

$$\begin{aligned}
\delta_\epsilon S(x, \theta, \bar{\theta}) &= S(x^\mu + i\epsilon\sigma^\mu\bar{\theta} + i\bar{\epsilon}\bar{\sigma}^\mu\theta, \theta + \epsilon, \bar{\theta} + \bar{\epsilon}) - S(x, \theta, \bar{\theta}) \\
&= (i\epsilon Q + i\bar{\epsilon}\bar{Q})S(x, \theta, \bar{\theta}) \\
&= \left[\epsilon^\alpha \frac{\partial}{\partial \theta^\alpha} + \bar{\epsilon}_{\dot{\alpha}} \frac{\partial}{\partial \bar{\theta}_{\dot{\alpha}}} - i(\epsilon\sigma^\mu\bar{\theta} + \bar{\epsilon}\bar{\sigma}^\mu\theta) \right] S(x, \theta, \bar{\theta})
\end{aligned}$$