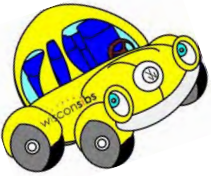


**BETTER
SIB
THAN
SORRY**

Summer 2020



wisconsibs
Sisters & Brothers of People with Disabilities

Activities for ages 6-12 who have siblings
with disabilities or long-term illnesses.



Harriet Redman
Founder and Executive Director



Brittany Schneider
Youth Coordinator
SibDays Director



Randy and Zoe
Summer Sib Interns

For the past 20 years, siblings growing up with brothers or sisters with disabilities have gathered for SibDays of Summer to take a break, make friends with other siblings, learn, and have fun. We've enjoyed activities focused on our roles as siblings and making friends, games and fun that celebrate siblings and make memories, and lots of swimming and exercise.

With the health and safety threat of the Coronavirus this summer, it isn't possible to have SibDays in the usual way with all 50+ campers and 30+ teen and young adult group leaders. So we've put together activities in this book, along with some supplies, and some virtual ways we can still connect and have fun.

We want you to stay connected. We want you to continue to meet new friends to share your challenges and joys. We want you to find ways of being resilient, strong siblings.

We want to see you again soon.

Harriet
Brittany
Randy
Zoe

And all the SibDays staff and group leaders

Several safety information pages come from the Michigan Child Safety Coloring and Activity Book.

For the complete book, visit www.legislature.mi.gov/documents/Publications/ChildSafetyColoring.pdf



Ever notice those diamond signs along the road when you're riding in the car on the way to get ice cream or visit the doctor?

Those are warning signs. They tell the driver that there could be a hazard or danger ahead if you don't prepare now to WATCH OUT, SLOW DOWN, or MOVE OVER! These warning signs help us determine how to be safe and not sorry that we crashed or hurt someone.



Growing up with a sibling with disabilities, you may get a lot of warning signs. Something triggers a melt-down. A sound or flashing lights spark a seizure. A new food sets off an allergic reaction. Something mysterious wakes up your sibling and no one gets back to sleep.



Perhaps you've heard your parents say, "Better safe than sorry."

As siblings, we say **"Better Sib Than Sorry"** when we take precautions that help ourselves, our siblings, or others from getting hurt.

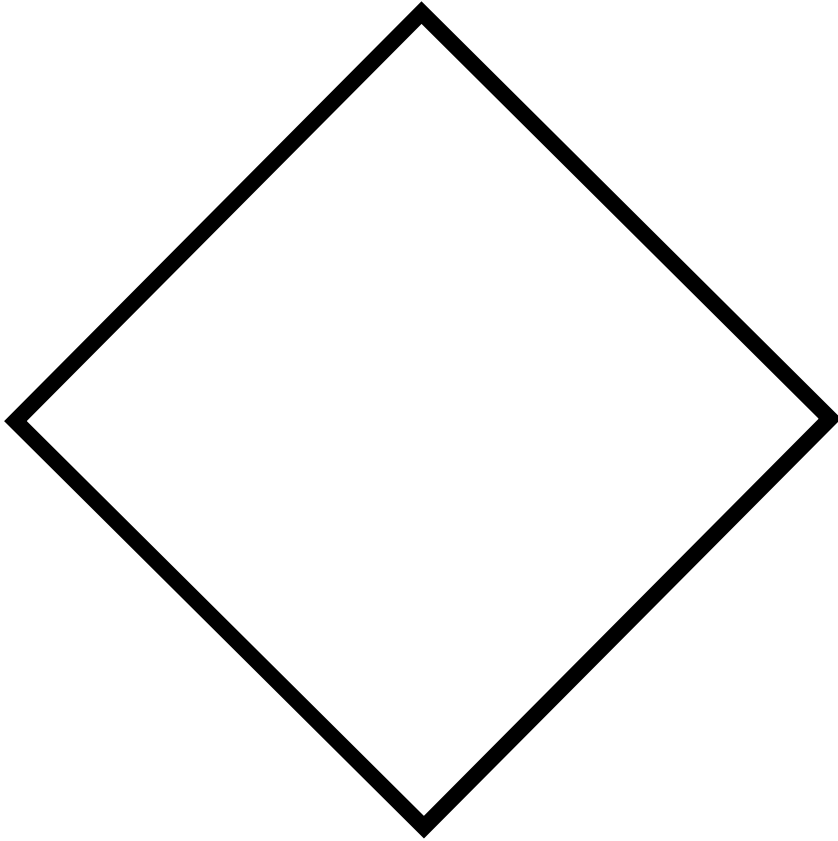
You've learned how to take precautions to keep yourself, your sibling, and perhaps your whole family or your friends safe from many hazards and risks in life. Your family may have a Emergency Kit in case a storm knocks out electricity or a snow storm blocks you from getting food supplies.

This Spring, we all had to learn how to take precautions to reduce the risks of getting a disease called COVID-19 caused by a new version of a coronavirus.

For many people, perhaps those in your family, this disease can be terrible and have frightening results. The risks of contracting the virus has caused the entire country to learn how to adjust. Perhaps you've talked with your family about questions, like "How do we prepare? Do we leave our home? Can Grandma and Grandpa visit? Do we wear a mask? Do we stay socially-distant from family and friends? Do we wash our hands AGAIN?"

