

Serving Siblings of Children with Cancer

# SuperSibs!

Powered by: Alex's Lemonade Stand Foundation



## SPRING IS HERE, SUPERSIB!

Days are getting longer, and the sunshine is here to stay. We hope you enjoy this feel-good playbook!

**Know the answer to the riddle below? Comment your guess on our Facebook page, @SuperSibsALSF, and you could win a special prize!**

**DO MORE OF WHAT  
MAKES YOU**

— — — — —

**For more SuperSib stories and to submit your own, visit [SuperSibs.org](http://SuperSibs.org).**



## PLAYBOOK

SPRING/SUMMER 2021

### Sibling Spotlight: Liliana C.

**Age: 10**

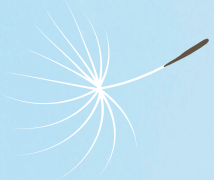
**Special Skill: Cheerleading**

*It was difficult when Liliana's little sister, Audrey, was diagnosed with a form of leukemia. Liliana is protective over Audrey because she is her best friend and wants her to be healthy again. She prides herself on being Audrey's biggest supporter, she has even learned how to help Audrey when it's time to take her medicine.*

*During Audrey's treatment, it has been helpful for Liliana to spend time with her grandparents. Playing with her puppy, Jackpot, also helps! Her other favorite activities are swinging, beating her dad in card games, and hanging out on the beach.*



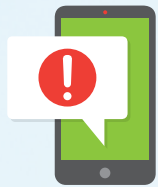




# DIGITAL DETOX



## Challenge Yourself!



Turn off push notifications for apps

*These days it can be hard to disconnect from technology. Smartphones, game consoles, and television can take up hours of your time before you even realize it! Sign off from social media, put down the controller, and hide that remote!*

*Challenge yourself or challenge a friend – but aim for 48 screen-free hours. You'll see how refreshed you feel after! Anything you miss will be there when you log back on. ;)*



Do something creative or artistic



Use a real alarm clock instead of your cell phone



Charge your phone on the other side of the room overnight



Play a game outside



Wear a watch

## The Benefits



More free time



Boost your productivity



Better sleep



Live in the moment



Less comparing yourself to others



More personal connections with friends and family



# NEW PERSPECTIVES

These optical illusions are as fun to create as they are to look at! With “forced perspective photography,” you intentionally change the perspective of a photo by placing a small item close to the camera, and a large item further away behind it. This makes the small object look way bigger than it is in real life, creating a funny photo that looks like a movie special effect.

Choose an object that you want to appear larger than life! This is the object that will be closest to the camera. The other subject will be farther away.

Grab a friend and brainstorm some silly photos, or try to recreate the ones below.



Ask a parent to share your photos with us [SuperSibs@AlexsLemonade.org](mailto:SuperSibs@AlexsLemonade.org) or on Facebook [@SuperSibsALSF](https://www.facebook.com/SuperSibsALSF).

## PRO TIPS:

**Try taking pictures where there isn't much in the background. You may need to play around with the distance between objects, and the distance from the camera.**



“ IF YOU HAVE GOOD THOUGHTS, THEY WILL SHINE  
OUT OF YOUR FACE LIKE SUN BEAMS AND  
YOU WILL ALWAYS LOOK LOVELY ”

~ ROALD DAHL ~

Thinking positively can help bring sunshine to your days! Create positive reminders to celebrate yourself. They should highlight your favorite qualities and celebrate you as a person. Repeating them out loud helps boost self-esteem, makes you feel better and calms you down if you're feeling stressed.

In the blank mirror, write your own positive statements! Make it a habit and say them to yourself every day when you look in a real mirror. Or write them on sticky notes and put them in a spot that you'll see every day.

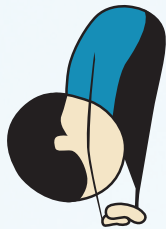




# GO WITH THE FLOW

**What's up dog?!** You already know that yoga is an exercise that helps you build strength and become more flexible, but did you know it has other benefits?

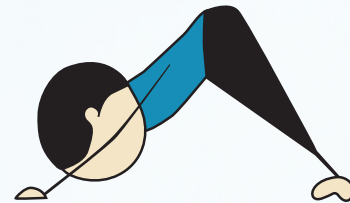
Practicing yoga will leave you feeling happy, confident, and proud of what your body can do. Put on your favorite playlist and try these moves! Once you feel like you have these mastered, try teaching them to a friend.



## FORWARD BEND

Although this pose may look easy, it can take a while to be perfect. It'll stretch your hamstrings, improve hip flexibility and promote circulation to the brain.

● ● ○ ○ ○ **DIFFICULTY 2/5**



## DOWN DOG

From Forward Bend, keep your heels planted and walk your hands out in front of you until you are in an upside-down "V" shape. Relax your neck and let your head hang, while keeping your hips high in the air.

● ● ○ ○ ○ **DIFFICULTY 2/5**



## UP DOG

Upward Facing Dog is a back bending pose for relieving muscle tension. It stretches all aspects of the spine and even stimulates organs in the abdomen.

● ● ○ ○ ○ **DIFFICULTY 2/5**



## RAISED HANDS

This standing position is good for developing balance and calming the mind. It strengthens a variety of muscle groups as well as improving your posture.

● ● ○ ○ ○ **DIFFICULTY 2/5**





# NATIONAL SIB DAY

What is a SuperSib? What does it mean to be a SuperSib? Celebrate **National Siblings Day** on **April 10** by sharing what being a SuperSib means to you! Fill in your definition below and ask a parent to email us at [SuperSibs@AlexsLemonade.org](mailto:SuperSibs@AlexsLemonade.org) or post on our Facebook page, [@SuperSibsALSF](https://www.facebook.com/SuperSibsALSF).

**SuperSib (noun)** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_


\_\_\_\_\_


**sib•ling (noun)** A sibling is a brother or a sister. The plural is siblings, and it can refer to brothers, sisters, or a combination of both.



On April 10, be sure to check out ALSF on social media to see other answers from siblings. Yours may be featured too!

 /AlexsLemonade

 @AlexsLemonade

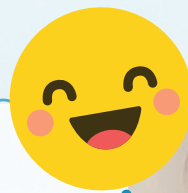
 @AlexsLemonade



**EXAMPLE:**

***Helping to make sure my sister takes her medicine and protecting her when she isn't feeling great.***

**– Liliana C.**



Keep in touch! With a parent or guardian's permission, follow us on Facebook [@SuperSibsALSF](https://www.facebook.com/SuperSibsALSF) or send us your questions, thoughts, and feedback to [SuperSibs@AlexsLemonade.org](mailto:SuperSibs@AlexsLemonade.org).