

Spring/Summer 2024

SuperSibs

Supporting Siblings of Children with Cancer

Here comes the sun!

Every day is one step closer to summer. Some days, we can be happy and have fun in the sun. Other days, we're burning up and need a break. We can't stop these waves of emotions, but we can choose which ones to ride out. So, surfs up, SuperSib!



Sibling Spotlight: **Corvin**

Age: 12

What He Wants to Be When He Grows Up: A Pilot

Corvin is known for his big heart and quiet, goofy side. He loves drawing, playing video games, and spending time with friends and family. When his sister Ashley began her battle with acute lymphoblastic leukemia, Corvin stayed strong. He couldn't help worrying about her, but Ashley persevered. Corvin was always full of questions, looking for more ways to help, and seeking to better understand what his sister was going through. Today, Ashley is in remission, and Corvin's family is so grateful for the strong and caring person he continues to be for all of them.

To submit your own SuperSib story or read more, visit [SuperSibs.org](https://www.SuperSibs.org).



The Anger Iceberg

Did you know that only a small part of an iceberg is visible on the surface of the water? Most of an iceberg floats underneath. Anger can be the same way: below the surface there are many more emotions floating around. Noticing these other feelings can help you understand your reactions.

In the iceberg below, circle the emotions you tend to feel when you are angry. Write other feelings in the empty spaces below.



