



## Sibshop Activities 2021-2022

All Sibshops are on Saturdays from 1:00-3:30 pm unless otherwise noted. Each Sibshop includes an activity, a snack, and a facilitated Sibchat. Every Sibchat has a theme and will provide an opportunity for participants to connect around what it means to be a "sib." The \$10 Sibshop fee covers all food and activities.

We are aware that some families may have concerns about COVID-19 and in-person activities. Please make sure that your child has a mask at every Sibshop; they will be required to wear one at indoor activities and may also need it to use bathrooms during outdoor activities. Our staff will be monitoring Vermont's COVID rates and guidelines/mandates carefully, and we are prepared to adjust activities as needed.

Please join us for a **Virtual Parent Information Session on Monday, September 13, 2021 at 5:30 pm** (Zoom link will be emailed to you upon Sibshop registration). We will share what to expect, answer any questions, and further discuss concerns around COVID precautions.

Please complete the 2021-22 Sibshop Registration Form to register your child for any/all this year's Sibshop activities. Email [molly.lawney@vtfn.org](mailto:molly.lawney@vtfn.org) with questions.

### 2021

**September 18 - Shelburne Farms** **1:00-3:30 pm**

Our Sibshop year will kick off with some fun on the farm! We will visit with animals and pet some sheep, walk the beautiful grounds of Shelburne Farms, and have a picnic style snack. As we resume our in-person Sibshops for this year, the theme of this activity is Togetherness. What has it felt like to get together with people in-person since the pandemic? In what ways has it been amazing and in what ways has it been challenging getting re-accustomed to gathering with others? In what ways has it been fun or difficult to spend more time with your sib?



Location: [Shelburne Farms](#), Shelburne, Vermont.

**October 16 - Corn Maze** **1:00-3:30 pm**

Come join us at Whitcomb's Land of Pumpkins and Corn Maze! We will be celebrating the fall with treats, games, and a stroll through the corn maze. The theme of this shop is Skillfulness. Can you predict how you will handle the maze? What might be challenging? What might be easy? What skills do you use to navigate interactions with your sib when things become challenging?



Location: [Whitcomb's Farm](#), Williston, Vermont



**November 13 - Attitude of Gratitude**

**1:00-3:30 pm**

*"Today is a good day to have a good day."*

At this Sibshop, we will complete some fun activities, crafts and treats that all center around the theme of this Sibshop, which is Gratitude. What does gratitude mean? What are you grateful for and how do you express gratitude? What aspects of having a sib make you feel grateful and can you express that to your sib?



Location: Vermont Family Network, Williston, Vermont

**December 11 - Cookie Decorating**

**1:00-3:30 pm**

What better way to celebrate the winter season and holidays than with cookie decorating?! We will supply the cookies, frosting and fun decorations... sibs supply the creative vision! The theme of this Sibshop is Creativity. What does it mean to be creative and how do you like to show off your creativity? How does your sib like to be creative and can you share in creative activities this holiday season?



Location: Vermont Family Network, Williston, Vermont

**2022**

**January 9 - Paint & Sip**

**1:00-3:30 pm**

Paint and Sip returns for another year! VFN's artist-in-residency Claire will guide the sibs step-by-step in creating their own masterpieces. Sibs are welcome to come create their paintings at VFN and bring them home, or they can request a paint kit be mailed and call in via Zoom. The theme of this Sibshop is Leadership. What qualities does Claire have that make her good at leading Paint & Sips? What qualities do you think make you a good leader? Do any of these qualities serve your sibling relationship?



Location: Vermont Family Network, Williston, Vermont OR virtually on Zoom (please specify at registration whether your child will be in-person or virtual).

**February 12 - Virtual Talent Show**

**\*\*1:00-2:30 pm\*\***

Your Time to Shine! Are you a dancer, singer, magician? Hula-hooper, joke-teller, puppeteer? Join us virtually on Zoom, as we share our talents with each other. Sibs can either share their talents live on Zoom, or record their talent ahead of time and share their screen. The





theme of this Sibshop is Identity. What makes you, you? How do you show who you are to others? In what ways is being a sib part of your identity?

Location: Your Own Home (Zoom link will be emailed to those who register and to our Sibshop email list).

### March 12 - ECHO

1:00-3:30 pm

Reptiles, amphibians, and fish... Oh My! Join us as we discover and explore the many exhibits at this amazing science and nature museum and experience the wonderment of our very own Lake Champlain. The theme of this Sibshop is Exploration. How does it feel to discover something new? What qualities do explorers have? How can some of those qualities serve you in your own life or in your sibling relationship?



Location: [ECHO, Burlington](#), Vermont

### April 9 - Opening the Senses

1:00-3:30 pm

Join us to create your very own mini-landscape dish garden for a fairy or a gnome or just a place for your mind to wander! Rachel Boyers (VFN's Training and Outreach Coordinator and certified Horticultural Therapist) will guide us through this amazing activity as we choose mini-plants, moss, stones, colorful glass and other natural items to design a beautiful dish garden. The theme of this Sibshop activity is Mindfulness. What do you see? What do you smell? What can you feel? How does being aware help you in your sibling relationship?



Location: Vermont Family Network, Williston, Vermont

### May 14 - MetroRock Indoor Rock Climbing

1:00-3:30 pm

During this Sibshop, we will have fun climbing and repelling at MetroRock Climbing Center. All experience levels are welcome! Safety, of course, is #1. Sibs should come in comfortable clothes and bring their own sneakers. Parents will need to sign a [MetroRock release form](#). The theme of this Sibshop is Flexibility. What does it mean to be flexible? What are some situations in which you must be flexible, with your sib or otherwise?



Location: [MetroRock in Essex Junction](#), Vermont



**June 4 - Family Picnic**

**\*\*12-2 pm\*\***

An end-of-year picnic celebration for the whole family! Parents and siblings, please join us for a chance to connect, share some slices of pizza, and play games. The theme of this Sibshop is Celebration. What do you have to celebrate this year? How do you like to celebrate?



Location: [Oakledge Park](#), Burlington, Vermont (fully accessible). Note that parking is \$2/hour; please let us know if this is a hardship.