

# Sibshop Activities 2020-2021

Due to the pandemic, Sibshops this year will begin in a virtual format on Zoom and hopefully move to an in-person format starting in April 2021 (activities TBA). Note that virtual Sibshops will occur at a variety of different times on Saturdays or Sundays. Please contact [Molly.Lawney@vtfn.org](mailto:Molly.Lawney@vtfn.org) or call (802) 556-1219 with questions or concerns.

\* There will be a **Parent Info Session** held on Zoom, **Sunday Sept 13, 5-5:30pm**, to discuss some of the logistics of the virtual format and allow for Q&A. You will receive a Zoom invite upon registration or request. \*

## 2020

**Saturday September 19 - Getting to Know You** **1-2:00 pm**

Come get to know other sibs with some fun ice breaker games! Each sib should come prepared to show and tell about a family photo. Then we'll learn more about one another with games like Two Truths & a Lie, and a sib-style version of Never Have I Ever. The theme of this Sibshop is **connection**. We'll discuss similarities and differences between ourselves and our sibs, as well as among the sibs in our group. How can we use our similarities to connect with one another? Can you think of ways we could even connect around our differences?

**Sunday October 18 - Chef's Choice** **4-5:00 pm**

This Zoom Sibshop asks sibs to come prepared with a favorite recipe. Better yet, cook or bake your favorite snack and describe it to us while you eat it! We will watch a few video clips about cooking with a disability and discuss ways that people with disabilities or special health needs can adapt their cooking skills to safely create delicious food. The theme of this Sibshop will be **adaptability**. How can we help our sibs adapt to situations that they might otherwise find challenging? How can we adapt our own expectations to difficult situations?

**Saturday November 14 - Animal visit!** **9-10:00 am**

Join us as we learn about tree frogs, turtles, and more! We will have a special guest from the Southern Vermont Natural History Museum on our Zoom call to show us his animals, from turtles to birds of prey. The theme of this Sibshop will be **caring**. How do you show your sib, family members, friends, and even pets that you care about them? How do they care for you?

### Sunday December 13 - Word Play

9-10:00 am

This Sibshop we will get creative with our writing skills with a few Sibshop MadLibs and then we will write a story as a group. The theme of this Sibshop is that **words matter**. What kinds of words do you like to use to describe your sib? What kinds of words do you sometimes hear about your sib or someone else with a special health care need or disability that you find hurtful? We will discuss person-first language and how impactful our word choice can be.

## 2021

### Sunday January 24 - Ben & Jerry's Flavor Lab!

4-5:00 pm

I scream, you scream, we all scream for... Sibcream? Sibs who pre-register for this Sibshop will receive a coupon for a free pint of Ben & Jerry's ice cream! While we munch on our frozen treat, we'll get to learn a little about how their ice cream is made before heading into the Flavor Lab, where sibs will have a chance to vote on flavor combinations and invent their own ice cream flavor (not to be released to the public—sorry!).

The theme of this Sibshop is **individuality**. If you had to describe yourself to someone—your unique “flavor,” so to speak—what would you say? How does your sibling affect your personality and interests? Do you think you affect your sib's personality and interests, too? What else makes you, you?

### Saturday February 20 - Who Dunit?

1-2:00 pm

Put on your detective cap and join us on Zoom to solve some silly mysteries! The theme of this Sibshop is **forgiveness**. We all struggle to do the right thing sometimes; what are some situations where you wanted to be forgiven? What can stand in the way of forgiving someone even when we want to? We will discuss how empathy, or trying to understand another person's feelings, can help us move past anger and frustration, and toward forgiveness.

### Saturday March 20 - Sib Choice!

9-10:00 am

This month, sibs will have a chance to suggest activities and then vote on their favorite option! The theme of this Sibshop will be **cooperation**. In what ways do you cooperate with your families and sib when it comes to decision making? When do you find it difficult to cooperate and why?

*\*\*We hope to host our April, May, & June Sibshops in person. We will share the planned activities for these events when they are solidified. Thank you for your patience!\*\**