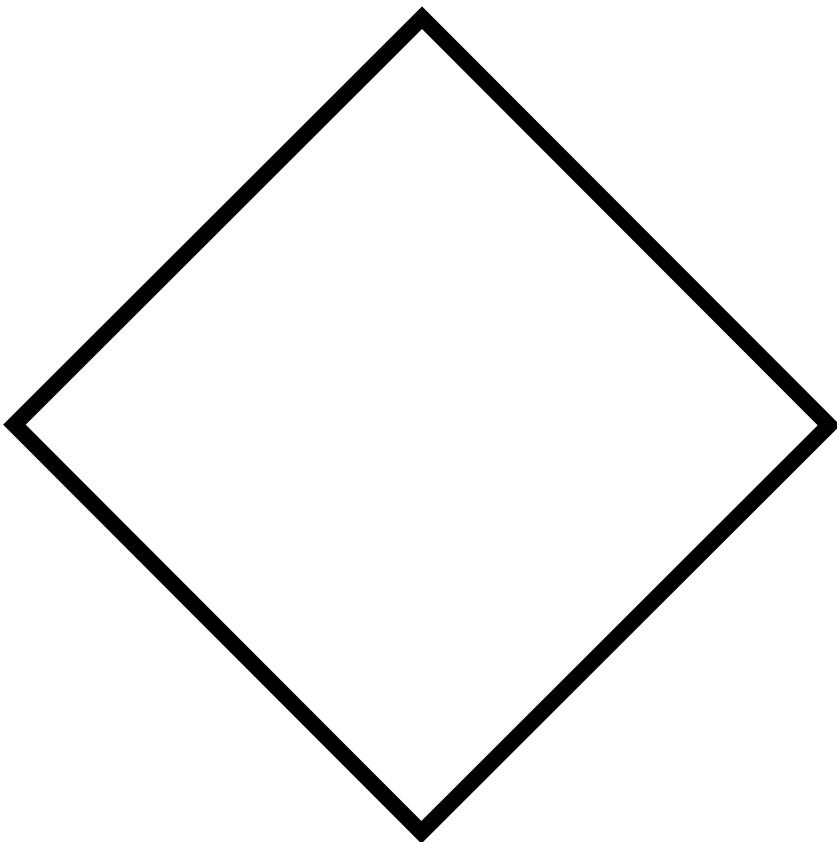
This year SibDays of Summer will help you explore all kinds of ways that siblings of people with disabilities can be "Better Sib Than Sorry". Let's go!

DRAW A WARNING SIGN YOU'VE SEEN

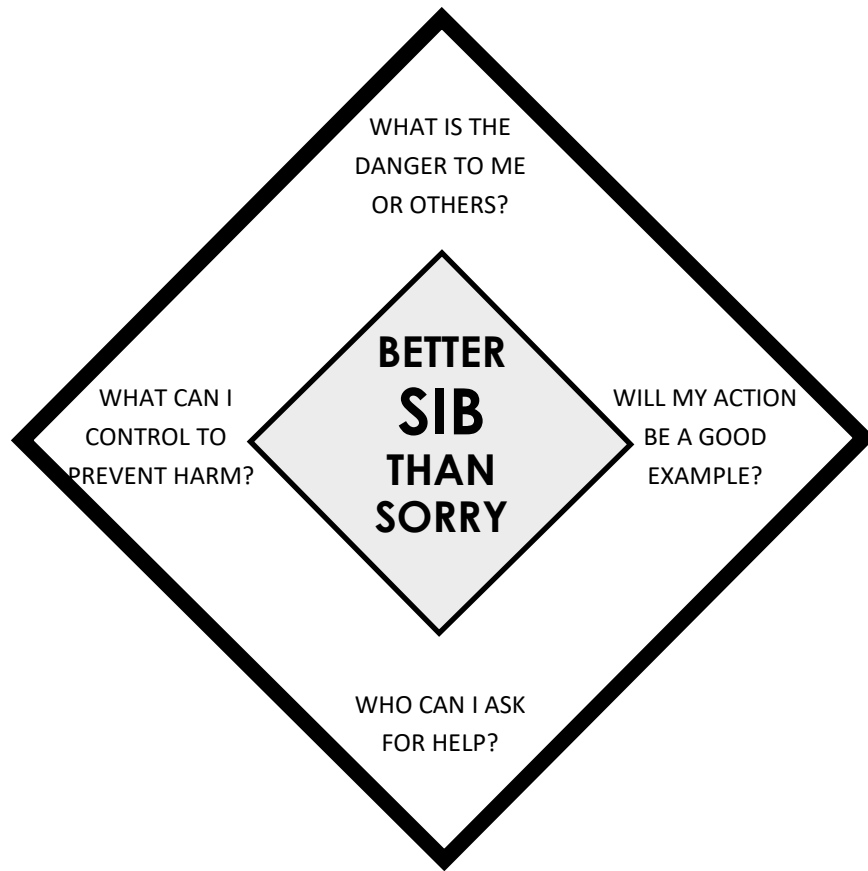


**WHAT WOULD YOU DO TO KEEP SAFE AND
AVOID OR REDUCE ANY DANGER?**

DRAW A WARNING SIGN THAT MAY BE HELPFUL IN YOUR LIFE AS A SIB



**WHAT WOULD YOU DO TO KEEP SAFE AND
AVOID OR REDUCE ANY DANGER?**



Let's pretend that the sign you drew on page 4 warned someone that a child or pet was locked in a parked car in the sun on a summer day.

How would you answer these questions?

WHAT IS THE DANGER TO ME OR OTHERS? _____

WHAT CAN I CONTROL TO PREVENT HARM? _____

WHO CAN I ASK FOR HELP? _____

WILL MY ACTION BE A GOOD EXAMPLE TO OTHERS? _____

SibDay 1

FIRST AID AND SELF SAFETY



My name _____



List of my family members

Are You Ready

To make your own personal FIRST AID KIT?

Besides the games, snacks, and art supplies that are usually provided at SibDays of Summer, your camp leaders always make sure there is a FIRST AID KIT ready in case a camper or volunteer gets hurt.



It is always a good idea to have a FIRST AID KIT at home and whenever you leave home. Your parents may have one in the car or carry one in their bag. Now you can make your own!

What items would you put in your personal first aid kit?

| | | | |
|-------|-------|-------|-------|
| _____ | _____ | _____ | _____ |
| _____ | _____ | _____ | _____ |
| _____ | _____ | _____ | _____ |

What would you add to help stay safe and healthy during a virus pandemic?

| | | | |
|-------|-------|-------|-------|
| _____ | _____ | _____ | _____ |
| _____ | _____ | _____ | _____ |
| _____ | _____ | _____ | _____ |

Did you include a snack like GRANOLA BARS in your first aid kit for energy?

NO-BAKE GRANOLA BARS

- 1 cup quick-cooking oats
- 1/2 teaspoon cinnamon
- 1/4 teaspoon salt
- 1 cup of your choice of mix-ins like chocolate chips, coconut, dried fruit, or nuts
- 1/2 cup peanut butter or almond butter
- 1/4 cup honey
- 1/2 teaspoon vanilla

Mix oats, cinnamon, salt, and mix-ins in a bowl. In a separate bowl mix peanut butter, honey and vanilla until smooth. Pour over oats mixture and stir. Spread into wax paper and shape into a square. Refrigerate. Cut into bars and wrap in plastic wrap.

