







# HELLO VIP SIBLING!

You have a sibling with a rare epilepsy, so that makes you a VIP sibling! You may feel like you're the only one who has a brother or sister with a rare epilepsy. But, did you know, there are lots of siblings out there that are just like you? You are not alone!

**Lots of people in the rare epilepsy community put this together to celebrate how important you are!**

Coloring, drawing pictures, and writing are fun! Not only that, activities like these can also help you feel calm. This book has lots of special messages just for you! You can color or doodle your thoughts. You can even write a letter or draw a picture for your mom or dad to let them know how you're feeling.

*It's totally up to you—this is your very own VIP sibling book!*





## HOW TO USE THIS JOURNAL:

This journal can be used in different ways. You can print the file and make your own book. You can also download the file onto any device and use the fillable fields to type or draw whenever and wherever you want! Ask a grownup if you need help deciding what will work best for your situation.

### ***My Sibling Is Special***

This is a book written just for you, to help you understand your feelings about having a brother or sister with a rare epilepsy. Did you know that it's okay to have different thoughts and emotions—good or bad? Your mom and dad are there to support you and talk about it. You can read the book on your own or with your family. Visit [VIPsibling.com/siblings](http://VIPsibling.com/siblings) to download a copy of this special book. You can print it out or read it on any electronic device. Ask a grownup if you need help.

**I AM CREATIVE.**

**I AM SMART.**

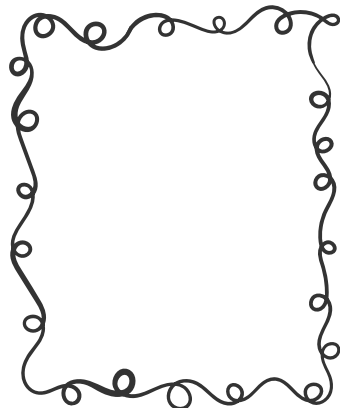
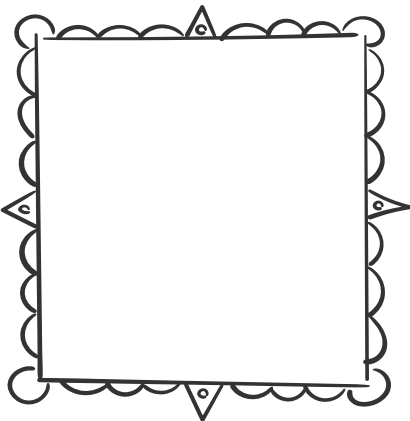
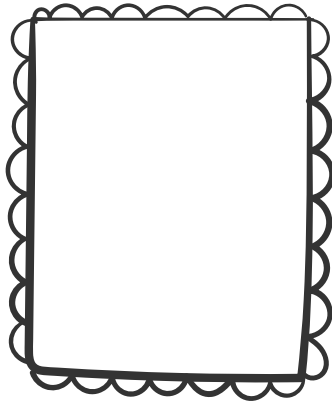
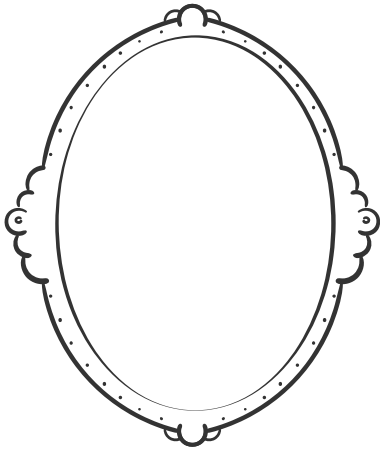
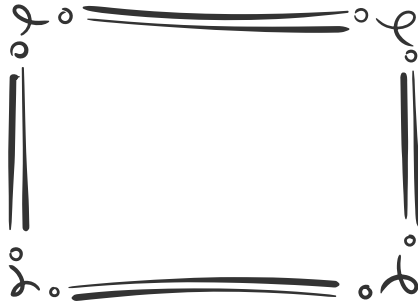
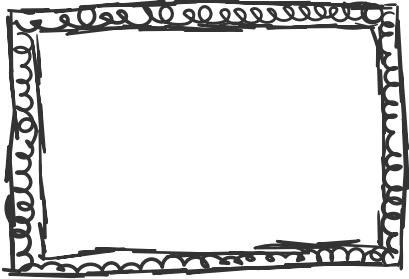
**I AM IMPORTANT.**

**I AM \_\_\_\_\_.**

**I AM A VIP SIBLING.**



Draw a picture of everyone  
who is **IMPORTANT** to you.



If you could **TELL THE WORLD A MESSAGE**  
through sky writing, what would it say?



Believing in yourself is so very important.  
***I AM PROUD OF MYSELF BECAUSE:***



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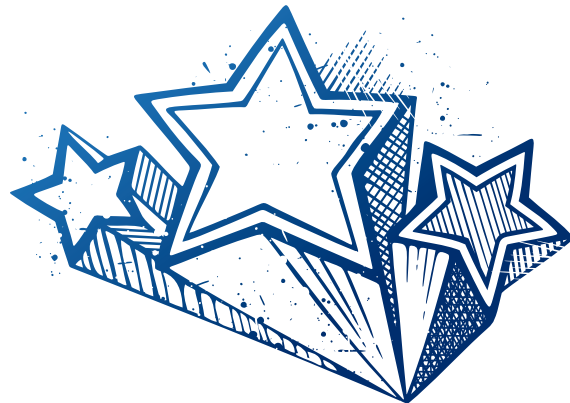
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**WHAT DO YOU DREAM OF BECOMING  
WHEN YOU'RE OLDER? DRAW IT HERE.**





What are you most **THANKFUL** for?

**T** \_\_\_\_\_

**H** \_\_\_\_\_

**A** \_\_\_\_\_

**N** \_\_\_\_\_

**K** \_\_\_\_\_

**FAMILY** \_\_\_\_\_

**U** \_\_\_\_\_

**L** \_\_\_\_\_

What do you like to do with  
your **BROTHER OR SISTER?**

What do you like to do  
with **YOUR FRIENDS?**



**YOU ARE BRAVE AND STRONG.**

What kind of animal would  
you be to show that?





