

Serving Siblings of Children with Cancer

SuperSibs!

Powered by: Alex's Lemonade Stand Foundation



PLAYBOOK
SPRING/SUMMER 2020

Happy Spring, SuperSib!

Winter is over, and the countdown to summer is on. Enjoy!



Meet SuperSib Ross

Age: 7

Favorite Color: **GREEN**

Favorite Activities: Playing soccer, building Legos and watching Kansas City sports teams

Ross is a curious and caring kid, especially to his younger brother, Ian. During Ian's cancer diagnosis, Ross asked tons of questions, such as how they were treating it, and he felt at ease when he saw they used machines to take pictures of inside his brother's belly rather than opening it. When Ross held a lemonade stand, he felt like he was doing something to help his brother and other kids like him. Ross would like to become a professional soccer player when he grows up, but if that doesn't work out he wants to be a paleontologist.

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





“What do you do with the mad that you feel?” – *Mr. Rogers*

We all get mad sometimes, but it's important to learn how to deal with those feelings so that we don't hurt ourselves or others. When you are able to stay calm and talk about how you're feeling, you can turn your anger into positive action!

Draw it out in the spaces below.

Something that makes
me angry:

Something that makes
me feel better:

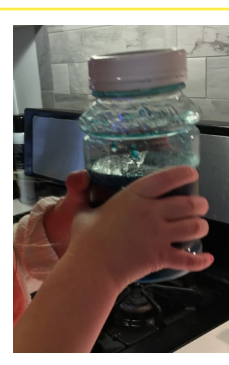
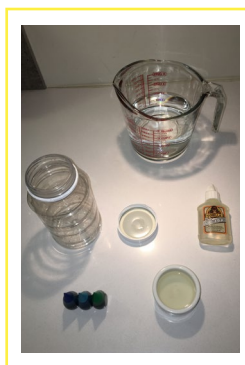
When I've calmed down
after being angry, I like to:

Craft: Ocean in a Bottle

Summer is near, and this fun craft can sooth even the crabbiest feelings. You only need a few ingredients, so grab an adult and get started!

INGREDIENTS

- WATER
- COOKING OIL
(vegetable or canola)
- BLUE FOOD COLORING
(or whatever your favorite color is!)
- LARGE CLEAR BOTTLE WITH A LID
(like a soda bottle or empty mouthwash bottle)
- FUNNEL FOR POURING
- SUPER GLUE



1. Fill 2/3 of the bottle with water.
2. Add 1-2 drops of food coloring, tighten lid and shake!
3. Fill the bottle the rest of the way with oil.
4. Have an adult put glue around the inside of the lid, then put the lid on the bottle good and tight.
5. Turn your bottle upside down and watch your ocean come to life!



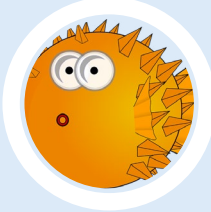


It's normal to have lots of feelings when there are changes in your family, including being angry, sad, or even unsure of your feelings. This is ok! You don't always have to be happy, or silly, or funny, but it's important you don't stay angry or upset all the time. It takes strength to face our feelings and you are a strong person, SuperSib!

Take the "Grrr" out of "Anger"

Lions and tigers and bears, oh my! What do these animals have in common? They all say GRRR! Instead of getting your ~Growl~ on, find ways to keep calm and go with the flow. Check out the ways these sea creatures do it.

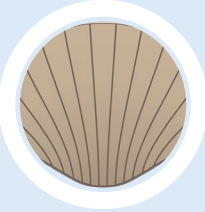
Quick ways to **CALM** down! Sea Life Sensory Solutions.



Puffer Fish Puff

Puff your
cheeks like a
puffer fish!

Fill your
cheeks with air
and hold for 5
seconds.



Clam Cuddle

Cuddle
yourself like a
clam.

Place your
hands on the
opposite
shoulders and
squeeze.



Turtle Tongue

Poke your
tongue out like
a turtle pokes
out its neck.

Stick your
tongue out and
quickly hide it
again.

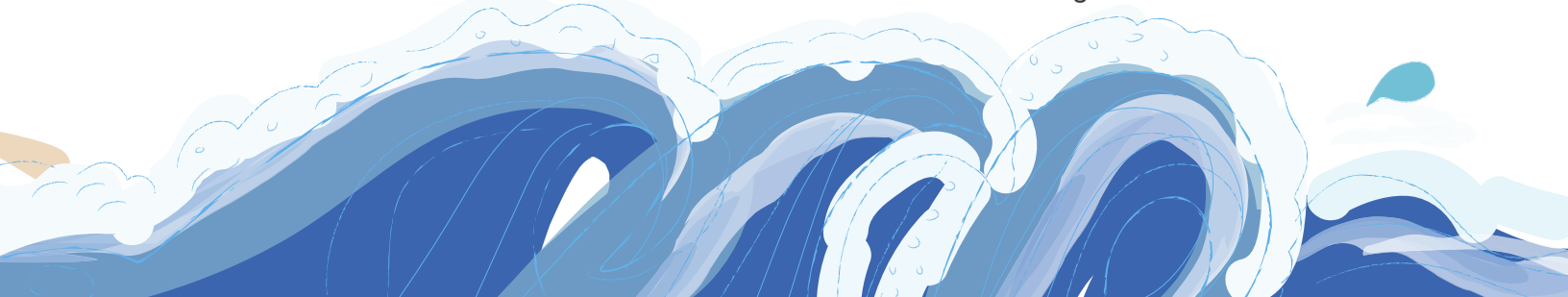


Starfish Stretch

Stretch out like a
starfish.

Place your arms
up over your
head and stretch
out wide. Stretch
your legs out
wide too.

Thanks to our friends at Your Kids OT for sharing.



**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! 