hurt

embarrassed

grumpy

overwhelmed

tricked

distrustful

scared

disappointed

rejected

annoyed

uncomfortable

lonely

stressed

guilty

insecure

helpless

worried

envious

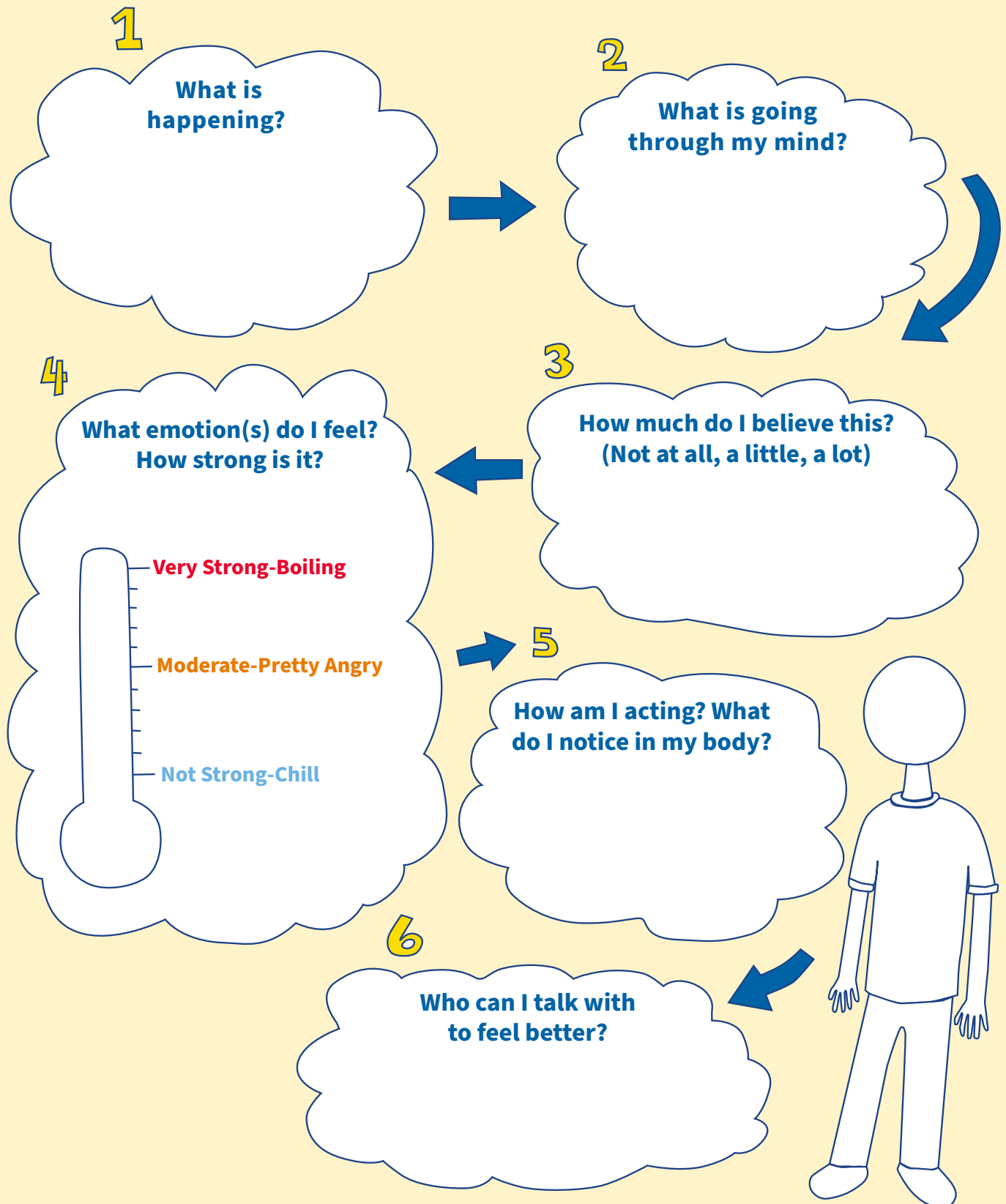
frustrated



Mapping My Anger

Anger is an emotion that everyone feels at different points in their lives. It's a powerful emotion that can be felt in your whole body. Anger is also a sign that something has to change. The key to dealing with anger is accepting how you feel, understanding why you feel it, and then letting it go.

Complete the map below to understand more about the way you feel and respond to anger.



You **ARE** in control!

The Uncontrollable: It's important to remember there are things you cannot control and things that you can.

Look at the examples of things that you cannot control on the TV screen below. Fill in the blanks with other examples.

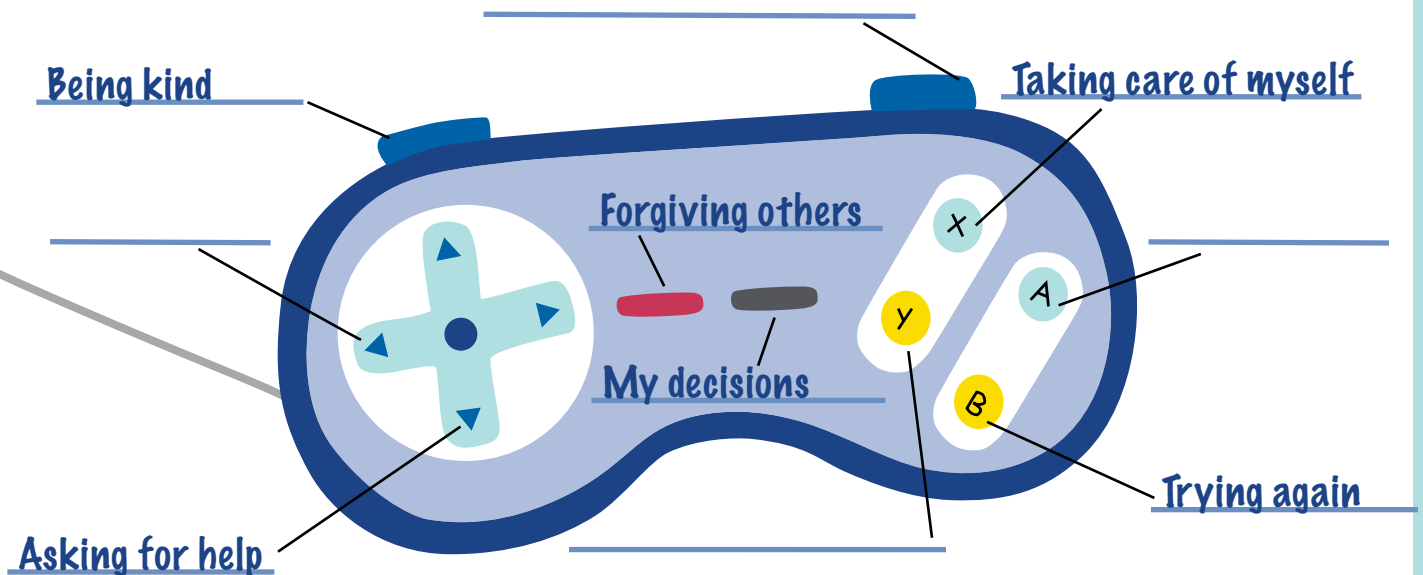
What others say. _____ **What others do.**

