



I Have Type 1 Diabetes



@elbowbumpkid_inc



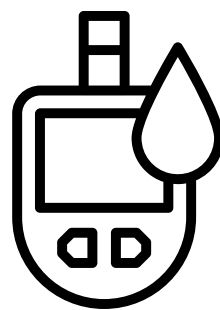
@elbowbumpkid

What is Type 1 Diabetes?

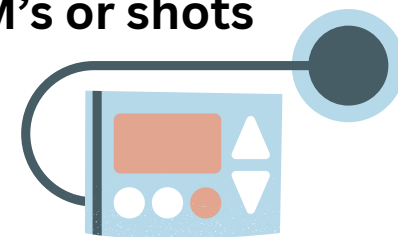
Type 1 diabetes (T1D) is a health condition where the body stops making insulin. Insulin is something your body needs to keep your blood sugar at a healthy level. Since your body can't make insulin, you have to get it another way.

You did nothing to cause this. It's not your fault. Type 1 diabetes is not contagious, and you can get it even if no one else in your family has it.

People with Type 1 diabetes take insulin every day, either through shots or a small device called an insulin pump. This helps their body get the insulin it needs for eating, playing, and living a healthy life.



Some kids use insulin pumps, CGM's or shots

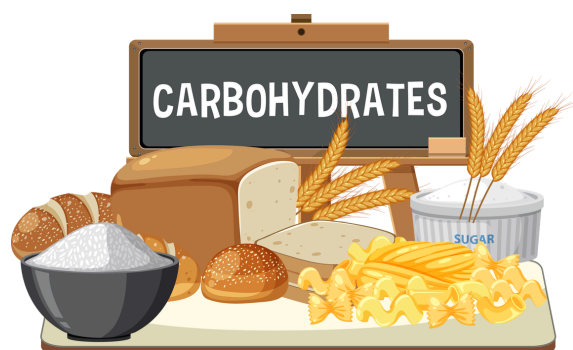


Carbohydrate (carb) Counting

Depending on your age, an adult might help you count carbs so you get the right amount of insulin. If you count carbs on your own, remember that the number of carbs can be different for the same food if it's a different brand—cookies are a good example! Always check the food label so you know how much insulin you need.

How do I get insulin?

Your doctor will give your family a prescription for insulin that you can get from the pharmacy. You might use insulin with a pen for shots, or you might use an insulin pump that stays on your body and gives you insulin all day. Your doctor and other grown-ups will help you learn how to use insulin, no matter which way you choose!



What else should I know?

You may need to be the teacher and explain your Type 1 Diabetes to others. Some people don't know about Type 1 Diabetes like you do--if you think you don't know anything now you will be an expert soon from taking care of yourself!

When you are at home:

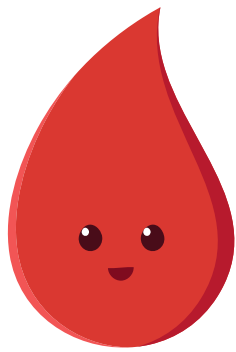
- Help your family read labels and estimate how many carbs are in foods you eat. See how close you are to the right number as a game!
- Depending on the diabetes supplies you use, you can decorate your pump or sensor with stickers!
- Your diabetes supplies may be in the fridge or a closet depending on what you are using—you can have fun organizing with your family!

When you are at school:

Schools want to keep you feeling your best and each school has different ways to do this like having a special spot in a classroom or the cafeteria for your low blood sugar treats & diabetes supplies.

Social Situations or Family

Having T1D does not mean you need to miss out on playdates, traveling or visiting family. However, you may need to teach others about your condition. For example, remind your friend's parents that you have to have juice around in case your blood sugar is low & you will need carb counts for food you eat.



What Should

I Do?



Carry your diabetes bag. Depending on your age, an adult might carry your diabetes bag for you. It's important to always have a few supplies for low blood sugar and any other items your doctor says to keep with you.

Pay attention to your body. You know your body best! You are the only one who can tell how you feel. Some kids get a headache or feel really thirsty when their blood sugar is high. Others might feel shaky or weak when their blood sugar is low. If you feel this way, tell a trusted adult if you're not at home, or a family member if you are at home.

Pack your snacks. It's smart to keep some of your favorite safe snacks with you in case your blood sugar gets low when you're with friends. Keeping snacks in your backpack or diabetes bag helps make sure you always have something safe to eat when you need it.

Never be afraid. Always tell your trusted grown-ups or your doctors if something is bothering you, if you have a question, or if you're confused about anything related to your Type 1 diabetes. They are there to help and keep you safe!