[illegible]

# THINK BIG!

# THIS OR THAT:

MORNING **OR** NIGHT

DOG **OR** CAT

SALTY **OR** SWEET

BOOK **OR** MOVIE

INSIDE **OR** OUTSIDE

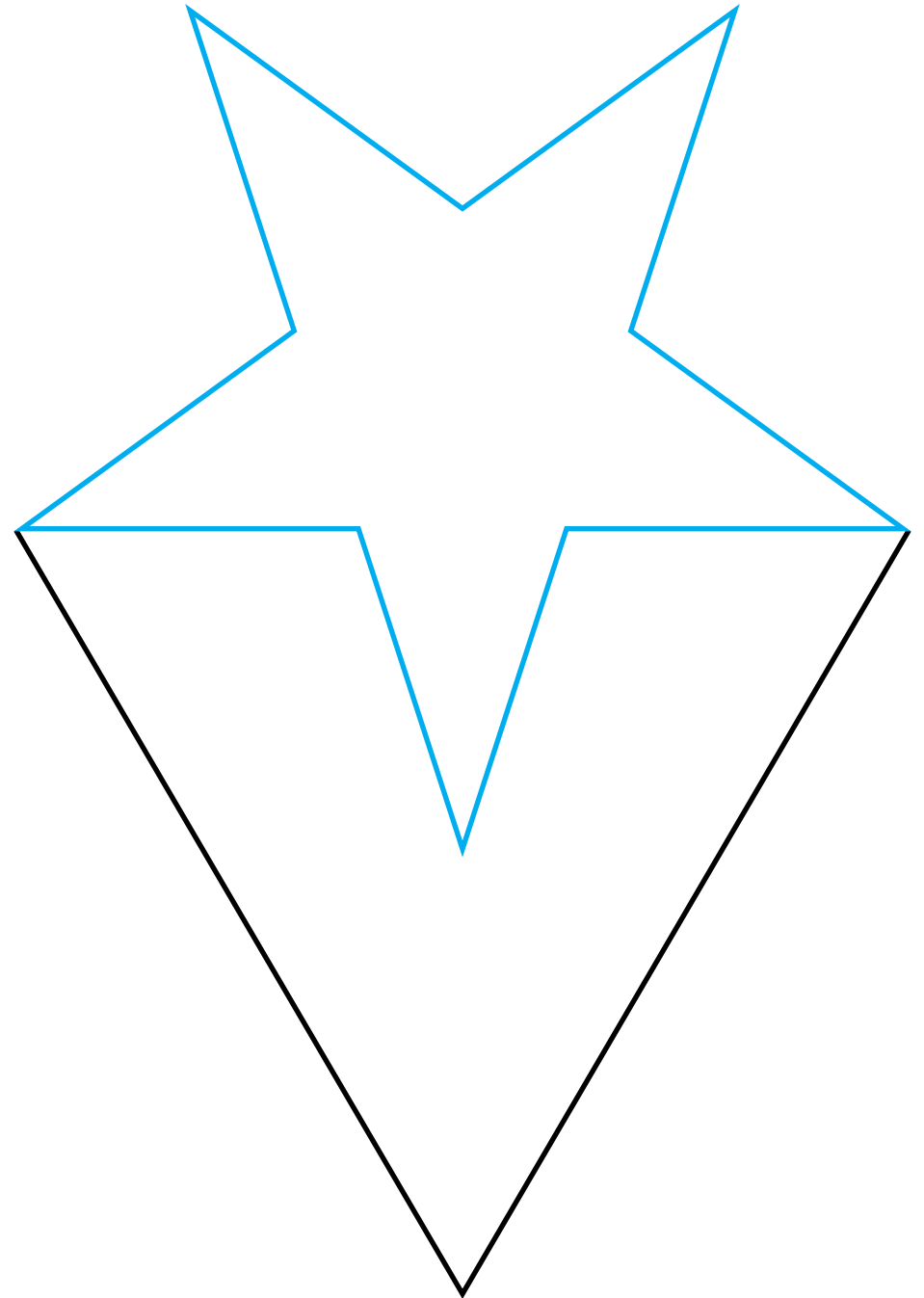
BIG CITY **OR** SMALL TOWN

PIZZA **OR** HOT DOGS

SUMMER **OR** WINTER

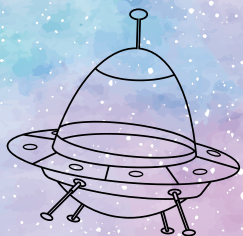
BEACH **OR** MOUNTAINS

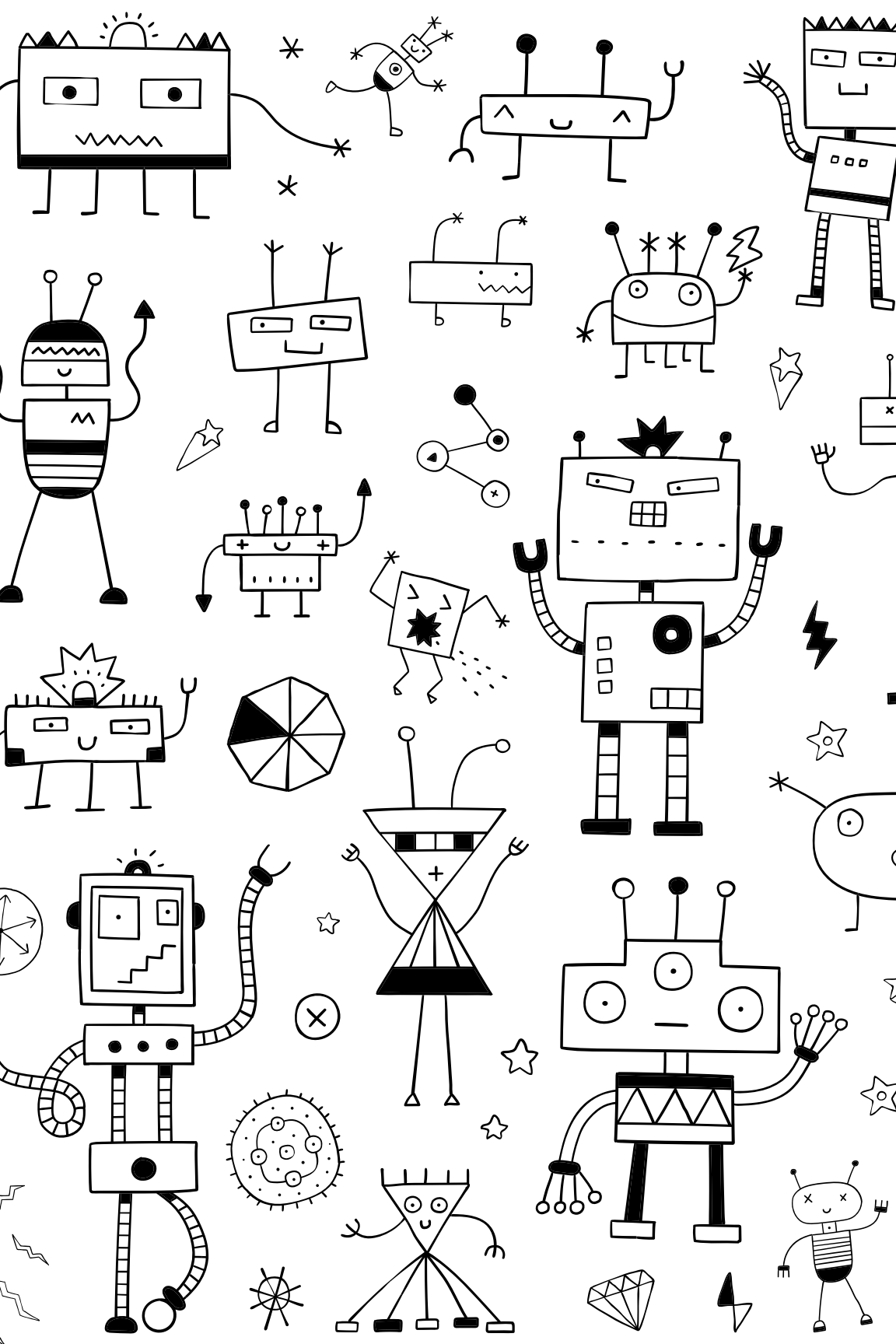
Decorate this page with the things that are  
**MOST IMPORTANT TO YOU:**