What others think. _____

What others feel.

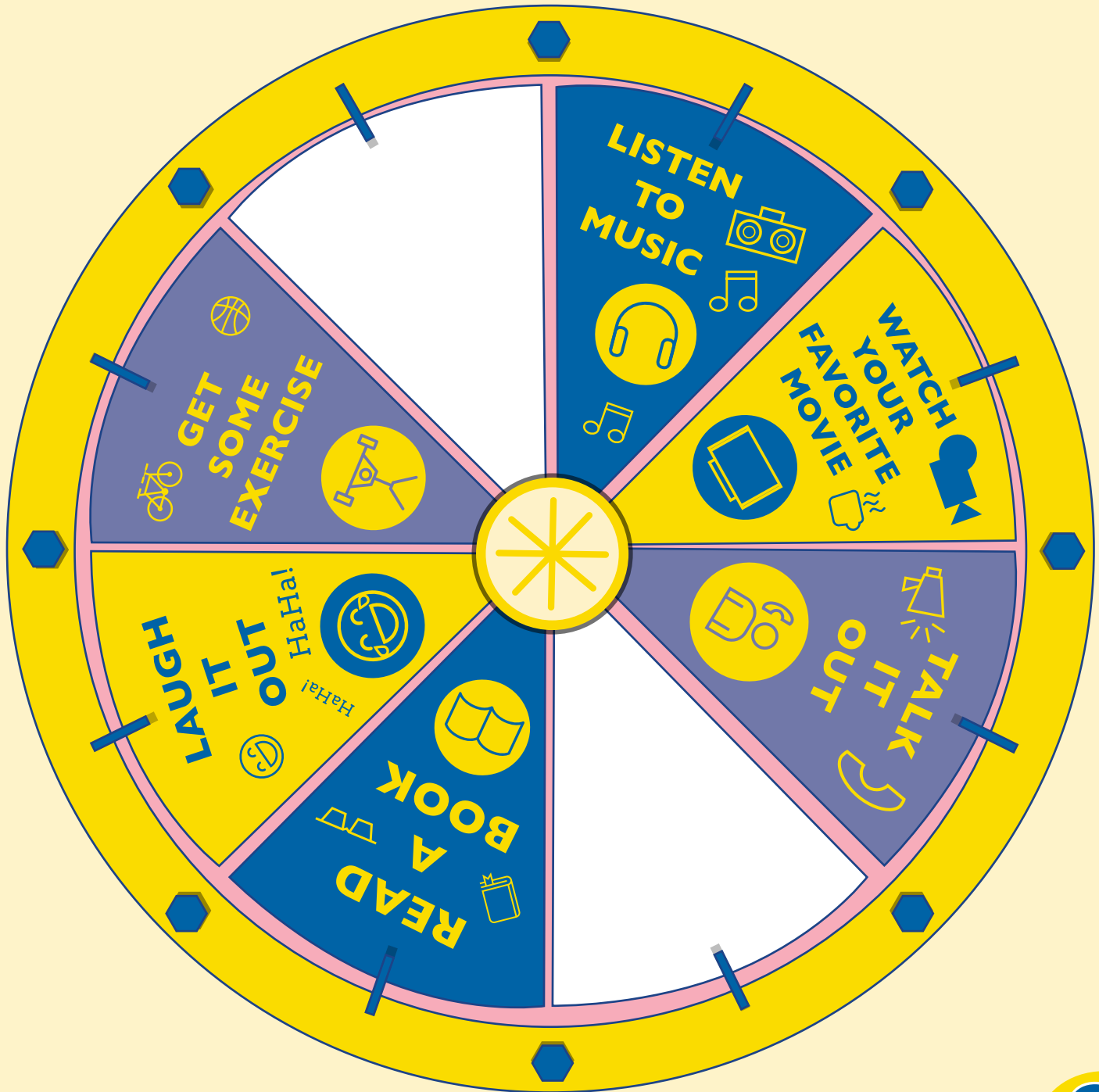
The Controllable: When you spend too much time focusing on things that are out of your control, it's easy to become angry. Instead, focus on things that you have the power to change!

