

Serving Siblings of Children with Cancer

SuperSibs!

Powered by: Alex's Lemonade Stand Foundation



PLAYBOOK WINTER 2019

Happy Winter SuperSib!
As the days get chillier, we are
here to warm you up! Peek inside
for fun activities and stories
about kids just like you!
We hope you enjoy it!

Sincerely,
The SuperSibs Team

SS

Meet SuperSib CAIDYN



CAIDYN is an outgoing 10 year old who loves to dance and play Roblox with her brother Cameron. Cameron is 8 years old, and was diagnosed with Ewing sarcoma just days after Caidyn made three different dance teams at her local studio.

Caidyn and Cameron are very close and usually do everything together. It has been difficult for Caidyn to watch Cameron battle Ewing sarcoma because she couldn't play baseball in the back yard with him, go swimming, or ride bikes. They had to think of other things to do together so he was not left out. One of their favorite things to do now is play cards and board games.

Dance has been a big help for Caidyn while her brother has been going through treatment. Her teammates and teachers have supported her, and one team even wears a green ribbon (green is Cam's favorite color) in their hairpieces in honor of Cam! When Caidyn is feeling emotional at different points of Cam's treatment, she dances it out. This is her favorite way to let go of difficult feelings and focus on something that makes her feel good.

Find more stories about AMAZING SuperSibs, just like you, on 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.”

There is no right way to feel about what is happening in your family! 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 all of your feelings, while also remembering the things that give you joy!

Step 1:

What are some emotions you’ve felt since learning about your sibling’s illness? What are you feeling right now?

Choose words from the list below that describe how you are feeling. Use the blank spaces to add some words of your own.

Feelings Word Bank:

Hopeful
Sad
Scared
Brave
Strong
Empowered
Ignored
Included
Confused
Tired
Energized
Nervous
Anxious
Frustrated
Annoyed

Step 2:

What are some things you like to do? What do you do when you are feeling the ways you listed in step 1?

Include activities you enjoyed before your sibling’s diagnosis and what you find yourself doing now. Choose from the word bank below and then include some favorites of your own.

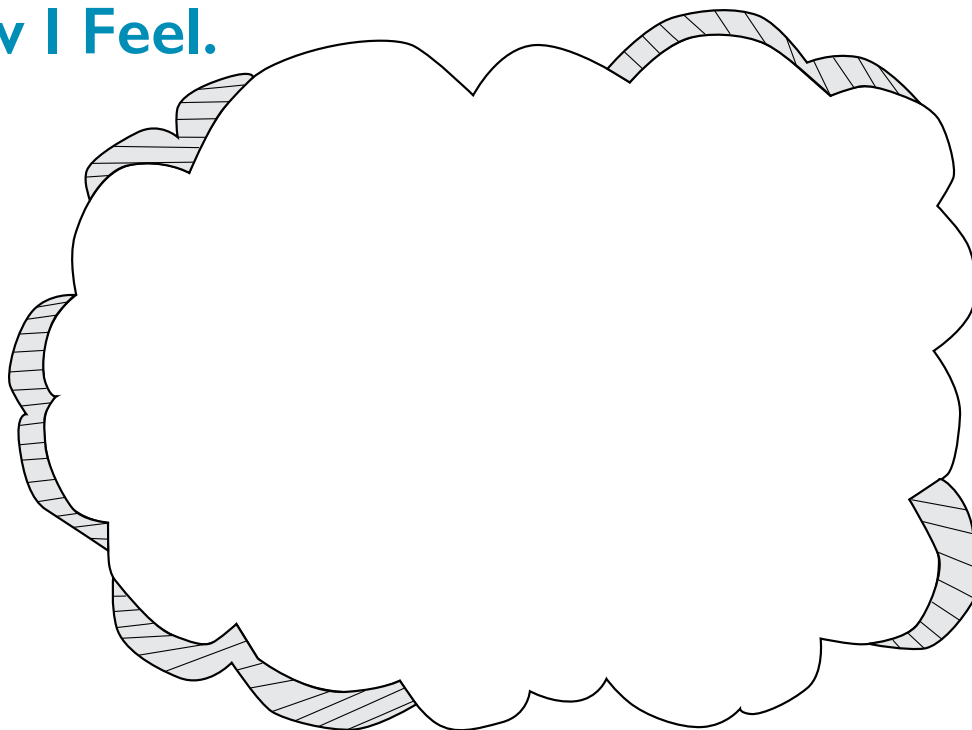
Word Bank:

