



Alex's
Lemonade
Stand 
Foundation for
Childhood Cancer™

Sending you a
latte love this
Valentine's
Day, SuperSib!

SuperSibs 

Supporting Siblings of Children with Cancer



Happy Valentine's Day, SuperSib!



Here are some ways to celebrate with a friend or on your own!



Take A Walk

Get some fresh air at a nearby trail or park, visit your favorite outdoor spot or try somewhere new!



Learn Something New

Check out cooking lessons on YouTube, learn to play piano with a piano tutorial app, or expand your vocab with a text from Word of the Day.

Laughter Has Some Real Health Benefits — No Joke!

Release endorphins, reduce stress, and feel good by looking up a new joke each day. Make a friend's day by sending one their way!



Tidy Up!

Keep things that bring you joy, de-clutter or donate the rest.



Reach out to a friend

Send a text or call a friend you haven't talked to in a while. Remind them that they are important to you!



Have other ideas? With your parent's permission, share them with us!



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Journal Prompt



Write or draw something that you love about yourself!