Fill in the blanks with things you can control. This is a great tool for transforming anger and letting it go!



Coping Wheel

What are some different ways you can express your emotions? Sometimes it's talking to a friend, parent or trusted adult. Sometimes you just want to work through it on your own. This is a great way to decide which activity to choose in the moment. Fill in the blank spaces with ideas of your own. Flip a coin to see where it lands, then try that activity!



SuperSibs wants to hear from you!

Like what you see? Have an idea for a future playbook? Email SuperSibs@AlexsLemonade.org.




THE SAYING “making lemonade out of lemons” MEANS TO FIND THE **SWEET** IN A BITTER SITUATION OR FINDING POSITIVES IN A DIFFICULT TIME.



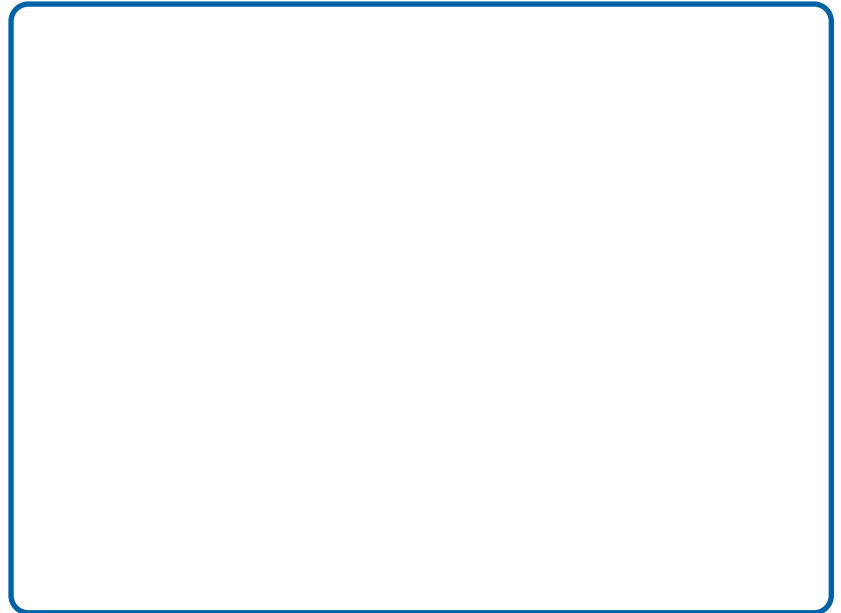
Journal Prompt

In your journal, write or draw how you can make lemonade out of the lemons in your own life.

Ink About It



Close your eyes and draw a picture of a lemon. Once you open your eyes, you’ll notice it probably is not how you imagined it would look. Now, with your eyes open, use that drawing to create your own work of art. It can be anything you want — you just turned a lemon into lemonade! With a caregiver’s permission, email your completed artwork to us at SuperSibs@AlexsLemonade.org for a special prize!



ALSF Founder Alex and her brother Eddie

To do something positive during a difficult time, Alex’s brothers Patrick, Eddie and Joey helped Alex hold her famous lemonade stands. If you are interested in holding a lemonade stand, scan the QR code to learn more!

