

Serving Siblings of Children with Cancer

**SuperSibs!**  
Powered by: Alex's Lemonade Stand Foundation



**PLAYBOOK**

TWEEN/TEEN

SPRING 2015

## WELCOME TO SUPERSIBS SPRING 2015 PLAYBOOK!

This playbook is meant for the SuperSib in your family, YOU! In each issue we will include suggestions to help you deal with your feelings, whether they are about your brother or sister's cancer, or other things going on in your life. This will give you the tools you need to PLAY it cool and to build your own personal playbook for tough situations.

We will also include an activity, or something to do while you are waiting to be picked up at school or during downtime in the car.

**WE HOPE YOU ENJOY!**

Sincerely,

**The SuperSibs Team**

powered by Alex's Lemonade Stand Foundation

"I HAVE NICE MEMORIES  
OF PLAYING IN THE  
HOSPITAL'S ART ROOM  
AND ENJOYING HOW IT  
MADE MY SISTER HAPPY  
AND BOTH OF US MORE  
EASILY DISTRACTED FROM  
BEING IN A HOSPITAL."

- KEENE, 12, SUPERSIB

### THE SCOTT KIDS:

**Patrick, Alex, Eddie, Joey Scott**

Patrick was just 2 years old when his younger sister, Alex, was feeling very sick and was diagnosed with cancer. Eddie and Joey came along quickly afterwards and the 4 siblings were fast friends.

Alex's brothers rallied around her when she was not feeling well and they all played together when she was feeling great. Patrick and Eddie were also right by her side when she decided to have her first lemonade stand in West Hartford, CT. Alex wanted to have a lemonade stand and give the money to her hospitals to help other kids with cancer and their families.

Today, Alex's Lemonade Stand Foundation (ALSF), named after Alex, has grown into thousands of lemonade stands held each year. These stands are held by families, schools, and businesses all over! Like Patrick, Alex, Eddie and Joey, ALSF is dedicated to helping kids who have cancer and their families, through research and programs like SuperSibs!



Alex, Eddie, Joey and Patrick



## MEET SUPERSIB CHRISTIAN...

**Age:** 16

**Favorite color:** orange

**Favorite activity:** computers, playing his French horn and participating in his school band

Christian is an easygoing, kind, loving, smart, selfless and amazing young man. He always opens doors for people. He dislikes rudeness and people that hurt others. Christian is silly and goofy and makes everyone around him smile.

He is an amazing big brother to his two younger siblings. His 13 year old brother, Justin, has autism and Christian always protects him. Christian would come to the hospital to visit and snuggle his baby brother, Vincent, who had neuroblastoma. Christian has been so positive and strong. He saw his mom sad one day and he didn't say a word, he just hugged her.

**Visit [SuperSibs.org](http://SuperSibs.org) (with a parent!) to submit your story and learn about other SuperSibs!**

## SPRING FUN!

Can you find these words in the puzzle below?