To make FUN MASKS?

To stay safe during this coronavirus pandemic it is recommended we wear masks when we can't be at least 6 feet apart. So let's have some fun creating new faces with our masks. Below are outlines for drawing lions, otters, beavers, or Golden Retrievers.

Use these outlines below to guide your drawing on one half of the mask and then repeat on the other half. Go to the next page to see what your SibDays leaders look like in their animal masks.



OTTER



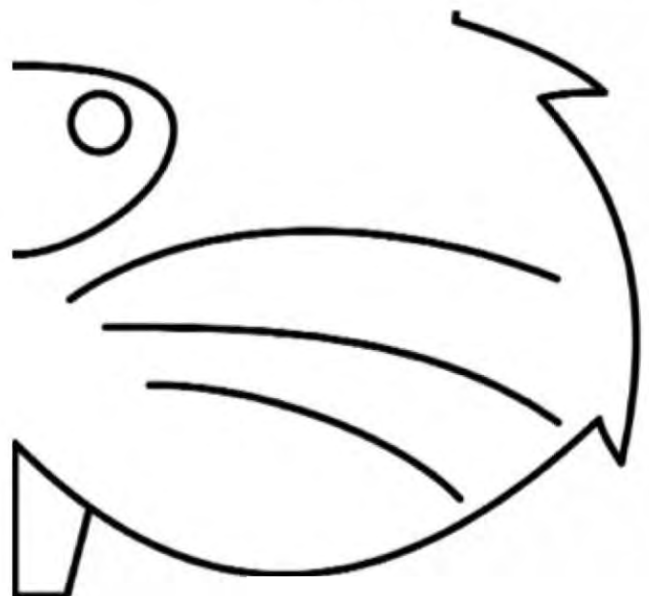
GOLDEN RETRIEVER



LION



BEAVER



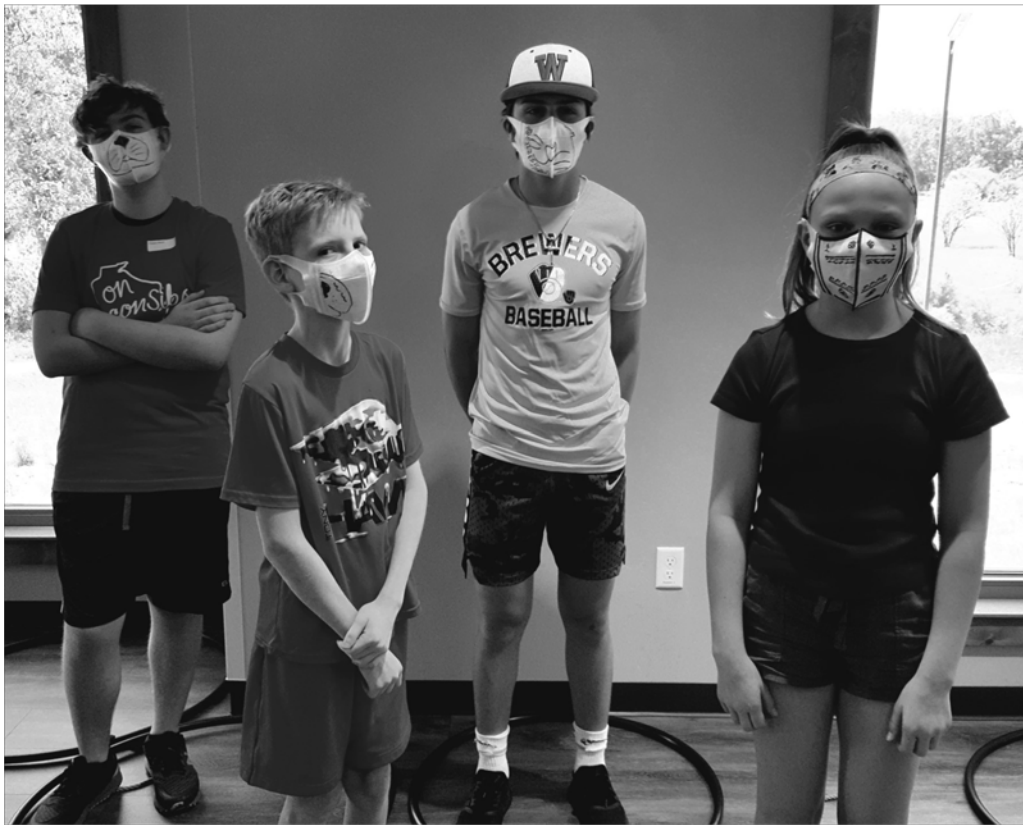
Our Teen Sibs in masks....



Our lions Hear them roar!!



Our Golden Retrievers... may we help?



Our otters....what a fun group!!



Our eager beaver!



On WisconSibs!!!

Share a photo of yourself wearing your mask. Send your photo to Harriet@wisconsibs.org

Will you connect?

SibDays campers have always enjoyed connecting with each other and seeing themselves year after year in their group photos. Here is a photo from SibDays 2005 and a photo of 2019 SibDays Campers in their t-shirts.



SibDays 2005 Campers and Leaders

We would love to have a group photo for SibDays 2020 even though we can't all be together. But you can still be included.

Here's how. Put on your 2020 SibDays tshirt (or from a different year if you don't have the 2020 shirt) and take 2 photos:

⇒ Photo 1—from the waist up

⇒ Photo 2—standing (whole body)

Email the photos to

Harriet@wisconsibs.org. **Deadline is August 15.**

We will create a 2020 SibDays photo of all the campers.

IF YOU WANT US TO INCLUDE YOUR NAME AND CONTACT INFORMATION SO OTHER CAMPERS CAN CONNECT WITH YOU, please include your email address, phone number, and how you'd like to connect with other sibs.



