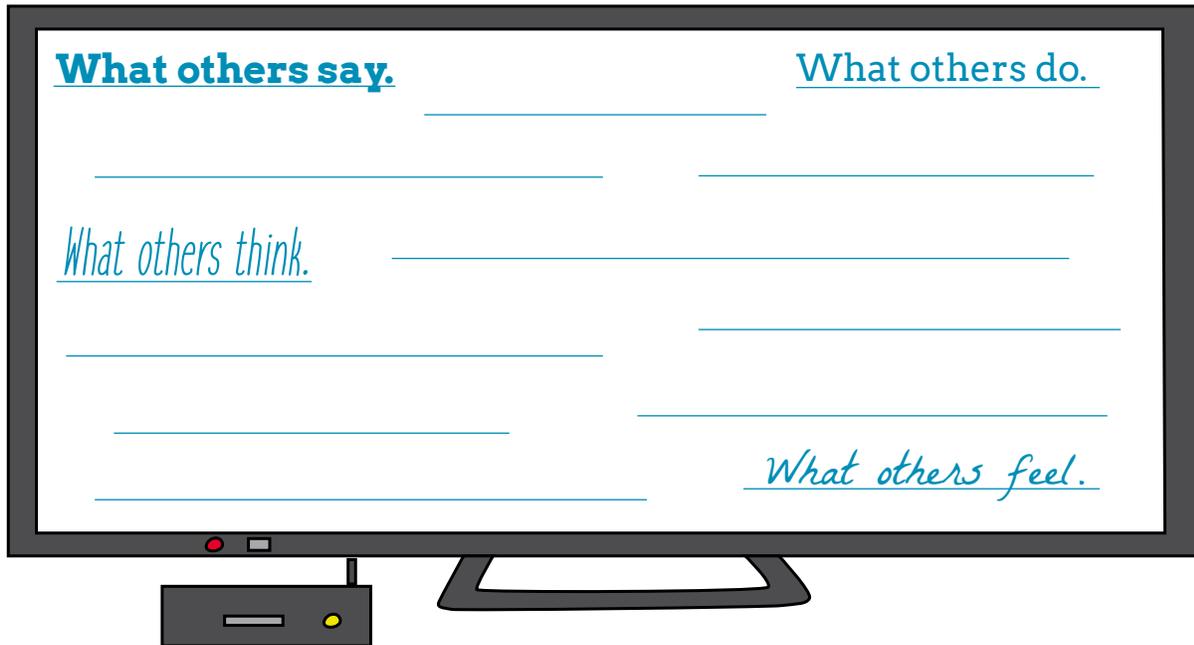
Complete the map below to understand more about the way you feel and respond to anger.

Mapping My Anger



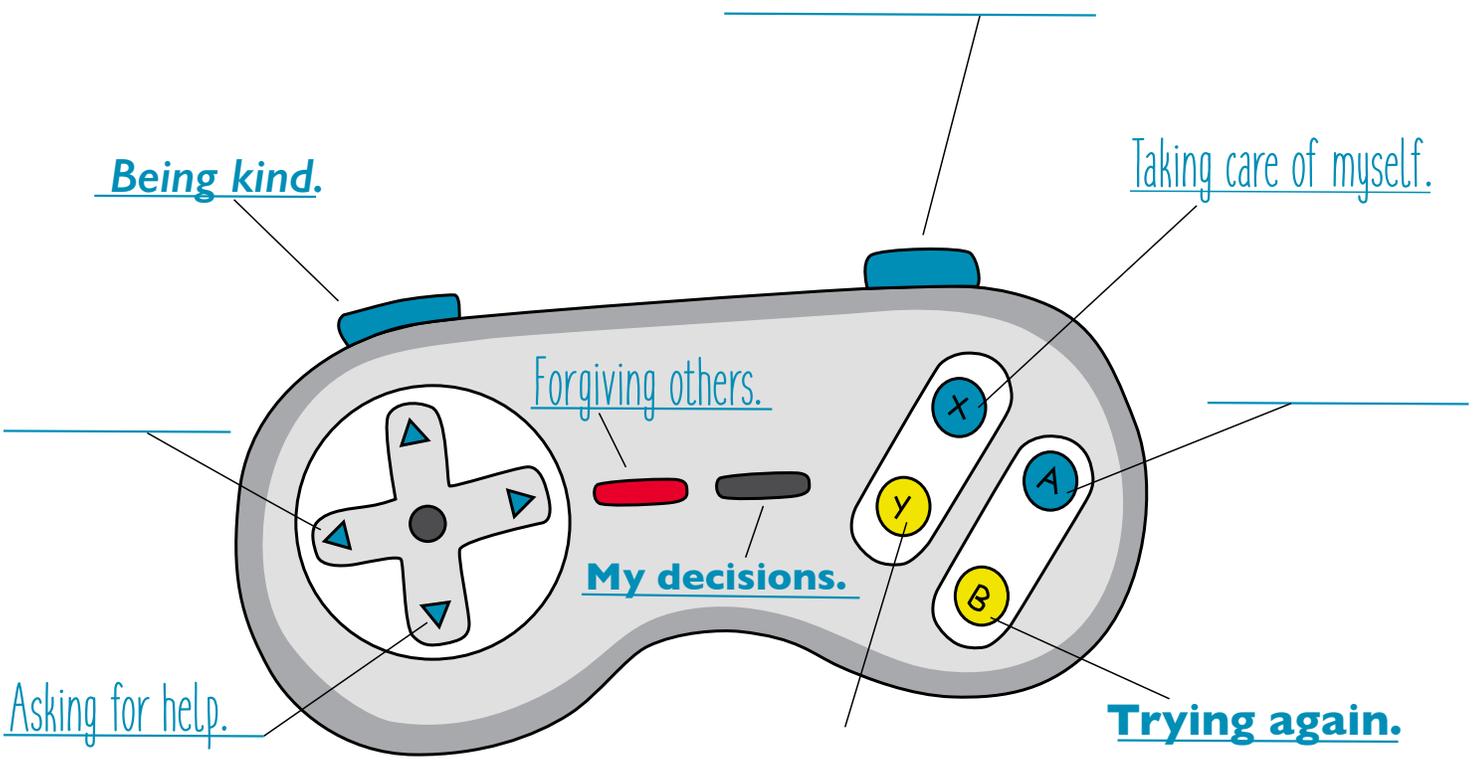
You ARE in control!

