

Sibshop Activities 2020-2021

Due to the pandemic, Sibshops this year will be held virtually on Zoom. Please contact Molly.Lawney@vtfn.org or call (802) 556-1219 with questions or concerns, or to register your child!

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? 9-10:00 am

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?

Saturday April 24th - Paint & Sip 9-10:30 am

For this Sibshop, we have [Burlington Paint & Sip Studio](#) to thank for very generously donating their time and materials so we can have a virtual Sib Paint & Sip (BYO juice or soda)! Sibs will get pre-sketches delivered or mailed, along with paints, and Claire will walk us through the art of mixing the paints and layering them to create a beautiful image. Once we are done painting, we'll have a brief Sibchat around **self-care**: what do we do to help ourselves feel better? What eases your mind and helps you re-focus when

you're upset or stressed? **Don't wait to sign up**—we need time to get supplies out!

Saturday May 15th - Express Yourself!

9-10:00 am

This month, sibs will have a chance to engage in emotional self-expression with activities like Feelings Charades, Follow-the-Leader, and Draw-Your-Feelings. We'll follow this up with a Sibchat around **self-expression**: How do you show others what you are feeling? Does it change based on who you are with? How do your family members express their emotions and how is this the same or different from your own tactics?

Saturday June 12th - Community

9-10:00 am

After careful consideration, we have decided to continue our last Sibshop for the year in the virtual format. We will finish out this year of virtual activities with some fun communication games and follow these with a card-making craft. Sibs will then get to mail each other their cards.* We will follow this with a Sibchat around **community**... what is it and why is it important? In what ways are our Sibshop friends a part of our community? We will also each try to remember one thing about a fellow sib from this year's Sibshops—their favorite animal, ice cream flavor, etc. Any kiddos who have not attended Sibshops this year can share something about themselves instead.

* You will be asked during Zoom registration whether you are comfortable sharing your address with one other Sibshop family. Molly will send individual addresses via email to the other family; we will not share our addresses during the Sibshop itself.