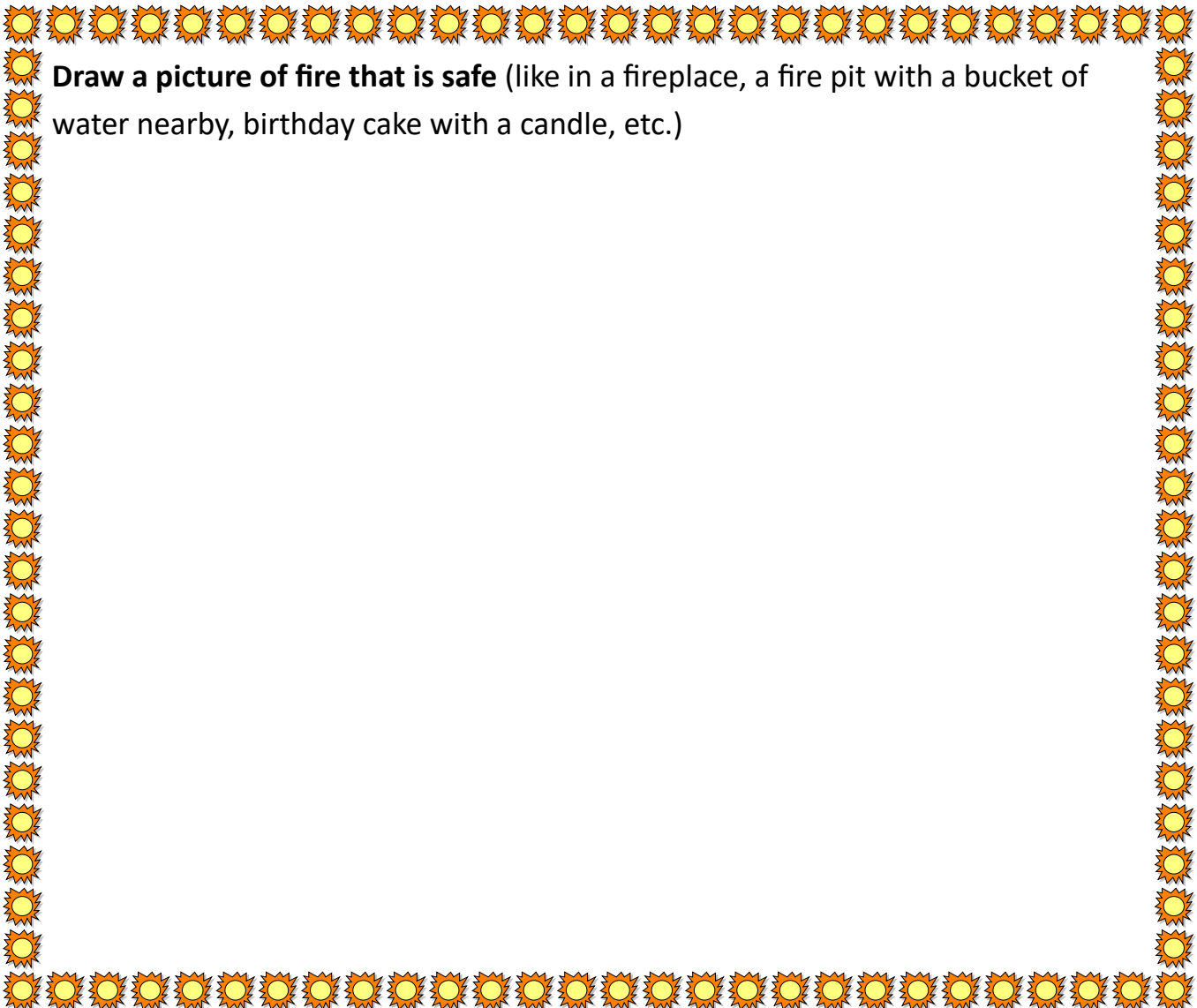
SibDays 2019 Campers and Leaders around the WisconSibs Sib Buggy

Draw yourself standing by the WisconSibs Sib Buggy!



SibDay 2

FIRE AND HEAT SAFETY



Draw a picture of fire that is safe (like in a fireplace, a fire pit with a bucket of water nearby, birthday cake with a candle, etc.)

Are You Ready

For some fire facts?

Fire Safety

You know fires are hot.
You know fires can be dangerous.
Fires can also be very loud and scary.
Let's learn how you and your family can stay safe!



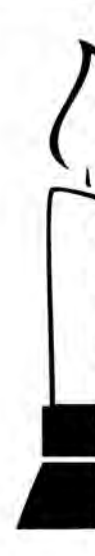
#1 cause of house fires
is cooking

42% of house fires start when open
flames from the stove or oven is
unsupervised.

Know another cause?
Children playing with fire



**Draw the other half of the pictures below to help you remember
that kids should never touch matches, lighters or candles.**



How Many Fire Hazards Do You See in the Room?

Circle all the fire hazards you see.



© Rescue Fire Safety For Kids, Inc.



Check the
rooms in
your home
for fire
hazards.

Don't Hide, Go Outside!

Or go to a window and shout for a firefighter to come and help you.



© Rescue Fire Safety For Kids, Inc.



**NEVER HIDE IN A CLOSET
OR UNDER A BED.**

Firefighters wear masks, helmets, and other equipment to protect them from fires. They can look scary! But they are there to help you.

But what about my sibling with disabilities? Shouldn't I go find them and get them out if there is a fire?

"The best thing to do is prepare for a fire by creating an Emergency Plan that all family members understand. Practice it to make sure everyone knows how to get out and where to meet once outside. It is also important to keep exits free and clear of obstruction. And make sure smoke detectors are working and tested regularly."

See videos on page 27 for more safety tips for families of children with special needs.

Other heat that hurts...

Heatstroke can happen so fast, especially in a parked car in summer.

On a 80 degree day in Wisconsin, a car in the sun can heat up inside to 99 degrees in less than 10 minutes. Within an hour, the car will be 123 degrees. Any child, pet, or person with a disability who can't get themselves out will suffer heatstroke or even die.

See videos on page 27 to see how a car heats up.



Top Tips for Preventing Heatstroke from SAFEKIDS WORLDWIDE

Reduce the number of deaths from heatstroke by remembering to **ACT**.

1. **Avoid** heatstroke-related injury and death by never leaving a child alone in a car, not even for a minute. Always keep a car locked when no one is inside so kids don't get in on their own.
2. **Create** reminders. Your parent may keep a stuffed animal or other memento in a child's car seat when it's empty, and move it to the front seat as a visual reminder when the child is in the back seat. You can remind adults to make sure that no one is left behind in a hot car.
3. **Take action**. If you see a child alone in a car, tell an adult or call 911. Emergency personnel want you to call. They are trained to respond to these situations.



See what happens when...