Music
Friends
Sports
Dance
Sleep
Read
Write
Draw
Run
Talk
Yell
Smile
Laugh
Movies
Color

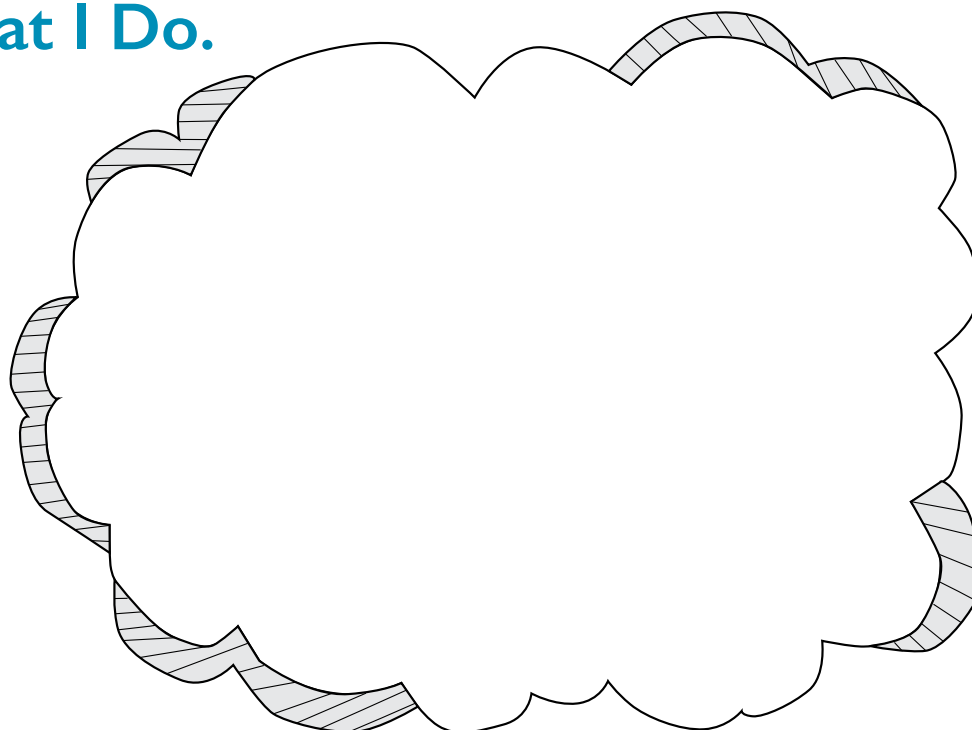
Word Clouds

Use your lists to create two Word Clouds. Grab markers or pens and write your words in the cloud. You can write the words in all different colors, size and in any place you want within the cloud! You can also skip the words and draw pictures about how you feel and what you do to cope!

How I Feel.



What I Do.



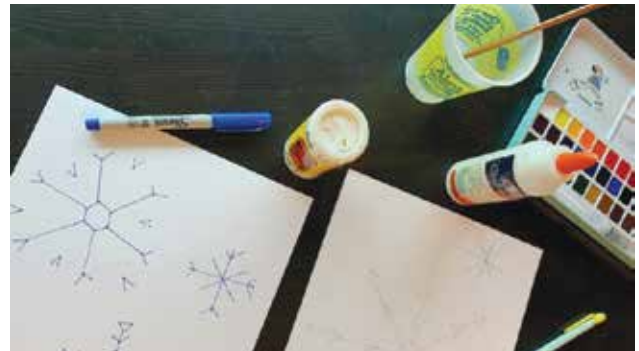
Use your Word Clouds however you want. You can add to it as new things pop up and look at it when you need to be reminded of ways to cope. You can also share it with your parents and your family to let them know how you are feeling.

