Serving Siblings of Children with Cancer

SuperSibs!

Powered by: Alex's Lemonade Stand Foundation

PLAYBOOK
SPRING/SUMMER 2018

Happy Spring, SuperSib!

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

Meet SuperSib Jacob

Age: 5

Favorite Color: **Turquoise**

Favorite Activities: Building robots and dinosaurs with Legos

Jacob's mom, Lori, is so proud of him for being a loving and strong big brother to Max, who has leukemia. He also loves all kinds of bugs, everything about them! Jacob wants to raise money to help hospitals so no more kids get sick. He really wants his little brother Max to be all better and done with treatment really soon!

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.

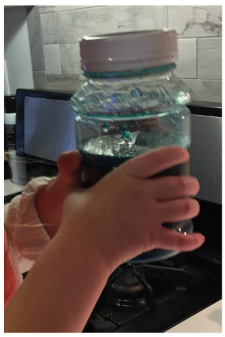
Something that makes me angry:	Something that makes me feel better:	When I've calmed down after being angry, I like to:

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!

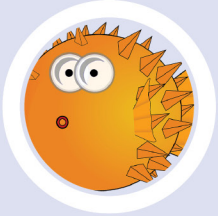
It's normal to have lots of feelings when there are changes in your family, including being angry, sad, or even unsure of your feelings. This is ok! You don't always have to be happy, or silly, or funny, but it's important you don't stay angry or upset all the time. It takes strength to face our feelings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

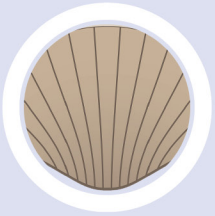
Sea Life Sensory Solutions.



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 **@SuperSibs1**, 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!