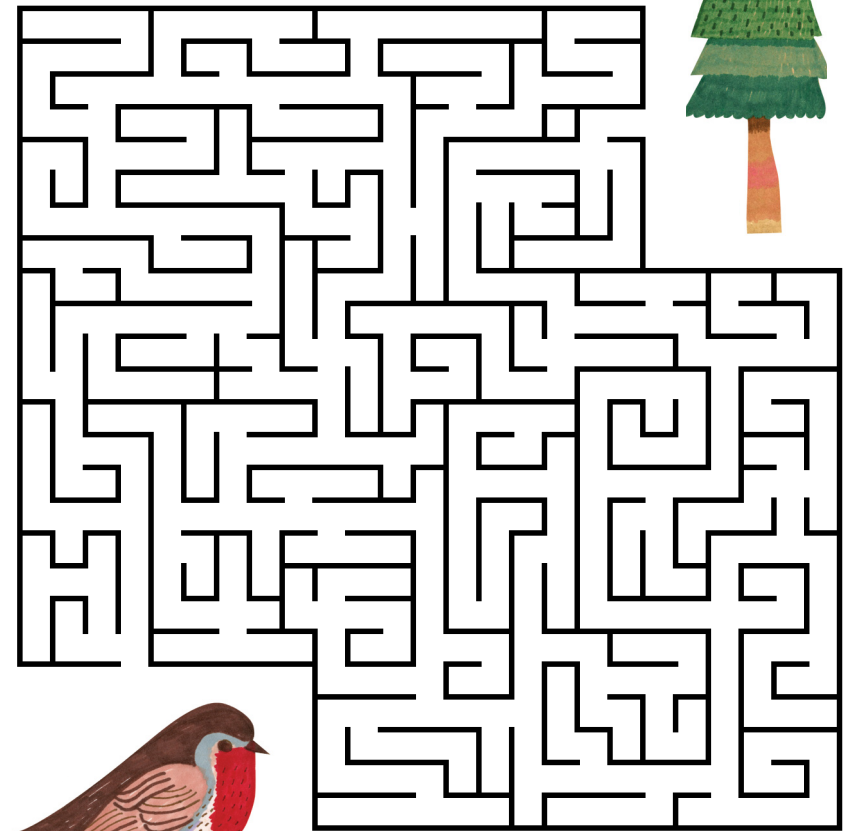


If you were going to **OUTER SPACE**, what  
would you take with you?





HELP THE BIRD  
FIND THE TREE:





**I FEEL** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**I WISH** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**I THINK** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**I WANT** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



**DRAW OR WRITE YOUR ANSWERS. WHATEVER FEELS RIGHT!**



Doodle here, doodle there,  
**YOU CAN DOODLE ANYWHERE.**

**YOU ARE AMAZING!**

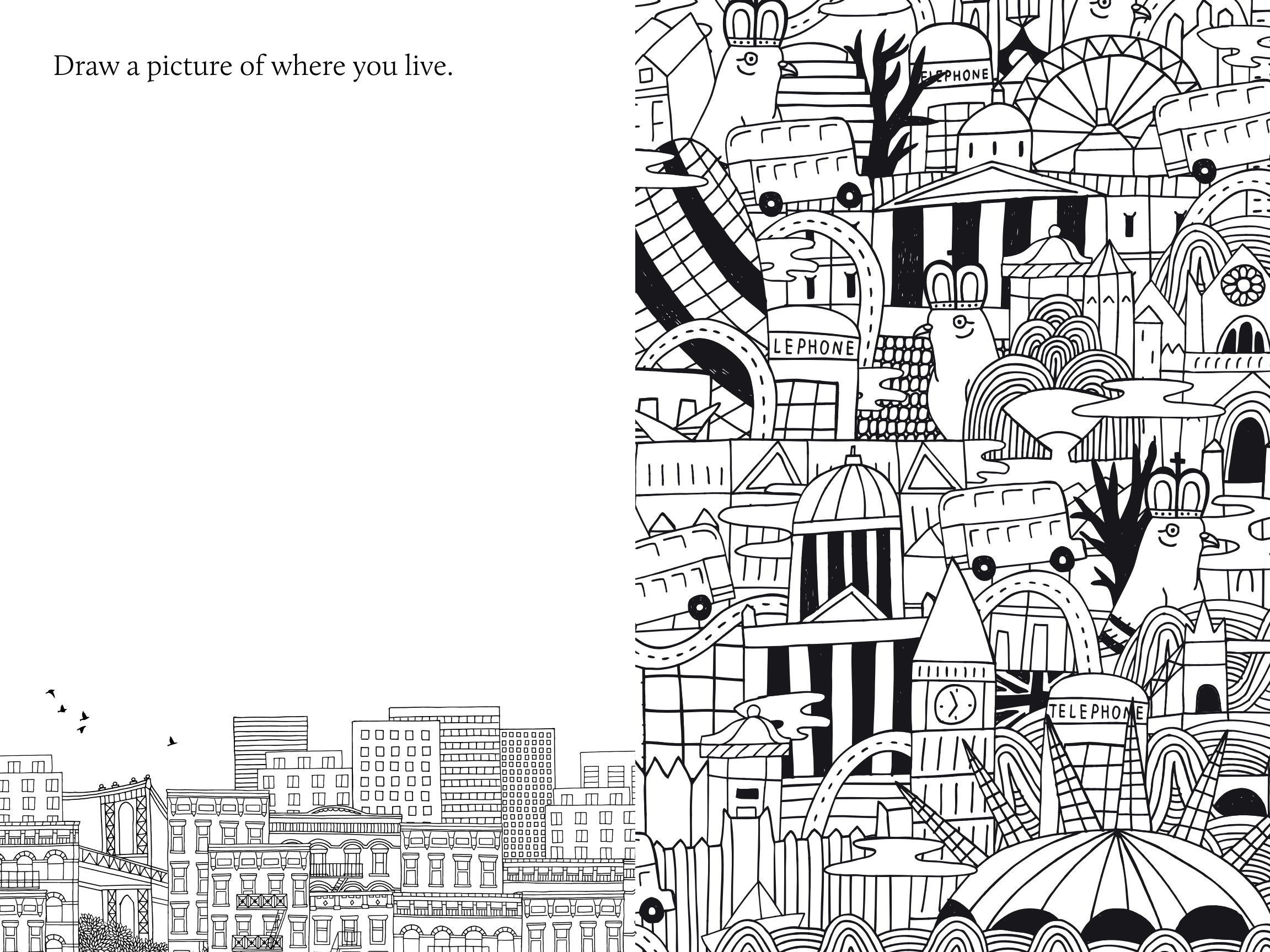
Write a poem that  
**DESCRIBES YOUR DAY.**