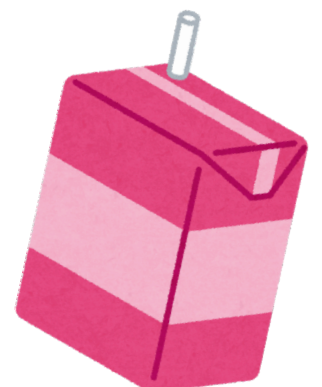
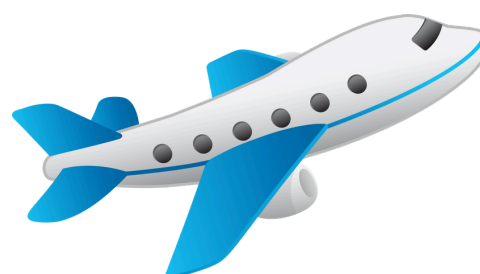
T1D Doesn't Stop Me!:

- **Do you play sports?:** Your family & doctor will work with the school to make sure you are safe playing sports!
- **Do you visit relatives?:** Remember to bring your T1D supplies!
- **Do you like to play games?:** There are cool games for T1D kids, ask a grown up to help you find them!
- **What can I eat:** Most of the time you can eat whatever you ate before, your family will help you pick what's safe depending on your blood sugar.
- **Can I still play with my friends?:** Of course you can! Your trusted adults will work together to make sure you are safe at your friends house & fun activities



T1D

doesn't stop me!



To learn more about managing Type 1 Diabetes, visit www.elbowbumpkidinc.org, resources page
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TYPE 1 DIABETES WORD SEARCH



A N S R E D G L U C O S E I H C F G
S I T E C C A K E T O N E S E H M P
O T F A T G D L O W B A H M S E A O
F I A B U R M E R S T L I A A W D I
N E G R A P E S E K F A G R I A E N
N C A R B S N A D I N S H T G R G S
O A Z S P U P A S T A A S I E R O U
G R C P D U R O F T O B H E R I H L
A V J Y K O M S V L J D O S O O Y I
C S A L A D I P T E D S U G A R P N
U U I C B O L U S S N N A D I O E M
L M Q U N J U I C Y J U I C E P R F
G O D O Y Q K E B Z H Y P O N S C B
G R I L A N C E T E E S E D D U K E
R A N G E X D G O M E T E R O P S A

LOW TREATS

SMARTIES
MILK
JUICY JUICE
SKITTLES
STARBURST
GRAPES

SUPPLIES

INSULIN
PUMP
METER
LANCET
GLUCOSE
CARBS

LINGO

HIGH
LOW
BOLUS
RANGE
WARRIOR
CGM

BONUS WORDS!

