Meet SuperSib CAIDYN

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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.

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4. Then, use a permanent marker to draw an emotion face on the front!
5. When you are feeling down or nervous or just need a break, grab your stress ball!

How to Answer All Those Questions

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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!

Make It: Homemade Stress Balls

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.

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.

Feeling Words 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.

What I Do.

Word Bank:

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

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

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 falls in the winter but never gets hurt?

Snow

What do snowmen have for breakfast?

Frosted Snowflakes

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.
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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.

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**What I Do.**

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