

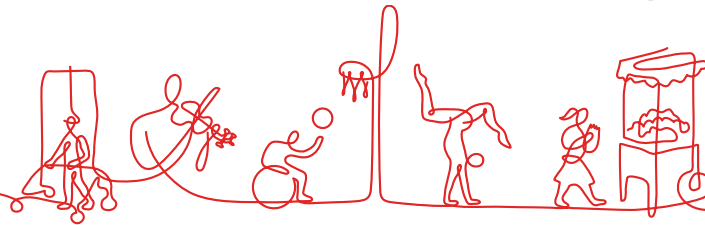
# Being a Sib: The Good, The Hard, and Everything in Between

SBANT Education Day

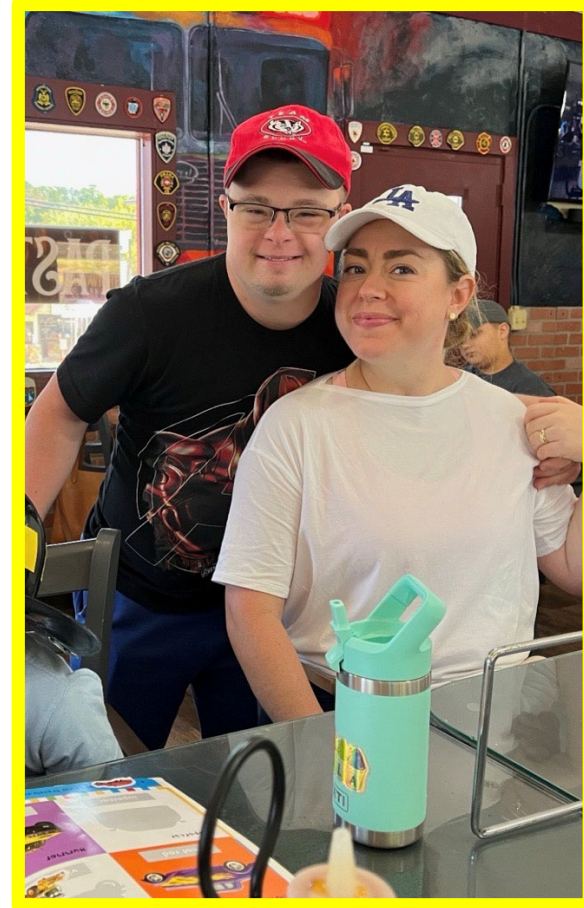
February 28<sup>th</sup>, 2026

Jill West, PhD

## SCOTTISH RITE



# A Little About Me



# So many emotions!



- Get into groups of 2-3
- If you don't already know each other, introduce yourselves
- Name as many emotions as you can related to being a sibling of someone with a different ability
- You have 5 minutes

Sometimes you may feel important...

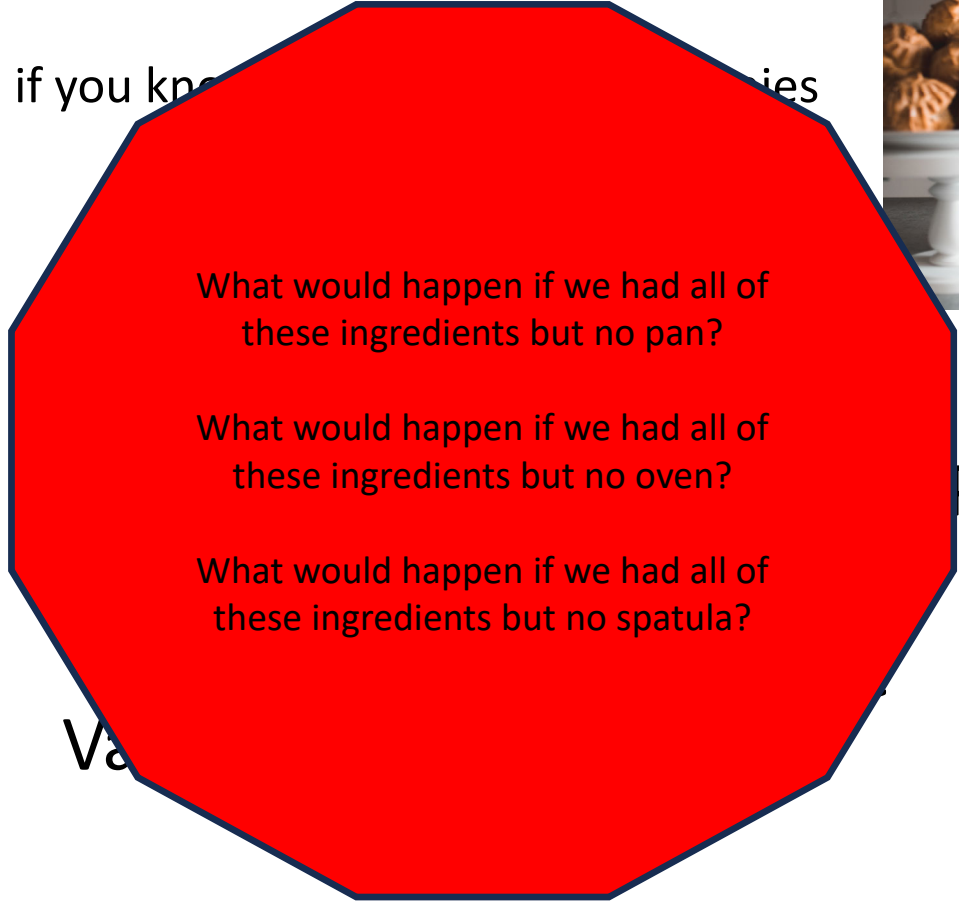


... and sometimes you may feel unimportant.



# Making brownies

Raise your hand if you know how to make brownies



Eggs

Cocoa  
Powder

Vanilla

What would happen if we had all of these ingredients but no pan?

What would happen if we had all of these ingredients but no oven?

What would happen if we had all of these ingredients but no spatula?

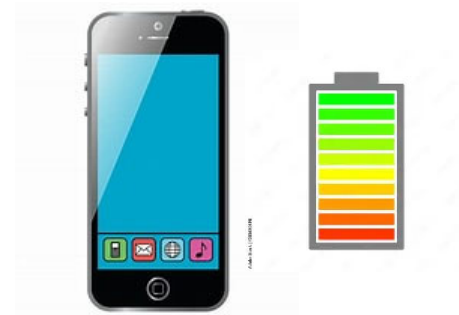
Pan

Spatula

Oven

# What do brownies have to do with being a sib?

- The ingredients of our family are there for a reason, and all of them have a part. If you take one out, the recipe doesn't work the same.
- The ingredients that make you **YOU** are also important, and there are some things in the environment that can bring out the best of you - - and others that might do the opposite.
- I call these **drainers** and **chargers**



# Chargers and drainers activity

## First 5 minutes

- Work independently or with a partner
- Identify as many things as you can that **DRAIN** your battery



## Next 5 minutes

- Work independently or with a partner
- Identify as many things as you can that **CHARGE** your battery



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## Group Discussion

**Drainers**

**Chargers**

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**Thank You**

**SCOTTISH RITE**