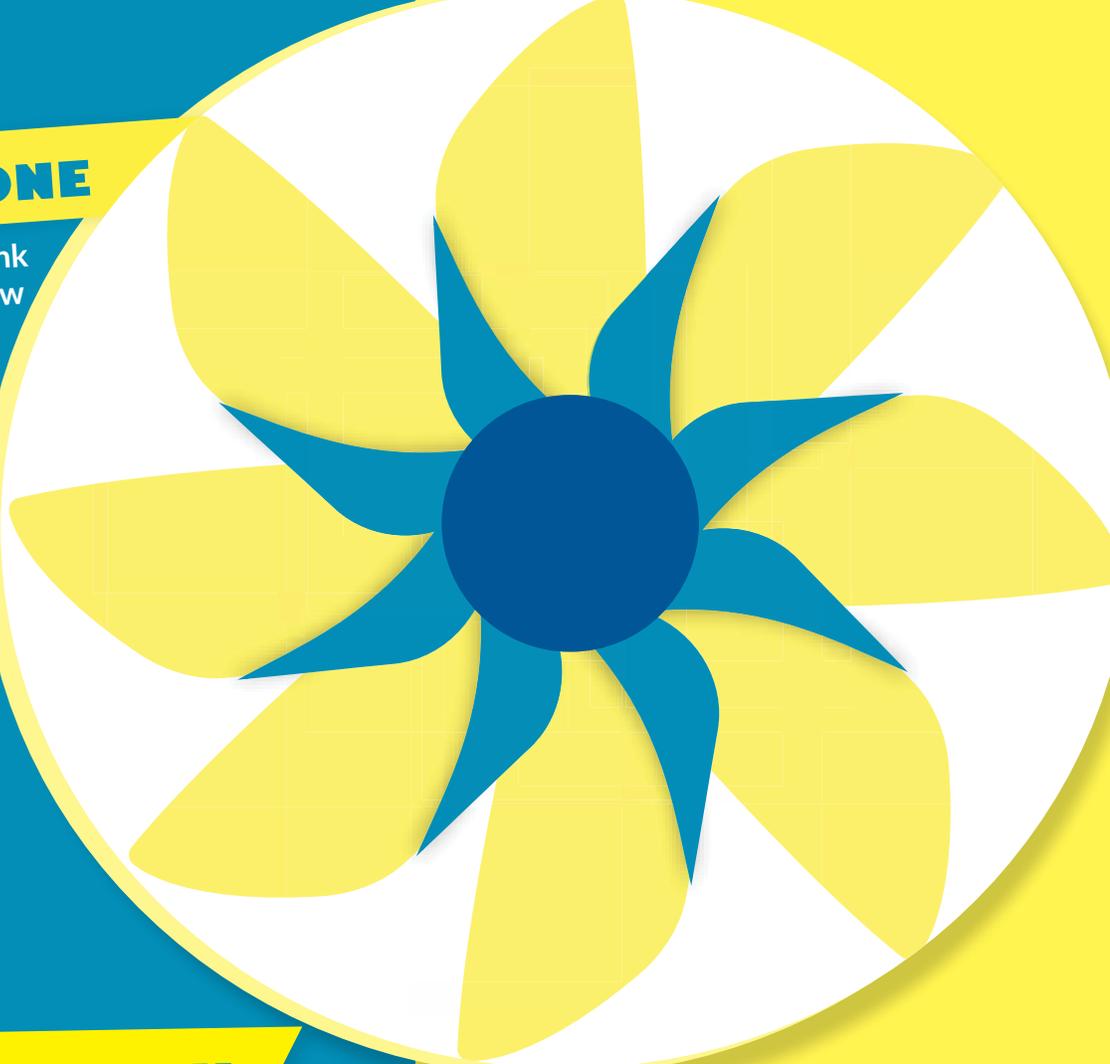
f	q	p	u	l	f	p	c	n	s	z	j	s	o	d	empowered
m	z	u	u	u	e	g	i	b	e	j	r	u	c	s	equinox
n	d	s	l	v	n	m	e	p	o	h	r	p	p	x	family
n	u	i	d	i	n	x	o	f	l	o	w	e	r	o	flower
y	u	f	r	n	w	y	a	n	b	v	c	r	s	n	friends
e	m	p	o	w	e	r	e	d	a	i	y	s	c	i	fun
n	s	p	f	o	a	i	y	o	a	d	m	i	h	u	hope
f	u	n	d	a	r	a	r	l	e	i	e	b	o	q	hug
l	d	k	u	o	m	d	u	f	l	y	q	q	o	e	lemonade
m	p	o	n	c	g	i	q	e	k	g	c	f	l	s	school
m	j	h	g	t	e	m	l	c	k	u	d	d	y	r	smile
x	f	r	s	l	a	j	s	y	i	h	u	y	n	l	special
z	x	f	w	n	i	d	x	i	e	z	r	h	r	k	spring
p	e	j	q	i	b	v	k	x	v	b	f	e	d	a	supersib
t	r	o	p	p	u	s	u	i	k	k	r	y	a	n	support



*SuperSibs Anton and Destiny with their sister Kaela (right).*

## I AM NOT ALONE

Look around you and think of all the people you know or would like to know. Put your name in the center, then fill in the petals around with all the special people in your world!