**NOW DRAW AN ILLUSTRATION  
FOR YOUR POEM:**





Draw a picture of where you live.

A black and white line drawing of a city skyline. The drawing is simple and stylized, suitable for coloring. It features a variety of buildings, including a bridge on the left, several skyscrapers in the center, and a clock tower on the right. The drawing is composed of clean, black lines on a white background. The skyline is dense with buildings of different heights and shapes, creating a sense of a bustling city. The drawing is positioned on the right side of the page, with the text 'Draw a picture of where you live.' on the left.



How did your parents  
**CHOOSE YOUR NAME?**

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How did your parents  
**CHOOSE YOUR SIBLINGS NAMES?**

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What are 5 words  
that describe **you**?

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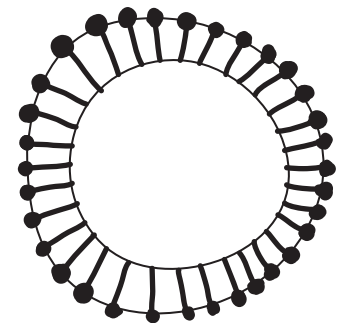
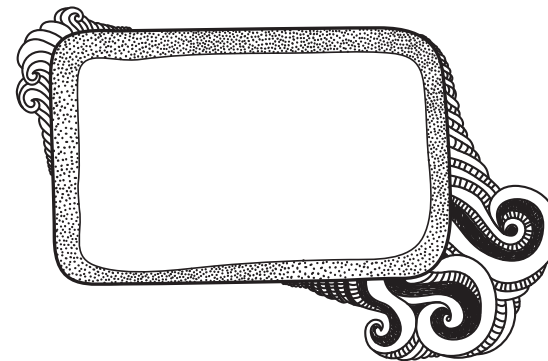
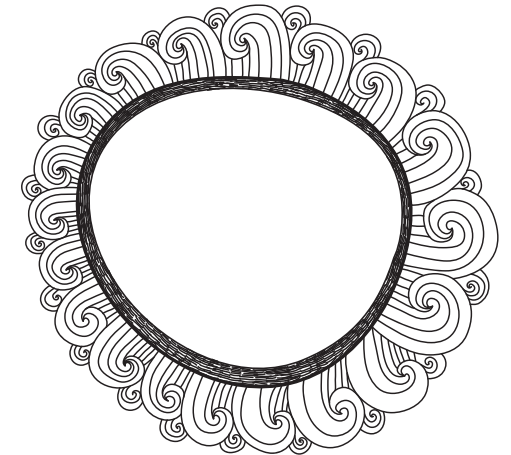
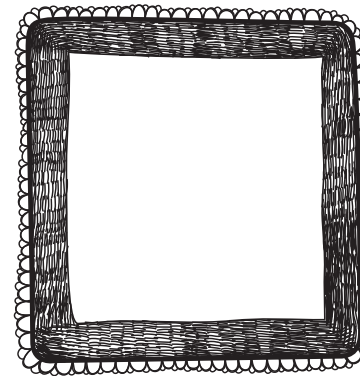
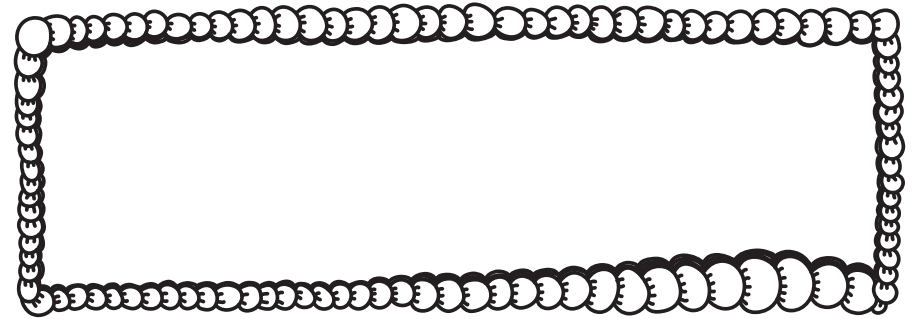
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Draw how you're feeling  
inside the shapes below.



**LOVE YOURSELF!**

LIST 3 THINGS YOU LIKE:



1

2

3

Keep adding to your list **UNTIL YOU REACH 50!**

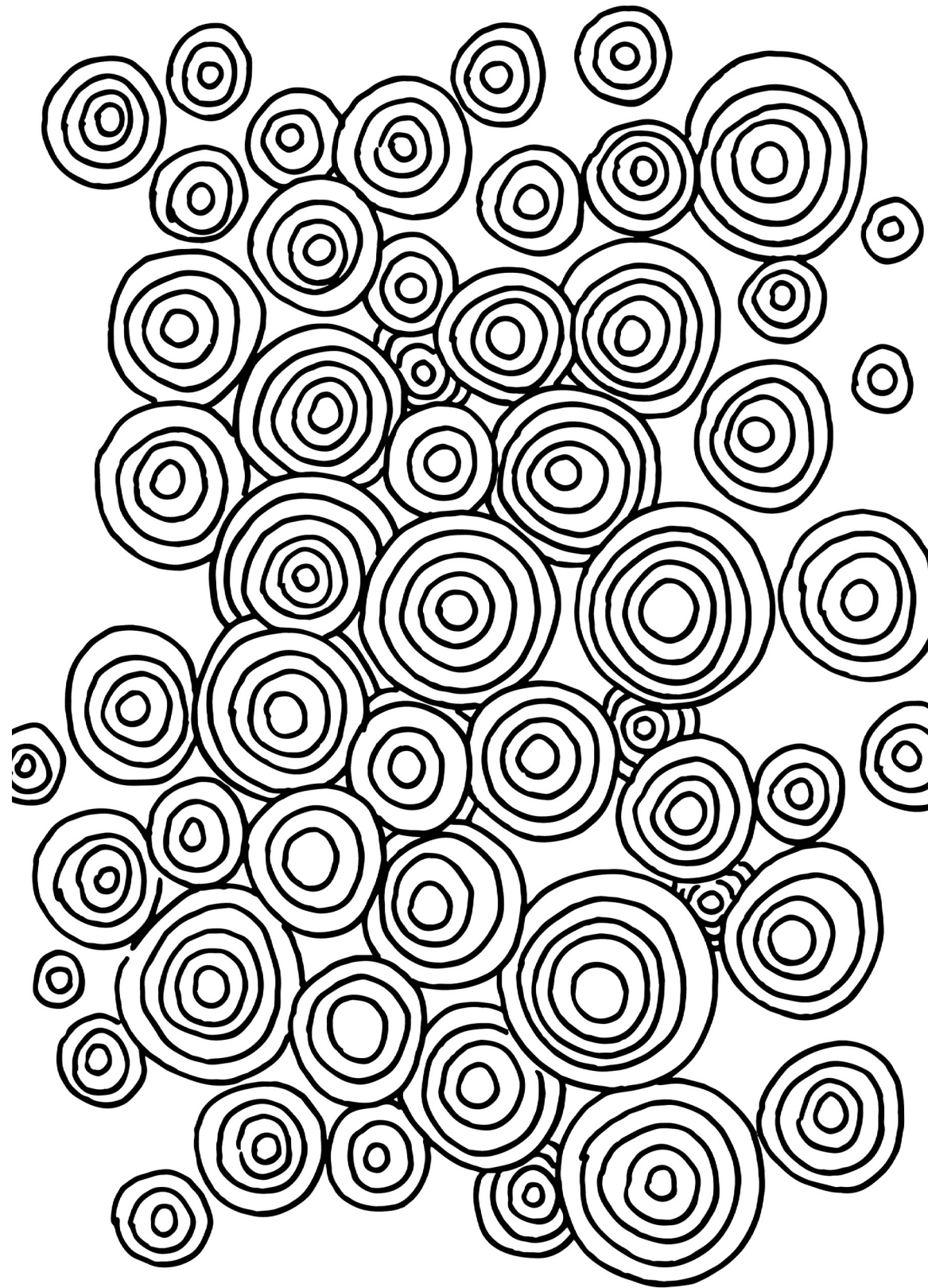
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<u>8</u>	<u>19</u>
<u>9</u>	<u>20</u>
<u>10</u>	<u>21</u>
<u>11</u>	<u>22</u>
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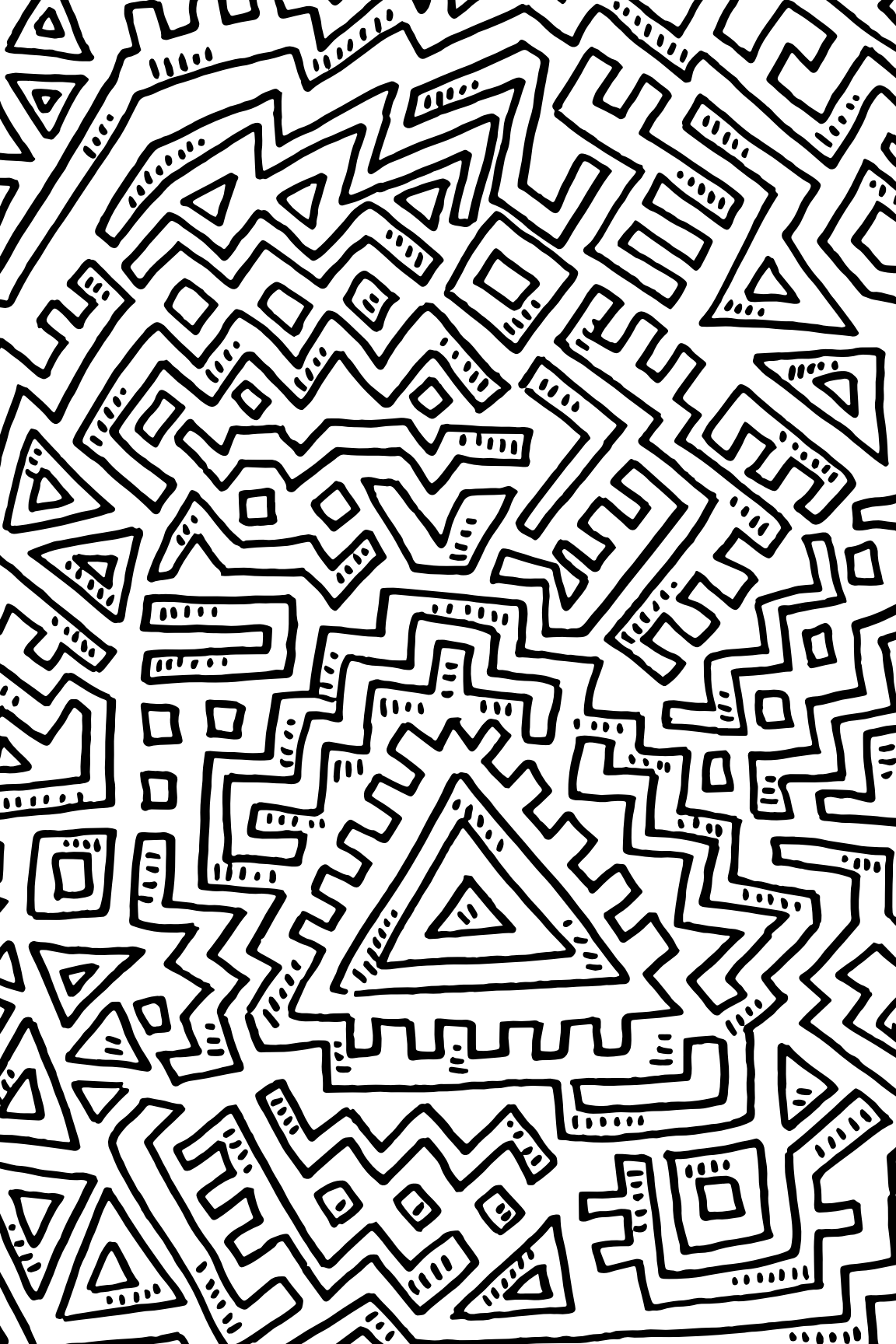
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<u>34</u>	<u>47</u>
<u>35</u>	<u>48</u>
<u>36</u>	<u>49</u>
<u>37</u>	<u>50</u>
<u>38</u>	