HOT CAR Smores

You need:

- | | |
|-----------------------------------|---|
| 1/2 cup chocolate chips | 4 ice cream cones |
| 1/2 cup mini marshmallows | 1/2 cup Golden Grahams or Teddy Grahams |
| 4 sheets of aluminum foil 12"x12" | |

Fill each of the cones with chocolate chips, marshmallows, and grahams. Wrap each cone in the foil. Place on a pan and set inside a car on the dashboard in the sun.

Leave at least 1 hour or longer.

Remove the cones from the car, unwrap, and enjoy!



SibDay 3

CARNIVAL DAY

If you have participated in SibDays of Summer then you probably remember that we celebrate the life of Curt Krull during Curt's Carnival each year. Several years ago Curt was a Camp Hope camper and his brother Bill was a teen leader at SibDays. Both loved getting together for the carnival that the camps did together on Wednesday of SibDays. When Curt died his family wanted the carnival to continue in his memory because the boys loved it so much.



So on SibDay 3 we remember Curt and Bill and the fun we have with our siblings with disabilities. Perhaps you can do some of the activities described in this book or make your own carnival games with your brother or sister with disabilities and the rest of your family.



Ideas for Your Carnival

- Dress up like clowns
- Ring Toss games
- Pop Balloons
- Make sidewalk chalk and decorate your driveway
- Make an obstacle course and challenge your parents to do it
- Water games
- Make snow cones or popcorn
- Go Fish for prizes (items you have around the house or new little toys or candy)
- Make sensory bottles or take a sensory walk (see the last link)

Here are some links to ideas:

<http://www.culdesaccool.com/2014/03/11/12-coolest-kid-carnival-games/>

<https://pin.it/3WgTs8f>

<https://pin.it/2OJrqwu>

<https://pin.it/6u4M990>

<https://pin.it/78wqlq8>

<https://teachingmama.org/sensory-walk-exploring-the-sense-of-touch/>



Go Fish Game at Curt's Carnival

Recipe for Sidewalk Paint

What You Need

- 1 1/2 cups Cornstarch
- 1 1/2 cups Water
- Food Coloring misc. colors
- 4 Small Cups
- Paintbrush

Directions

1. In a mixing bowl, combine the water and cornstarch and stir until the cornstarch dissolves and it is smooth. It will be kind of runny.
2. Divide the mixture into the small plastic cups. Use the food coloring to make a different color paint in each cup
3. Use paintbrushes to paint pictures on the sidewalk or driveway outside. It will be a little runnier than regular paint, but dries quickly and brighter than you may first see it. Washes off with rain or the hose.



SibDay 4

PUBLIC SAFETY

Who can I ask to help? You ask “the helpers” in your community like police officers, fire fighters, nurses and doctors, public health officers, first responders, and many others that keep us safe or respond when we are sick, injured, or in danger.

Who are the helpers in your neighborhood or community?

| | | |
|-------|-------|-------|
| _____ | _____ | _____ |
| _____ | _____ | _____ |
| _____ | _____ | _____ |

Pretend a police officer or other public safety helper came to visit you.
What would you ask them? What would you like to know?

What would be important for them to know about you and your sibling?



Calling for Help

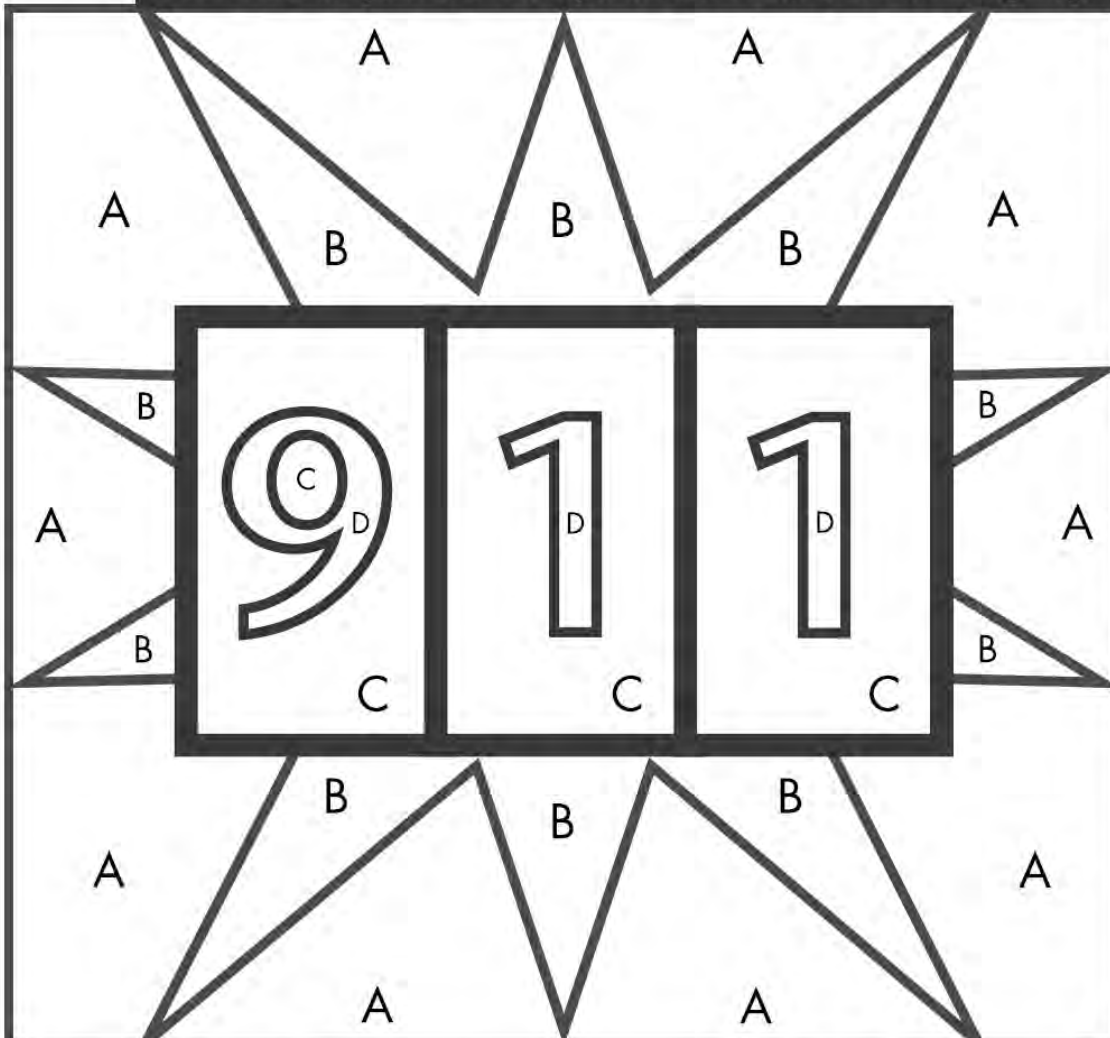
Know How to Call 9-1-1

You can dial 9-1-1 from any cell phone, home phone, or phone booth if there is an emergency.