## POWERED by (YOU)TH

Feeling empowered helps us deal with difficult or stressful times by helping us focus on something positive and that makes us feel good. That helps us feel stronger and ultimately happier!

### WHAT MAKES YOU FEEL EMPOWERED?

(strong, happy, in control)?

For example... going for a walk, talking to friends, reading...

- 1.
- 2.
- 3.
- 4.
- 5.

### GET EMPOWERED!

SuperSibs tell us that holding an Alex's Lemonade Stand helped them feel empowered by giving them a way to fight back against childhood cancer.

#### How to hold your own lemonade stand:

**Step one:** Choose your location, date and time.

**Step two:** Register at SuperSibs.org and receive a free start-up kit in the mail.

**Step three:** Invite neighbors, friends and family to attend.

**Step four:** Hold your stand and enjoy!!

Visit [SuperSibs.org](http://SuperSibs.org) for more information

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## Being a SuperSib isn't easy!

On top of things you're experiencing at home, you're still a normal teenager; you have grades, a social life and your future to think about! All that stress can be tricky to manage, but understanding stress will make it easier to deal with.

So, what is stress? Stress is the physical and emotional response your body has to any "big deal" experience. Those experiences are known as stressors. Stressors can be pretty much anything—even stuff that makes you happy! "Good" stressors cause "good" stress (aka eustress) and "bad" stressors cause "bad" stress (aka distress). When you've got a lot going on in your life, your body can start to interpret eustress as being distress. And that's when you start to feel **STRESSED OUT**.

**Stress can make you feel:**



Any of these sound familiar? To top it off, the symptoms you experience when you're stressed out can cause even MORE stress! Ugh! The good news? Stress CAN be relieved in healthy ways.

### 3 Tips to Control Your Stress

**Get your rest!** After 8 hours of rest, your body is a lot more prepared to handle all the surprises life throws at you. Adequate sleep won't take away all of your troubles, but it can help you manage them better!

**Write it Down!** Journaling is a great way of figuring out what exactly is causing your stress. Use a journal with writing prompts....or just use an empty notebook. That'll work, too!

**Talk it Out!** It might not always feel like it is easy or possible to talk about your stress...your parents are super busy, your friends don't get it and no one would understand anyway, right? **WRONG**. Your parents (as distracted as they may be) still love you and want to know what's going on in your life. Even if your friends haven't been on this same journey, they might surprise you with what they **CAN** relate to. Or talk to an adult that you trust—an older sibling or relative, your guidance counselor or a teacher you're close to—and tell them what's up. Remember, there are terrific therapists that can help guide you through this difficult time, too. Ask the hospital social worker or a school counselor for recommendations **to help you get the support you need... and deserve!**

## SPARKLING STRAWBERRY LEMONADE RECIPE

To serve at your lemonade stand or as a special treat for yourself or your friends!

### Ingredients:

- One 2 liter bottle of Lemon/Lime Soda
- One 19 oz container of powdered Country Time yellow lemonade
- Fresh or Frozen Strawberries

### Directions:

1. Place 4 cups of powdered lemonade in a large pitcher or clear bowl (you can always add more lemonade to taste).
2. Pour in Lemon/Lime Soda and stir.
3. Wash and clean strawberries. Place two to three strawberries in each cup. If you are using frozen strawberries, consider keeping them in the freezer until ready to serve and using as ice cubes!
4. Pour Sparkling Strawberry Lemonade into cups and enjoy!