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.



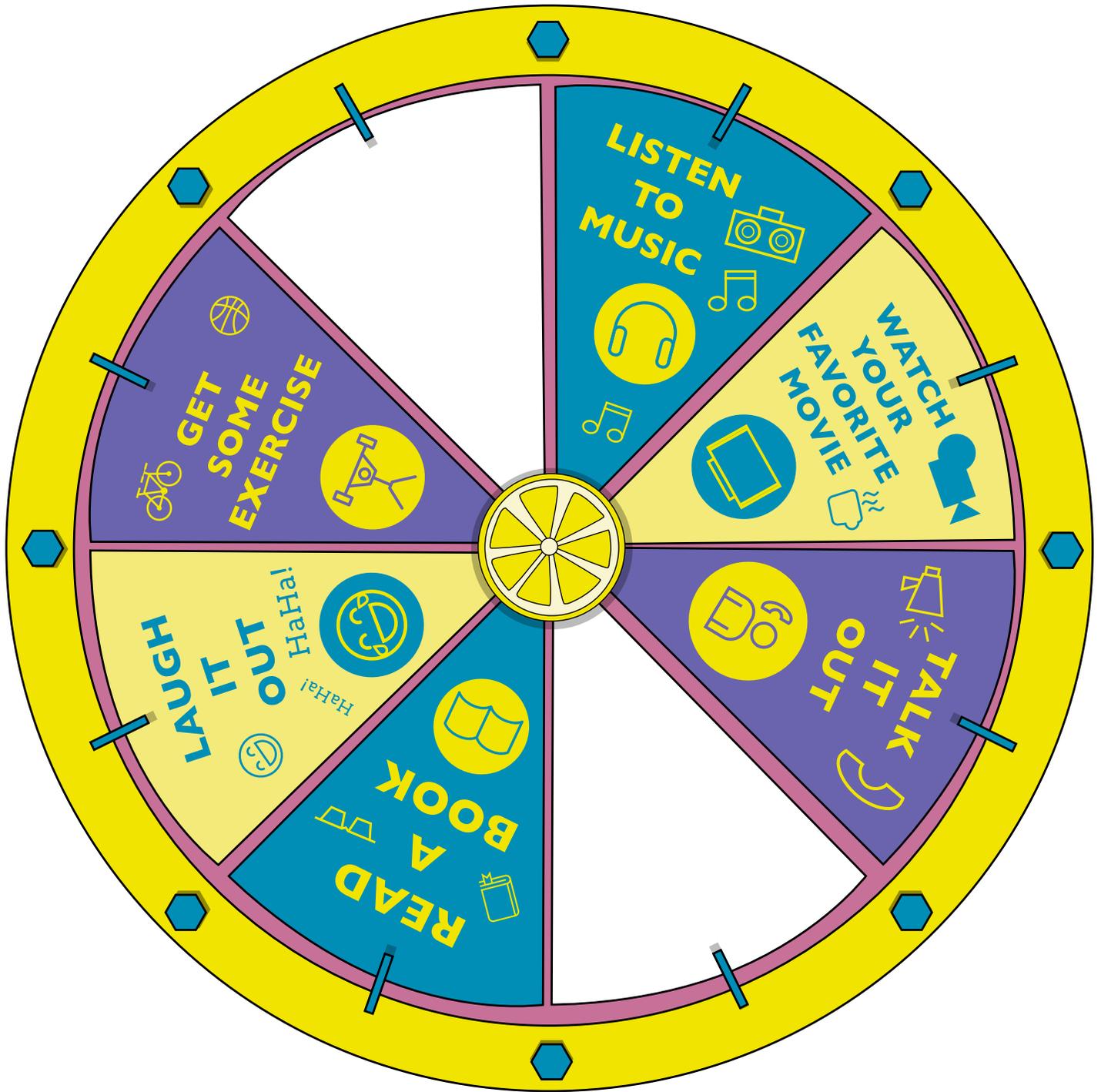
The Controllable: When you spend too much time focusing on things that are out of your control, it's easy to become angry. Instead, focus on things that you have the power to change!

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



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...**



SuperSibs! 