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Sibling story & activity book

For the brothers and sisters, with love — gentle prompts and space to draw and write.

This book is for you — the brother or sister who loves someone with a rare disease or disability. Your feelings matter. There are no wrong answers here.

ACTIVITY 1 · DRAW

Draw your family the way you see it. Include everyone — and anything that makes your home feel like home.

ACTIVITY 2 · WRITE OR TELL

What is one thing you love about your sibling?

ACTIVITY 3 · WRITE OR TELL

What is one thing that is hard about being a brother or sister in your family?

ACTIVITY 4 · FINISH THE SENTENCE

I wish adults knew that I _____

ACTIVITY 5 · DRAW

Draw a place where you feel safe and happy — real or imaginary.

ACTIVITY 6 · WRITE OR TELL

What is one thing you are proud of about yourself?

FOR A GROWN-UP

Siblings of children with complex needs carry a lot. Thank them for sharing. You do not need to fix what they write — just listen.

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