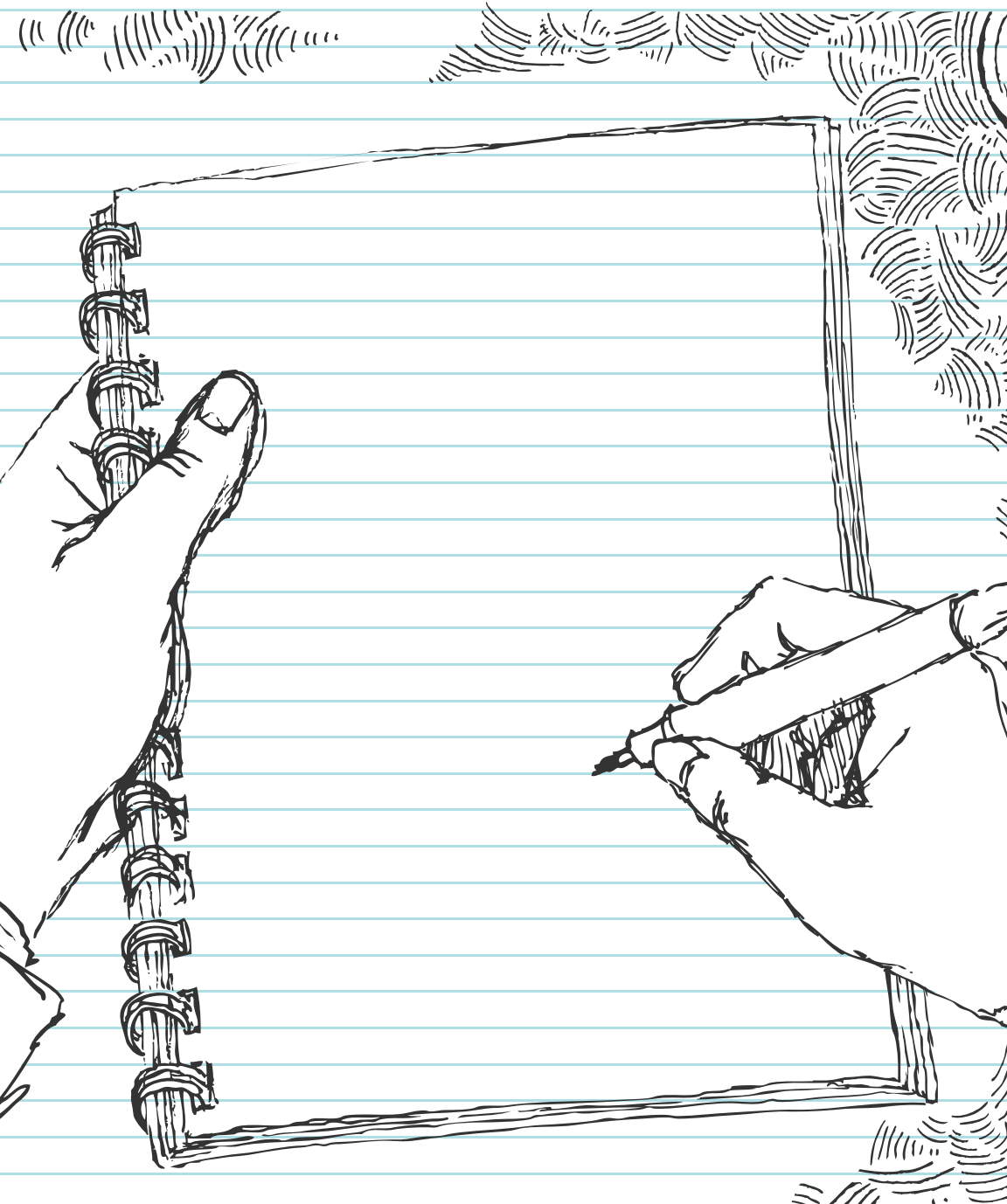


**DRAW THE FIRST LETTER OF YOUR NAME**  
as big as you can on this page.





Use this space for writing or doodling  
some of your **FAVORITE THINGS**.





[illegible][illegible]

**PICK A BOOK FROM YOUR BOOKSHELF.  
OPEN IT UP TO ANY PAGE.**

Now copy down the first full sentence on the page here:

[illegible]

Now write ***YOUR OWN SHORT STORY***  
with that as your first sentence.

[illegible]





Tear out pages to use to  
**WRITE A NOTE OR DRAW A PICTURE**  
for members in your family. ➡

You are  
something  
Magical

(COLOR ME.)

TO: \_\_\_\_\_

FROM: \_\_\_\_\_



**TO:**

**FROM:**



## WHAT IS KINDNESS?

Define what you think kindness is and give examples.

