

DATE:

Dear _____,

Today I feel _____ (emotion). I feel this way because _____.

Sometimes I feel _____ (emotion) about _____'s (sibling's name) cancer. It helps me feel loved when you _____.

Here are 3 things that make me feel supported:

- 1)
- 2)
- 3)

I really like talking to you, but if you are busy I know I can talk to:

- My aunts and uncles
- Grandpa or grandma
- My teacher, Mr/s. _____
- My school counselor, Mr/s. _____
- Social worker at the hospital or school, Mr/s. _____
- Our neighbor, Mr/s. _____
- My friend, _____
- My babysitter, _____

XOXO,



Supporting Siblings of Children with Cancer

(your name)