



Serving Siblings of Children with Cancer

# SuperSibs!

Powered by: Alex's Lemonade Stand Foundation



## Sending you support, SuperSib!

As winter arrives and the days get shorter (and colder), we want you to know that we are here for you. Keep reading for stories from other teens, activities, ideas and support just for you, SuperSib!

Enjoy!

**The SuperSibs Team**



## PLAYBOOK WINTER 2019



### Meet SuperSib Sami



Sami is 14 and the middle sister of three girls. Her older sister, Emily, was diagnosed with Wilms' tumors at the age of 4. At that time, Sami was only 2, but she has memories of traveling from Texas to New York for parts of Emily's treatment over the years. She also remembers how challenging it was when Emily's immune system was compromised, which meant everyone had to be extra careful of germs.

Sami has always had an ability to make others feel happy. During Emily's cancer treatment, she created joyous diversions through laughter, dance, and play that lifted everyone's spirits through the worst of times. If it wasn't for Sami brightening those days, Emily's treatment and recovery would have been much tougher.

These days, Sami balances being a student athlete while contributing to her community. Sami plays volleyball, soccer, and the cello, while being an active member of student council and honor society. She is a Girl Scout and serves as a mentor to her younger sister's 2nd grade troop.

**Why is being a sibling important to you?** Because I have someone about my age who loves me that I can talk to anytime.

**What is your dream job?** Pediatrician.

**Special talent or skill:** I am good at playing volleyball.

**Something you are proud of:** My academic and athletic awards.

**How do you approach obstacles?** With positivity! I know I can get over any obstacle by believing in myself.

**What comforted you the most during your sister's treatment?** Music. I always loved to sing and dance wherever we were.

**What is your advice for other siblings?** Talk to your sibling about what's on your mind. You might not always get along, but your sibling will be there for you when you most need it.

Read more SuperSib stories on our website at [SuperSibs.org](http://SuperSibs.org)



## “How Are You?”

Before cancer entered your life, “How are you?” probably seemed like an easy question to answer. Now, your answer might be a little bit more complicated than “Okay” or “Great” or “Not so great.”

Dealing with all the changes and the diagnosis itself can produce lots of new feelings and disruption in your life. Try this activity to help you process the various things you are feeling and to remind you of ways to cope.

### Step 1:

List all the things you feel when you think of your sibling’s diagnosis. What have you felt since learning about your sibling’s illness? What are your feelings right now? After you make this list, rank each feeling in order of importance.

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### Step 2:

How do you cope? List the words that describe what you do when you are feeling the ways you listed in step 1. Include activities you liked to do before your sibling’s diagnosis and what you find yourself doing now. When you finish, rank each activity and action in order of frequency.

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EMPOWERED  
laughter

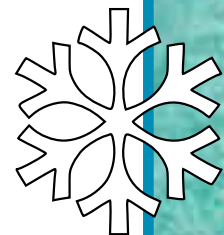
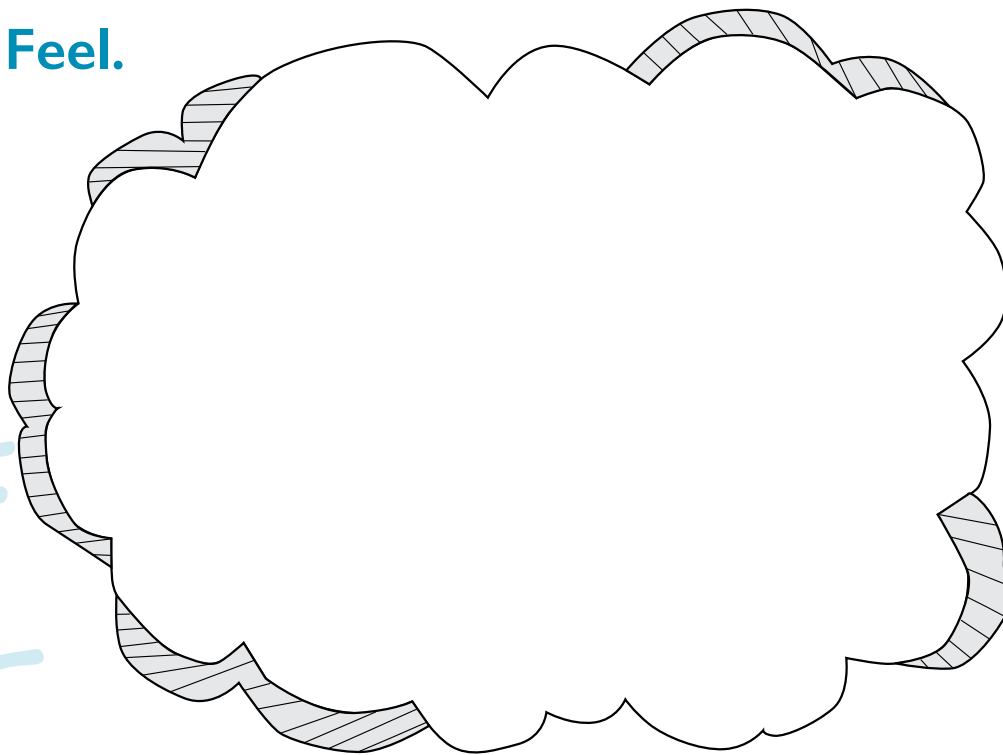
IGNORED  
art