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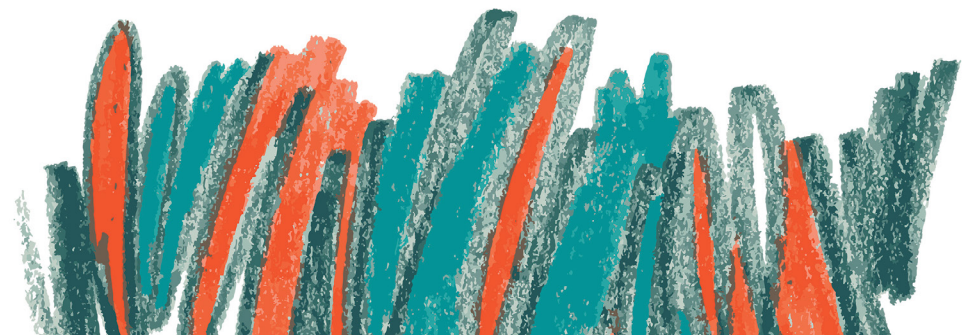
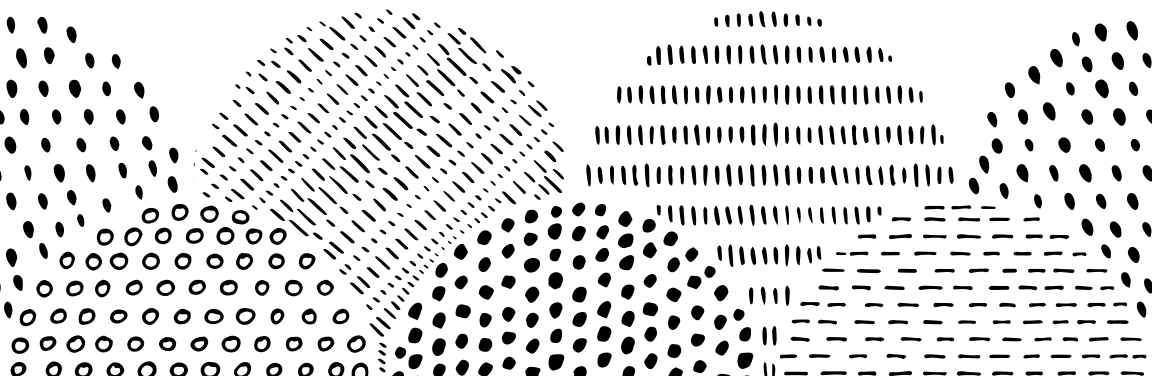
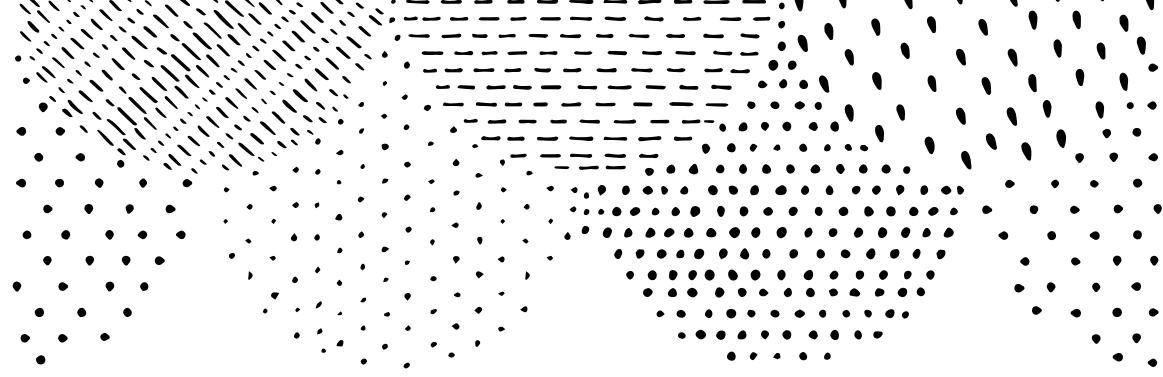
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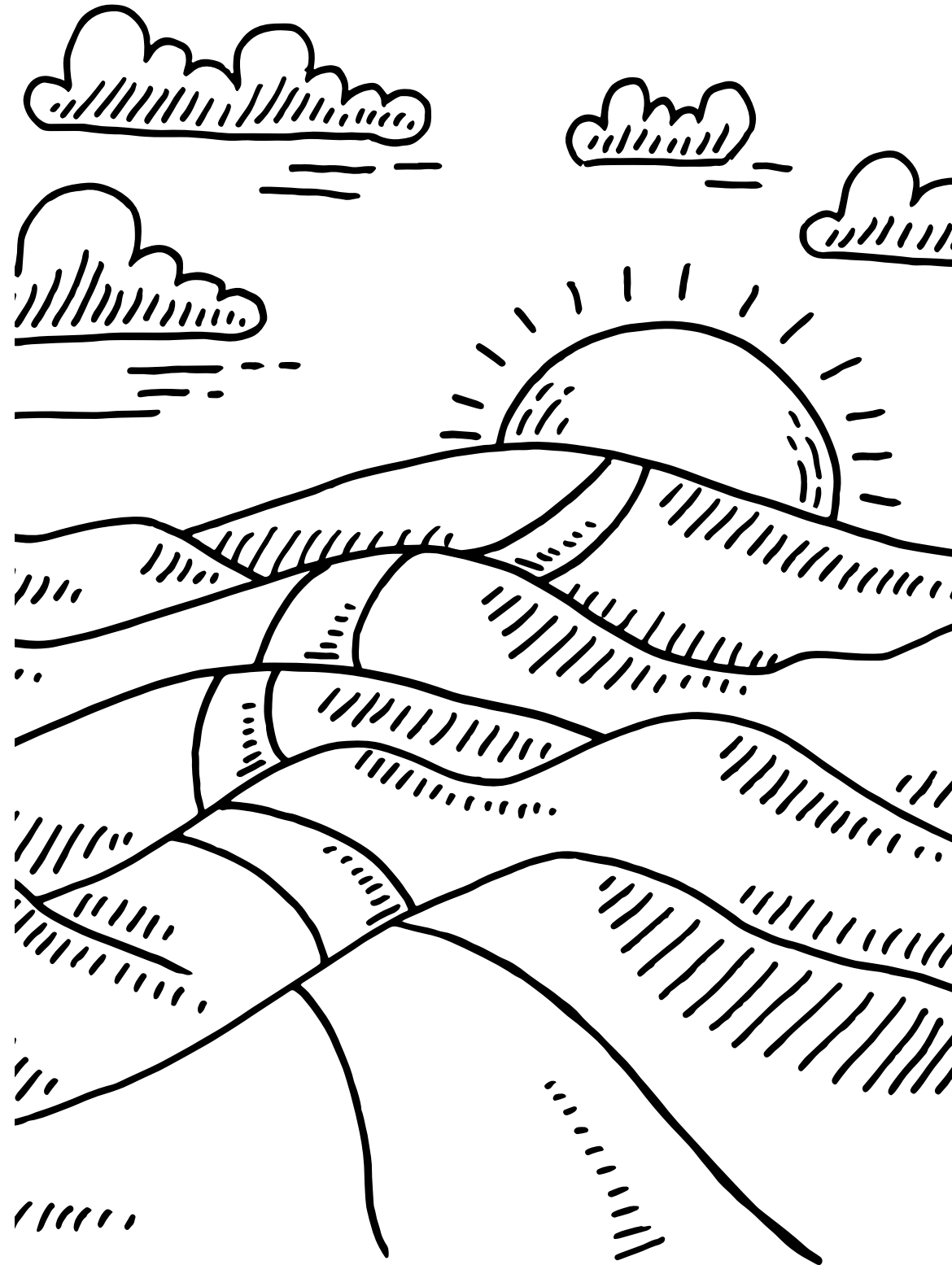
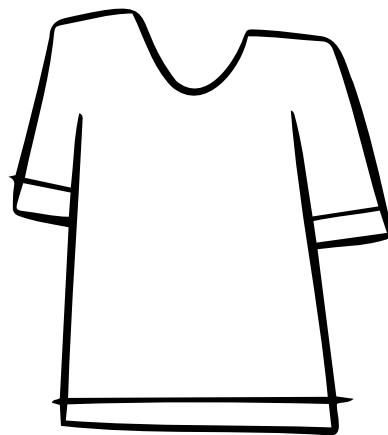
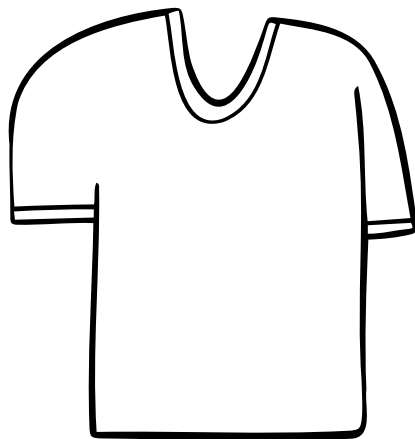
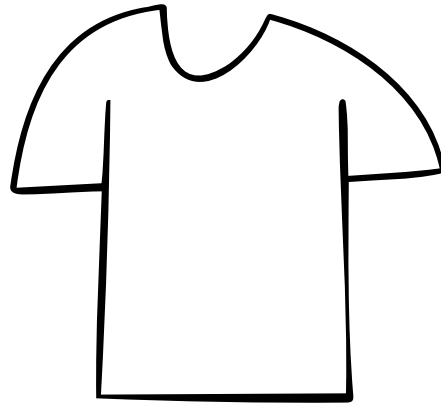
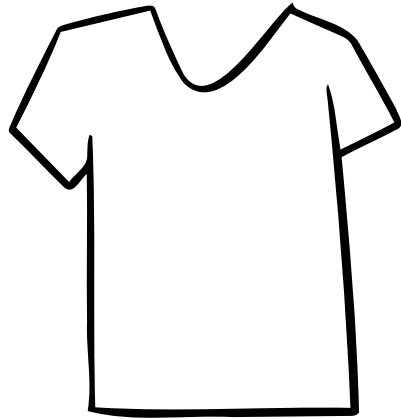
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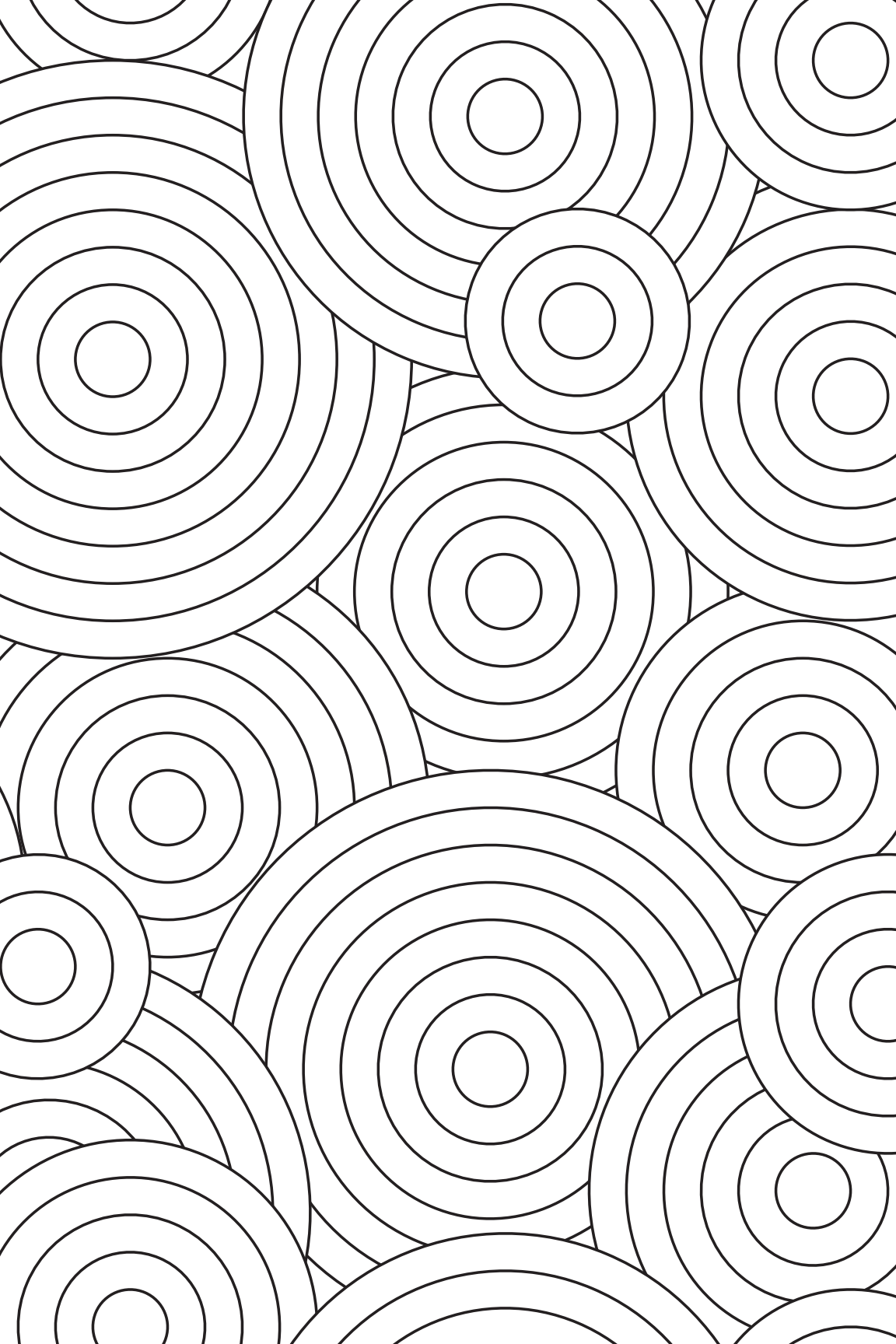
Doodle here, doodle there,  
**YOU CAN DOODLE ANYWHERE.**