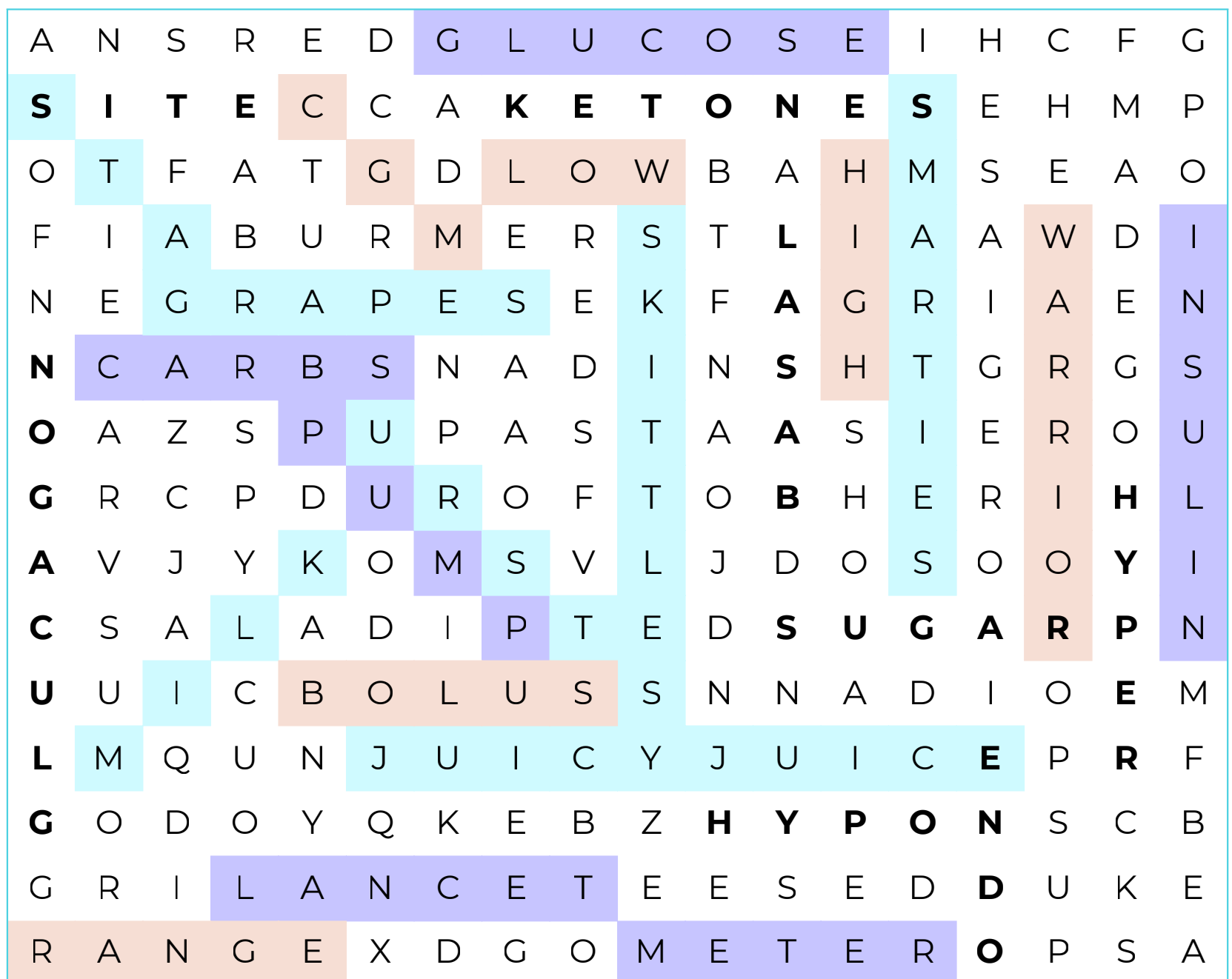
HYPO, HYPER, BASAL, GLUCAGON, ENDO, SUGAR, SITE, KETONES

Answer key on next page

TYPE 1 DIABETES WORD SEARCH



ANSWER KEY!



LOW TREATS

SMARTIES
MILK
JUICY JUICE
SKITTLES
STARBURST
GRAPES

SUPPLIES

INSULIN
PUMP
METER
LANCET
GLUCOSE
CARBS

LINGO

HIGH
LOW
BOLUS
RANGE
WARRIOR
CGM





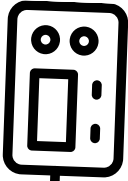


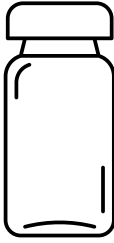



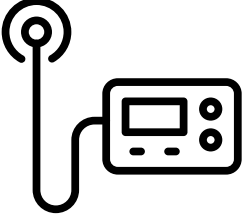



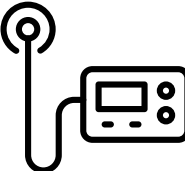
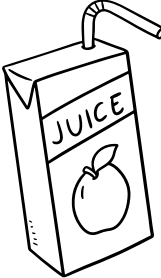
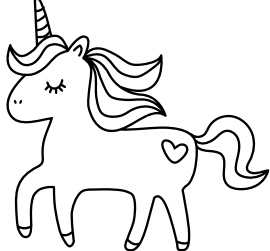

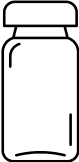

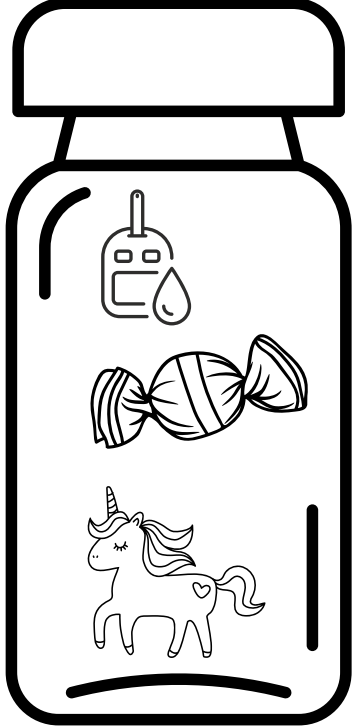

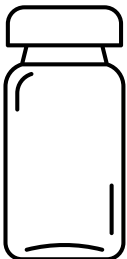


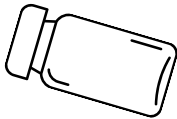

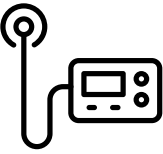
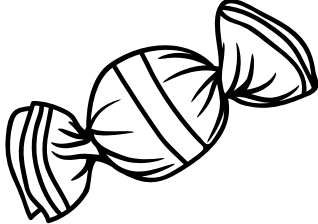
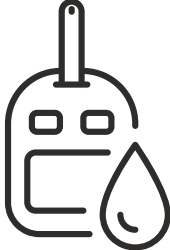