Make It: Snowflakes

Tis the season for winter weather. Even if you don't live in a cold place, you can still make your own winter snow!

You'll Need:

- Thick cardstock paper
- White glue
- Table salt
- Watercolor paint
- Paintbrush



What falls in the winter but never gets hurt?

snow

1. Draw snowflake shapes on a piece of thick cardstock paper.



2. Use white glue, and trace along the designs you drew. Try to keep the glue lines thin.



3. Sprinkle salt to completely cover the glue, if it is not covered in salt, it won't absorb the watercolor later. Shake the extra salt off your paper.

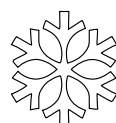


4. After your glue dries, dip a paintbrush in the watercolor, and lightly tap the salt with the paintbrush. Watch the salt soak up the watercolor and spread! Let dry, then display all winter long.



What do snowmen have for breakfast?

Frosted Snowflakes



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!

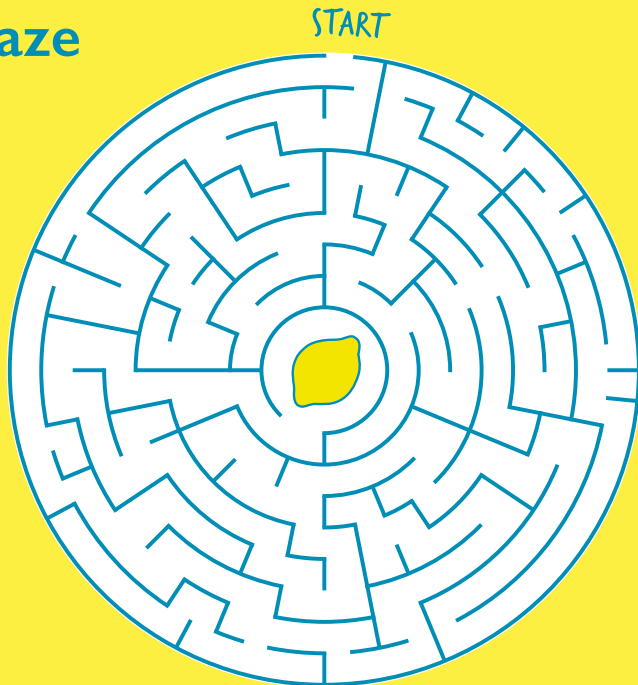
In the space below, paste a photo or draw a portrait of them and decorate the background areas. In the blank boxes, add their name, a few words to describe them, or a short quote. Below the magazine cover, there's space to write a few sentences about why you chose them. When you're done, share with your person of the year.

WINTER 2019 EDITION

How to Answer All Those Questions

When you are at school or in activities, your friends may have lots of questions for you! Planning answers ahead of time can help you cope with questions you might not want to answer (or might not have the answer to!). Work with your parents to come up with a standard answer to all questions—maybe it is “I don’t want to talk about it right now” or “Thank you for your concern, we are doing the best we can” or even, “You have to ask my mom and dad. Can we just play?”

Maze



Cope, Connect & Activate!

Other SuperSibs are here for you as you navigate the world of cancer. Want to connect with another SuperSib, just like you? Or do you want to share your story with other SuperSibs?

Just email us at
SuperSibs@AlexsLemonade.org

Make It: Homemade Stress Balls

Crafting is relaxing and stress-relieving! These homemade stress balls come together quickly. All you need is a balloon, some playdough and a permanent marker!

1. Roll the playdough into long, skinny snakes.
2. Stretch the balloon open and drop the playdough snakes in.
3. Once the balloon is as full as you want, tie it closed.
4. Then, use a permanent marker to draw an emoticon face on the front!
5. When you are feeling down or nervous or just need a break, grab your stress ball!