## Word Clouds

Use your lists to create two Word Clouds. Grab markers or pens and write your words in the cloud. Make your more important or more frequent words bigger and less important items smaller.

### How I Feel.

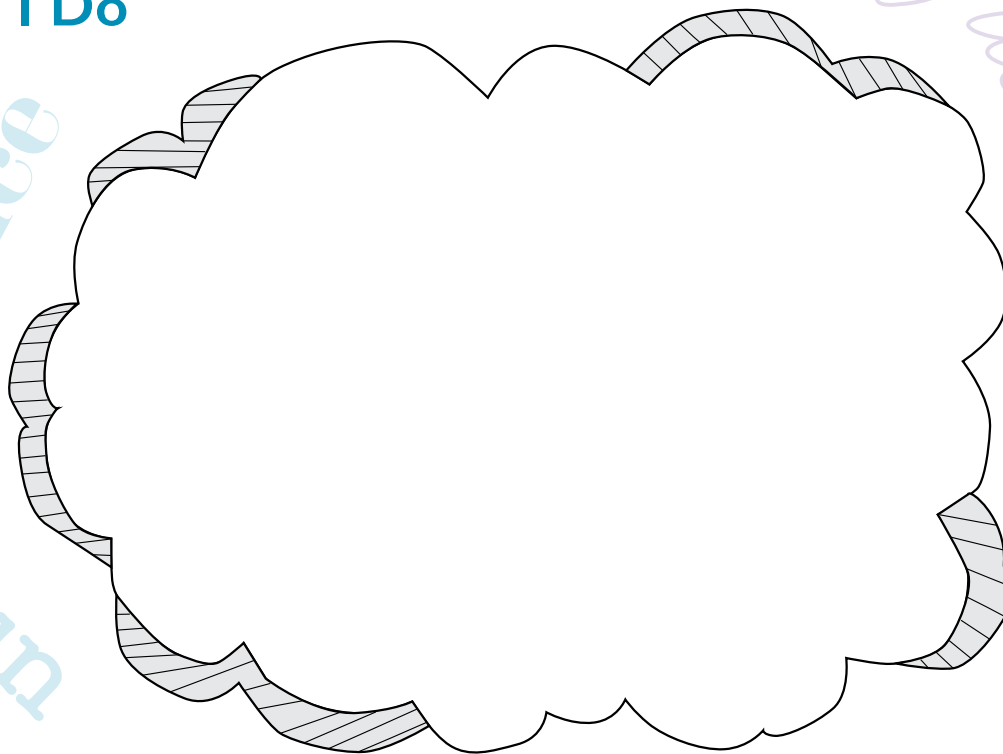
STRONG  
fired



sad

### What I Do

TALK  
dance  
run



friends  
SPORTS

Use your Word Clouds however you want. You can add to it as new things pop up and look at it when you need to be reminded of ways to cope. Share it with your parents and your family to let them know how you are feeling.

## DIY Crafts

Next time you are looking for the perfect gift to give a friend or family member, try one of these handmade gifts. They are thoughtful, can be personalized, and don't require much spending! These three suggestions can be created with things you may already have around the house.

### Upcycled earphone container - *This gift helps cords and cables stay tangle free!*

#### You'll Need: (Optional to make a keychain)

- scrapbook paper or thin fabric
- scissors
- empty mint or candy container with label removed
- glue
- Mod Podge
- keyring (optional)



1. Carefully trace and cut out circles of your paper or fabric that are the slightly smaller than your container. Be sure they don't overlap the area that opens and closes, or edges of the container.
2. Glue the circle to the container, and when it is dry apply a coat of Mod Podge to seal it.
3. To make a keychain, make two holes at one end of the container so you can thread the keyring through (and back out).

