

Spring/Summer 2024

# SuperSibs

Supporting Siblings of Children with Cancer



**Happy Spring,  
SuperSib!**

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

*Enjoy!*

Sibling  
Spotlight:  
**Sloane**

**Age:** 6

**Favorite Animal:** Elephants and Zebras

Sloane is a charismatic, nurturing, and loving SuperSib with three sisters. Last year, when her older sister, Ashton, was diagnosed with cancer, Sloane and her family's loving support never wavered. While Ashton lost her hair during treatment, her sisters would stand up to anyone at school who spoke unkindly to her. Sloane and her sisters have had their share of ups and downs since learning the word "cancer," and while it's been hard to understand the ways Ashton's life has changed, they always remain united by their love for her.

**For fun activities you can enjoy at home, visit [SibSpot.org](http://SibSpot.org).**



Alex's  
Lemonade  
Stand 

Foundation for Childhood Cancer™

# "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:

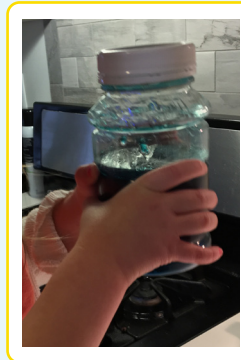
When I've calmed down after being angry, I like to:

## Craft: Ocean in a Bottle

Summer is near, and this fun craft can soothe 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!



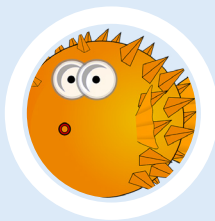


It's normal to have lots of feelings when there are changes in your family – including being angry, sad or even unsure of your feelings. This is ok! You don't always have to be happy, or silly, or funny, but it's important you don't stay angry or upset all the time. It takes strength to face our feelings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

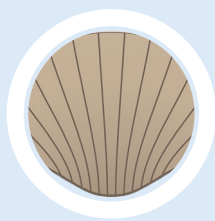
## Quick ways to CALM down! Sea Life Sensory Solutions.



### 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.



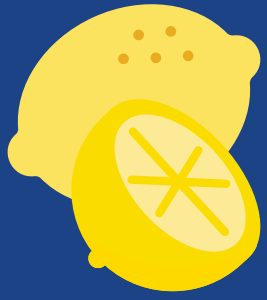
### Starfish Stretch

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.





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](mailto: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!

