

Serving Siblings of Children with Cancer

SuperSibs!

Powered by: Alex's Lemonade Stand Foundation



SMILE SUPERSIB,
IT'S SPRING!

PLAYBOOK
SPRING/SUMMER 2019

Meet SuperSib: Mackenzie P.

In this edition, you'll find activities and exercises to enjoy during the sunny days ahead.

There's also an activity for **National Siblings Day** on **April 10th**, which is a perfect day to celebrate the special relationships you have within your family.

Enjoy!

-Your Friends at SuperSibs

“SPRING IS NATURE'S WAY OF SAYING
'LET'S PARTY!'”

~ ROBIN WILLIAMS ~

For more SuperSib stories
and to submit your own,
visit SuperSibs.org

Age: 14

Dream job: Teacher

Mackenzie is a super active teen with three siblings. She is big sister to Morgan, who was diagnosed with Wilms tumor, and has two brothers, Michael and Miles. She does gymnastics, cheer, field hockey, and plays the trumpet! Mackenzie also volunteers in her community as a teen gymnastics coach.

Mackenzie faces obstacles head on, knowing the support of her family will help her through any challenge. Her parents, brothers, aunts, uncles, and cousins all helped her get through the hard times of Morgan's treatment. What was especially hard for Mackenzie was when Morgan had long stays in the hospital. She is most proud of being a role model to Morgan. Mackenzie knows it's important to set a good example for her younger sister who looks up to her and wants to be like her!

Advice to other siblings: Stay strong and hope for the best! Your true friends and family are always there for you.



MAKE YOUR OWN RÉSUMÉ

Résumés are a way to show off your own talents, skills, and accomplishments. They're basically a snapshot of you! Complete the résumé below and remind yourself of the different things that make you awesome.

All About Me – What would you say if you had to summarize yourself in 3 sentences?

Interests – Favorite hobbies, subjects, etc.

Skills – Name some things that you are really good at doing!

Special Achievements – Awards, recognitions, or accomplishments you are proud of

Top 3 Dream Jobs – If you could be anything in the world, what would you be?

RÉSUMÉ

INTERESTS

-
-
-
-
-

SKILLS

-
-
-
-
-

TOP 3 DREAM JOBS

-
-
-

NAME: _____

ALL ABOUT ME

SPECIAL ACHIEVEMENTS

HIT THE RESET BUTTON!

This spring, fight busy, hectic schedules by making time for yourself! Schedule 30 minutes a week to do something that you enjoy. Pick your activity, choose a time, and write it down in one of the spaces below to hold yourself accountable.



Date _____

Date _____

Time _____

Time _____

Activity _____

Activity _____



Date _____

Date _____

Time _____

Time _____

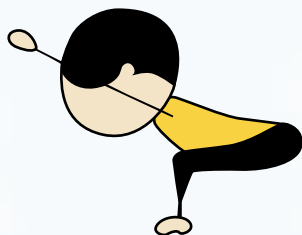
Activity _____

Activity _____



NAMAST'AY CALM

You already know that yoga can help you build strength and become more flexible, but did you know there's other benefits? Practicing yoga will leave you feeling happy, confident, and proud of what your body can do. NBA player LeBron James even practices yoga to stay at the top of his game. Put on your favorite playlist and try these moves!



CHAIR POSE

Sometimes known as "Fierce Pose" or "Powerful Pose", this is great for thigh and quadricep training. The longer you hold the pose, the more effective it will be.

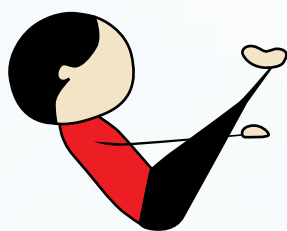
● ● ● ○ ○ **DIFFICULTY 3/5**



LUNGE POSE

The Lunge Pose has several variations such as resting a knee or reaching to the sky with your arms. It improves balance, concentration and core strength.

● ● ● ○ ○ **DIFFICULTY 3/5**



BOAT POSE

The Boat Pose is a position you hold in the shape of the letter "V." The main purpose is to strengthen your abdominal muscles.

● ● ● ● ○ **DIFFICULTY 4/5**



TREE POSE

Tree Pose is a modified standing position for developing balance and calming the mind. It strengthens a variety of muscle groups and improves your posture.

● ● ● ● ○ **DIFFICULTY 4/5**

Once you feel like you have these mastered, try teaching them to a friend!

“HAPPINESS SPRINGS FROM DOING GOOD AND HELPING OTHERS”

~ PLATO ~

There are tons of different ways to volunteer, but they all have something in common – they are all rewarding! Volunteering is a great way to learn about your community, make new friends and social connections, and know that you are helping others who need it.

Volunteering produces a positive response in your brain which boosts your mood and feeling of well-being.

Bonus – it also looks good on school and job applications!



“Volunteering has not only allowed me to give back to a charity that has helped my family so much, but it has also given me the opportunity to earn service hours for school activities like National Honors Society. I’ve gotten my own friends involved with volunteering at many ALSF events too, and they loved it! I think it’s really important to take part in volunteer work and community service starting at a young age, so children and young adults acquire life skills and experience to benefit the community throughout their lives.”

— Maggie F., 17

Here are 5 suggestions to use your interests to make a difference!

- 1 For the animal lover:** Contact a local animal shelter to ask if they need things like blankets, cleaning supplies, or even in-person volunteers. Many shelters have a wish list of items they frequently use. Make flyers and ask community members for donations.
- 2 For the chef:** Gather dry goods to donate to a local food bank, or try serving a meal at a local food kitchen. Some food banks also need help sorting donations and packaging items together.
- 3 For the reader:** Reach out to a local homeless shelter, hospital, or daycare to see if they accept book donations. Ask friends and family to donate gently used books. Local libraries may also have opportunities to read books aloud to small groups.
- 4 For the artist:** Make cards to send to residents at a local nursing home, or to kids at a nearby hospital. Use your creative skills to brighten someone’s day with a positive message.
- 5 For the lemonade lover:** Hold a lemonade stand! You can join ALSF and fight childhood cancer one cup at a time by holding a lemonade stand. For tips and suggestions, visit AlexsLemonade.org/Get-Involved.



NATIONAL SIB DAY

What is a SuperSib? What does it mean to be a SuperSib? Celebrate **National Siblings Day** on **April 10th** 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 or post on our Facebook page, [@SuperSibs1](https://www.facebook.com/SuperSibs1).

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



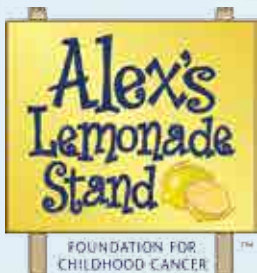
/AlexsLemonade



@AlexsLemonade



@AlexsLemonade



EXAMPLE:

My definition of a SuperSib is a sibling that doesn't give up and fights their hardest while still thinking about everyone else around them.
– Mackenzie P.



Stay in touch with SuperSibs! Share your experiences to inspire other siblings, or let us know what we can do to improve. Add us on Snapchat [@ALSFSuperSibs](https://www.snapchat.com/add/ALSFSuperSibs) or email us anytime at SuperSibs@AlexsLemonade.org.