These t-shirts need  
***YOUR FAVORITE COLORS.***







Doodle here, doodle there,  
**YOU CAN DOODLE ANYWHERE.**



**LIST YOUR FAVORITE ANIMALS:**

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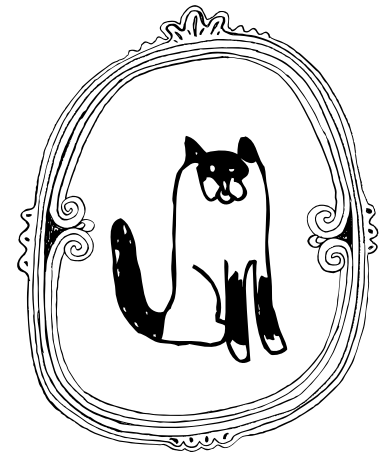
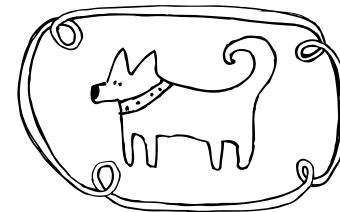
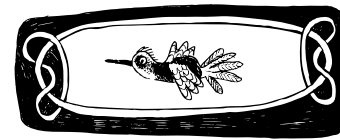
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Draw pictures of your  
**FAVORITE ANIMALS OR PETS.**







Proud sponsor of the  
VIP Sibling Project:

 Inspired by **patients.**  
Driven by **science.**



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