Remember NEVER call 9-1-1 from YOUR home if it is on fire!



Color this 9-1-1 sign according to the key at the bottom of the page. Cut it out and place it near a phone in case there is an emergency.



KEY: A = ORANGE B = BLUE C = YELLOW D = RED



Have a trusted adult help you fill in the blanks below:

My home address _____

Parent/Guardian WORK phone number _____

Parent/Guardian CELL phone number _____

Parent/Guardian WORK phone number _____

Parent/Guardian CELL phone number _____

The address and phone number of your Safe House —
a trusted neighbor who you can call or go to in case of an emergency. _____

Internet Safety

The whole world uses the same internet.
It's fun that we are all connected but there are
safety rules to know.
Keep your personal information safe—all of it!



What is your personal information?

1. Your name
2. Your address
3. Your phone numbers
4. The name of your school
5. A picture of yourself
6. Private thoughts and feelings

Don't share this information on the internet without permission from your parent or guardian.



Keep Away

McGruff the Crime Dog Says...

EVERYONE online is a STRANGER.

You can never know who they really are –
no matter what they tell you.

**Talk only with people you know and
NEVER MEET STRANGERS FACE TO FACE.**

KEEP AWAY FROM INTERNET STRANGERS.
**Keep Safe
Keep Away
Keep Telling™**



Keep Telling

The Internet can be fun – you can play games, learn a language, read a book and even listen to songs, but ALWAYS tell a parent or guardian if someone or something bothers you online.

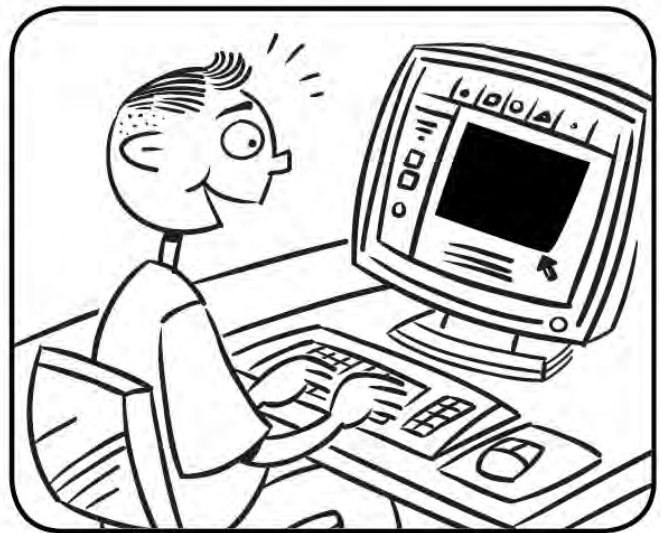
KEEP TELLING WHAT YOU SEE ON THE INTERNET

**Keep Safe
Keep Away
Keep Telling™**

Check with your parent or guardian about the computer rules in your home.

*Below are some rules to follow when you are online.
Check off the rules as you talk about them.*

- ☐ NEVER give out your name, address, or phone number.
- ☐ NEVER tell where you go to school.
- ☐ NEVER send a picture of yourself to strangers.
- ☐ NEVER plan to meet someone from the Internet, face to face.
- ☐ ALWAYS tell a parent or guardian if an email or something you saw online makes you feel uncomfortable, sad or angry.
- ☐ KEEP all passwords a secret with your family.



Take the Pledge!

Complete the pledge below with the members of your family. Then cut out the pledge and hang it near your family's computer.

**Keep Safe
Keep Away
Keep Telling**



Our Family's Internet Promise

We, the _____ family, commit to:

- ☐ Keep telling each other about the things we do on the Internet.
- ☐ Keep away from Internet strangers. Only talk to people we know.
- ☐ Keep safe our personal information.
- ☐ Keep the computer in a common area.
- ☐ Keep our passwords safe. We never share them with anyone outside of our family.
- ☐ Avoid pop-ups.
- ☐ Use filters and other safety software.
- ☐ Update our anti-virus software often.
- ☐ Scan attachments with anti-virus software before opening.

Other Rules: _____

Signed: _____

Date: _____

Cyberbullying

What is a cyberbully?

Cyberbullies use emails, instant messaging (IM), social networking sites and cell phones to say mean, embarrassing, or hurtful things about someone else.



REMEMBER!
*Be as nice online
as you are offline.*

What might a cyberbully do?

A cyberbully might tell others embarrassing information about you or put photos of you online for everyone to see. They might also start rumors about you. It's a lot like the bullying that can happen at recess or on the school bus — and it can hurt just as much.



Protect Yourself From Cyberbullying



Follow these safety rules:

- Keep your passwords safe! You can tell your parents — but no one else. Not even your best friend!
- Don't share secrets, photos or anything online you wouldn't want the whole school to see.
- Have your mom or dad or a trusted adult help you set up your email and instant message accounts. Never include your name, age, address, or phone number in your profile or screen name.
- Don't send messages when you're angry. Wait until you cool off so you don't say something you'll regret.
- Let bullies know that cyberbullying is not OK. If your friends are cyberbullying, tell them that it's not funny and that cyberbullying hurts people.
- Be as nice online as you are offline.

Pretend the boxes below are your cell phone or computer screen. Read the incoming messages, then choose your response.

Incoming Message:

luv2bulle: Ur IM profile doesn't have any info about u?

Choose Your Response:

- ☐ Me: Whoops! I'll fix that now.
- ☐ Me: I know. McGruff says u shouldn't give out personal info online cuz strangers can read it.

Incoming Message:

luv2bulle: I found a pic of Molly from last year. She looks so bad! I'm going 2 put it on my website so every1 can see!