### Personalized Whiteboard

#### You'll Need:

- empty frame (5x7" or larger works best!)
- construction paper or scrapbook paper
- scissors
- dry erase marker



Via OneLittleProject.com

1. Use a piece of fancy scrapbook paper or create your own template on a piece of construction paper.
2. Cut the paper to fit the size of the frame and place it beneath the glass.
3. Gift the finished frame with a dry erase marker!

### Bottle Cap Magnets - *a set of these will be perfect for the kitchen fridge or a friend's locker.*

#### You'll Need:

- bottle caps
- small round magnets
- double sided tape or hot glue
- nail polish (colored and clear)



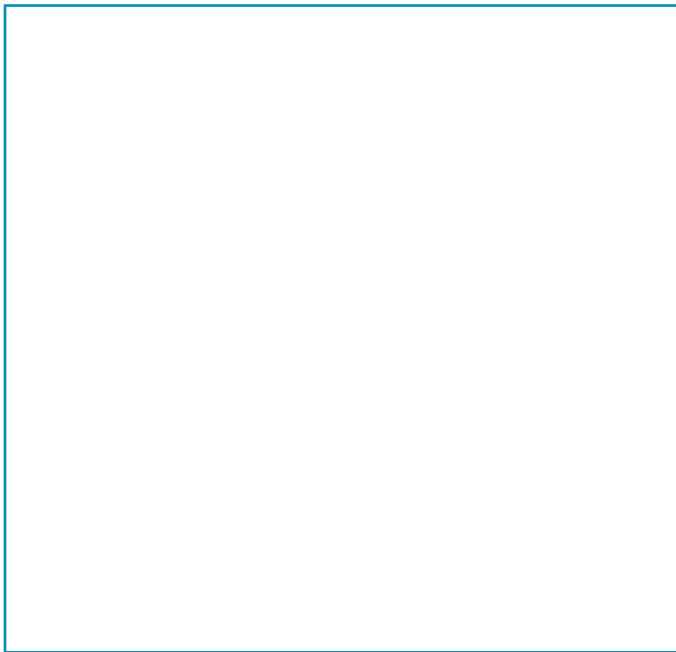
Via Nifty by BuzzFeed

1. Using colored nail polish, decorate and design the tops of the bottle caps.
2. When dry, apply a coat of clear nail polish.
3. Using double-sided tape or hot glue, carefully stick the round magnet to the back of the bottle cap.

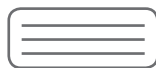
# Who is your person of the year?

The end of the year is a popular time to reflect over the past several months. When you reflect, think of someone who has been your *Person of the Year*. This person could have helped you through a hard time, inspired you to try something new, or maybe you'll choose someone who you've never met but would like to one day!

In the space below, create their profile page. Paste a photo or draw a portrait of them. In the yellow boxes, add their name, words to describe them, or a short quote. When you're done, share with your person of the year to show how they have had an impact on you.



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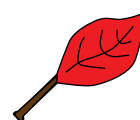
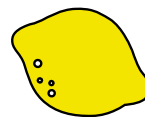
# Cope, Connect & Get Involved

Remember – there are friends and family members who want to help you during difficult times. Asking for help or advice will take the courage and strength that you have inside of you! Here are some ways to cope with difficult questions, connect with others and take a stand against childhood cancer.

## Cope

Looking for ways to make tricky conversations easier? Work with your parents or school to have a plan to answer questions. Here are some of our ideas:

- Ask a staff member at school who you trust and are comfortable with to accept and answer questions from others. This person can be your “go-to” if you feel overwhelmed.
- If you are comfortable answering yourself, come up with a short, prepared response for general questions. Or, simply say: “I am doing the best I can and I don’t want to talk about it.”
- Brainstorm ways to address potential questions all at once. For example, you could talk to your counselor about ways to educate your classmates about cancer. Even if you aren’t present, it could help your peers better understand what you are going through.



## Connect

Cancer in your family can make you feel lonely or different from your peers. But, you are not alone – there are other teens walking a similar path! Ask a counselor or trusted adult about local support groups and opportunities to connect with others who can help you. And, of course, SuperSibs has great ways for you to virtually connect:

- Like and post on the SuperSibs Facebook page (if you are under 14, ask your parents to do it for you)
- Share your story and read through others on SuperSibs.org
- Connect with another SuperSib. We can put you in touch with a fellow SuperSib. Just email us and ask! SuperSibs@AlexsLemonade.org

## Get Involved

If you feel ready, become an ambassador for SuperSibs and Alex’s Lemonade Stand Foundation! As an ambassador, you can share your story in your community, with other SuperSibs and get involved in the fight against childhood cancer. Email us at [SuperSibs@AlexsLemonade.org](mailto:SuperSibs@AlexsLemonade.org) or visit [SuperSibs.org](http://SuperSibs.org) to learn more!