Choose Your Response:

- ☐ Me: Forward the pic 2 me and I'll send it 2 every1 I know!
- ☐ Me: U shouldn't do that! I bet Molly has some bad photos of u 2.

If a Cyberbully is Bothering You:

- Don't respond to emails or messages that are mean to you or your friends.
- Don't forward emails or messages that are mean or that spread rumors about other people.
- Don't open emails or messages from someone you know is a bully.
- Block anyone who acts like a cyberbully.
- Save or print all messages from bullies.
- Show the messages to an adult you trust — like a parent or a teacher — and ask for help. If the first adult you tell doesn't help you, keep telling until someone does.

Incoming Message:

luv2bulle: Have u seen Nick's website?
All it does is make fun of
Mike. It's so kewl!

Choose Your Response:

- ☐ Me: Why would Nick do that? That's really mean.
- ☐ Me: Nick is so funny.

Incoming Message:

luv2bulle: I just found the password
2 Nick's IM account.
Wanna pretend 2 b him
and chat with Melissa?

Choose Your Response:

- ☐ Me: You shouldn't do that! I'd b so mad if some1 did that 2 me.
- ☐ Me: Why don't u? Then tell me all about it.



SibDay 5

SIBLING SAFETY



Brothers and sisters sometimes get angry with one another but more often they look out for one another. They care that one another stays safe. This final SibDay is focused on not only having fun with your sibling with a disability, but also being prepared to keep each other safe.

Home Alone Safety

Do you stay home alone sometimes? Here are good safety tips you can talk over with a parent or guardian to see what works best for you and your family.

- **If someone knocks at your door, DON'T ANSWER IT...**even if they look friendly or wear a uniform like a delivery person or cable worker.
- **If someone calls and asks for an adult in the house...**don't tell the person there is no adult home. Just say, "They cannot come to the phone right now. May I take a message?" **NEVER** tell anyone you are home alone.
- **Lock it up.** Learn how to lock and unlock all doors and windows. Always make sure all the doors are locked even when you are inside.
- **If you hear strange noises...**ask a parent or guardian what the noises may have been. **Talk about HOW and WHEN to call 9-1-1.**
- **Never cook by yourself.** Always ask a grown-up first before using the stove, microwave, toaster oven, or sharp knives.
- **Choose a Safe House.** With a parent or guardian, ask a trusted neighbor if you can go to their home if you need help fast. This will be your **Safe House**.
- **Be alert.** Be aware of your home **BEFORE** you go inside. If something outside your home doesn't look right, like a broken window or an open door, **DON'T GO INSIDE!** Go to your Safe House and ask for help.




What safety tips are important in your family? For keeping your sibling safe?

What will you do?

Have you experienced an emergency or injury while at home with your sibling?
What happened?

Emergencies require you to think fast and assess the need for help quickly.
When these scenarios happen, what will you do?

| | |
|---|--|
| <p>You jam your finger while playing basketball.</p>  <p>What will you do?</p> | <p>You step on a large piece of glass and you are bleeding.</p> <p>What will you do?</p>  |
| <p>Your sibling falls out of bed and hits their head on the floor.</p> <p>What will you do?</p>  | <p>You get hit in the head by a ball during a soccer game.</p> <p>What will you do?</p> |
| <p>Your sibling trips on a rug and falls on your bedroom floor.</p> <p>What will you do?</p> | <p>Your sibling starts shaking uncontrollably.</p> <p>What will you do?</p> |
| <p>You are riding your bike and fall. Luckily you have your helmet on and only get a scraped knee.</p> <p>What will you do?</p> | <p>Your mom hasn't been feeling well and all of a sudden she falls to the floor.</p> <p>What will you do?</p> |

Videos about Safety

Fire <https://www.safekids.org/video/can-you-stop-children-playing-fire>

Heat stroke <https://www.safekids.org/video/heatstroke-could-it-happen-your-child>

<https://www.safekids.org/video/simulation-rapid-and-extreme-car-heating-direct-sunlight>

Hydration <https://www.safekids.org/hydrationrap>

Chicken across the road <https://www.safekids.org/video/how-chicken-crosses-road>

Safety when there are children with special needs – Series

<https://www.safekids.org/video/video-series-families-children-special-needs>

<https://www.youtube.com/user/safekidsusa/search?query=special+needs>

Enjoy videos on our YouTube channel at

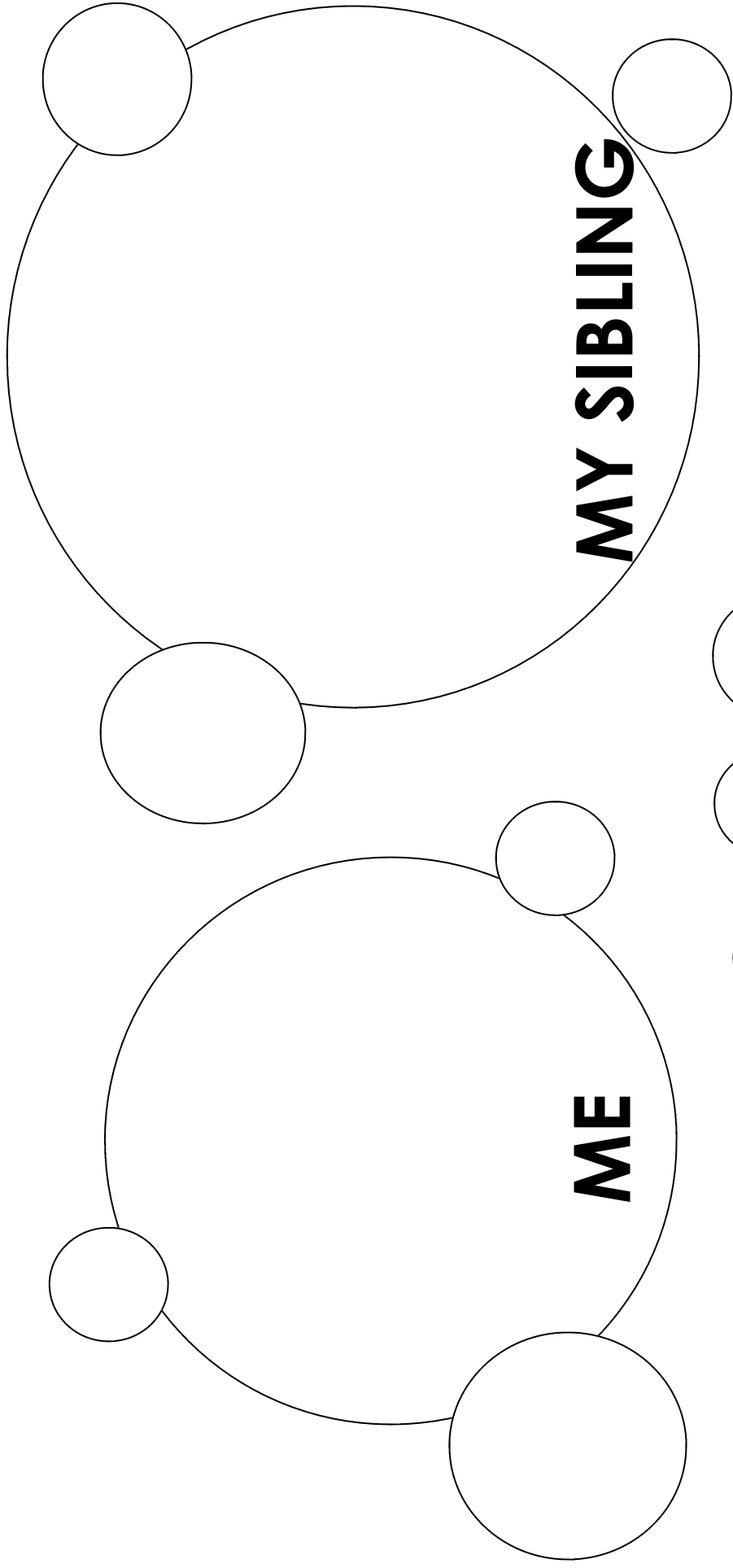
visit <https://www.youtube.com> and search for **WisconSibs**

HAPPY FUN BAGS AND TEEN SIB LEADERS

A favorite part of SibDays is the “Happy Fun Bags” that campers decorate and hang on a clothesline or keep in their baskets. Each day campers are excited to find a note or surprise that their group leader (usually a Teen Sib Leader) has put inside their bag.

We’ve included a bag in your WisconSibs Summer Kit so you can make a Happy Fun Bag. And who knows, you may even find a note or a surprise from a Teen Sib Leader.





wisconsin**sibs**

Sisters & Brothers of People with Disabilities

31

info@wisconsibs.org

920.968.1742

211 E Franklin St., Appleton, WI 54911

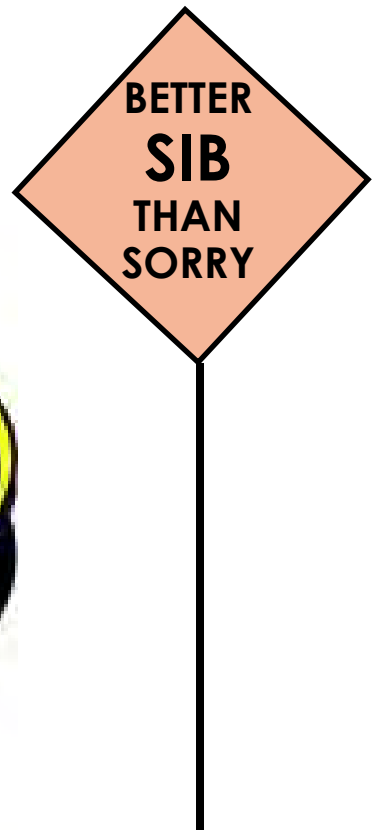
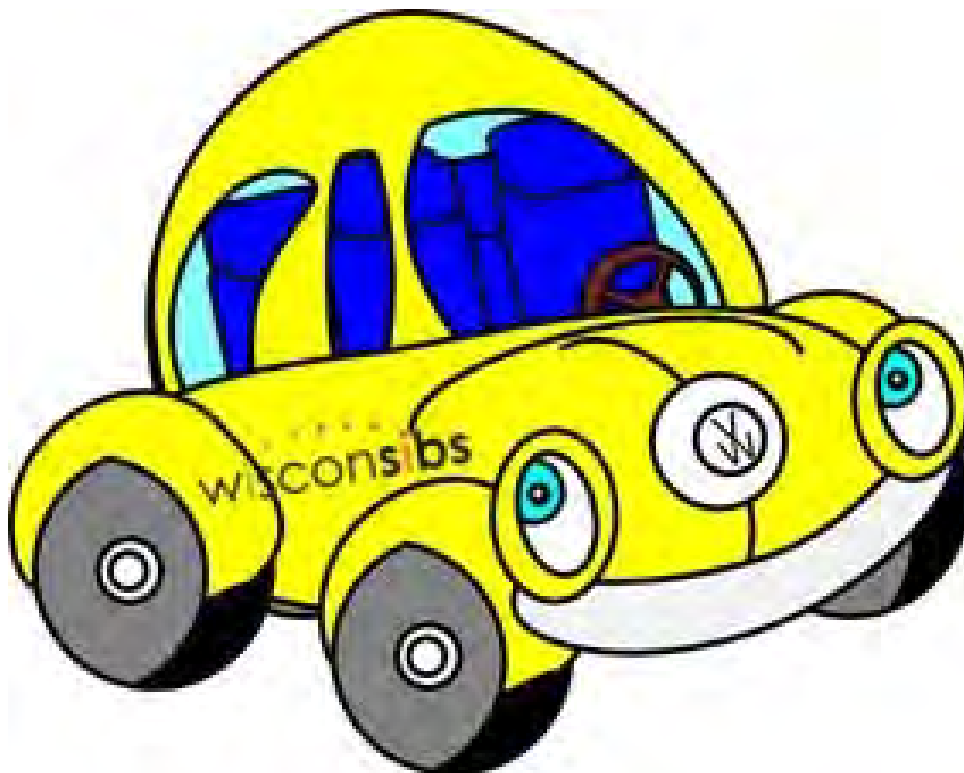
facebook.com/wisconsibs

wisconsibs.org

STAY SAFE

WE CAN'T WAIT TO SEE YOU AGAIN.

**WATCH FOR ANNOUNCEMENTS ABOUT FUTURE
PROGRAMS, BOTH IN-PERSON AND VIRTUAL ON
OUR FACEBOOK PAGE AND OUR WEBSITE!**



<https://www.facebook.com/Wisconsibs>

<https://www.wisconsibs.org>