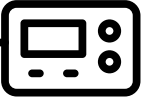
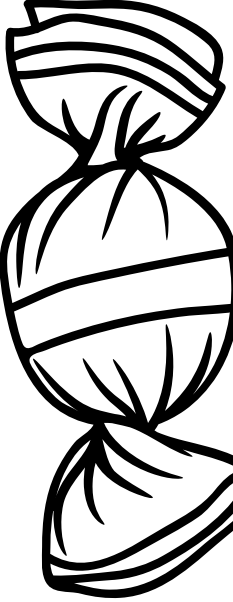



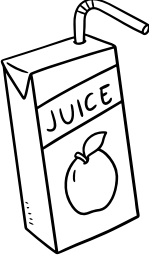


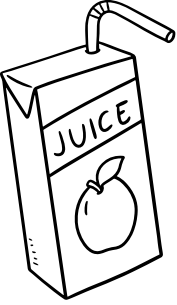

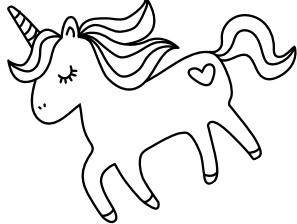

BONUS WORDS!

HYPO, HYPER, BASAL, GLUCAGON, ENDO, SUGAR, SITE, KETONES

I Spy: T1D



1. Color, then count each set of icons you find.
2. Write the number beside the icon on the grid.
3. Have fun!

TYPE 1 DIABETES WORD SCRAMBLE



1. OWL STTREA..... _ _ _ _ _
2. TEAISMRS..... _ _ _ _ _
3. LKIM..... _ _ _ _
4. ICUJY EJUCI..... _ _ _ _ _
5. IKLSTETS..... _ _ _ _ _
6. RUBSARTST..... _ _ _ _ _
7. AEGPRS..... _ _ _ _ _
8. KSCANS..... _ _ _ _ _
9. OOGG EUEQSZ..... _ _ _ _ _
10. NINKSY OPP..... _ _ _ _ _
11. NINDRE..... _ _ _ _ _
12. ARENG..... _ _ _ _ _
13. USLININ..... _ _ _ _ _
14. SOLUB..... _ _ _ _ _
15. STAF..... _ _ _ _
16. WOL..... _ _ _
17. HGHI..... _ _ _ _
18. CRABS..... _ _ _ _ _
19. HOTS..... _ _ _ _
20. UMPP..... _ _ _ _

Answer key on next page

TYPE 1 DIABETES WORD SCRAMBLE



ANSWER KEY

1. LOW TREATS
2. SMARTIES
3. MILK
4. JUICY JUICE
5. SKITTLES
6. STARBURST
7. GRAPES
8. SNACKS
9. GOGO SQUEEZ
10. SKINNY POP
11. DINNER
12. RANGE
13. INSULIN
14. BOLUS
15. FATS
16. LOW
17. HIGH
18. CARBS
19. SHOT
20. PUMP



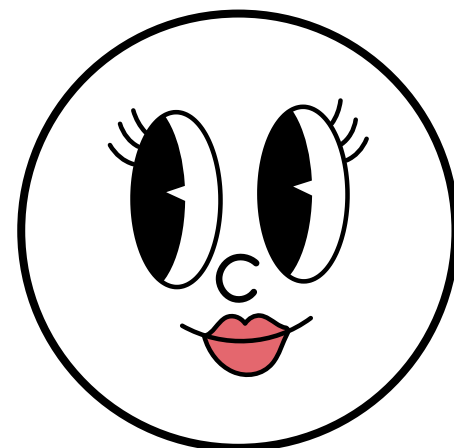
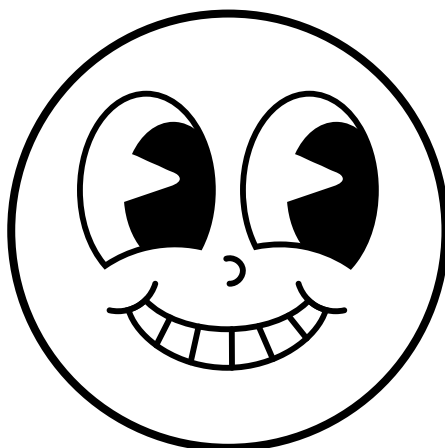
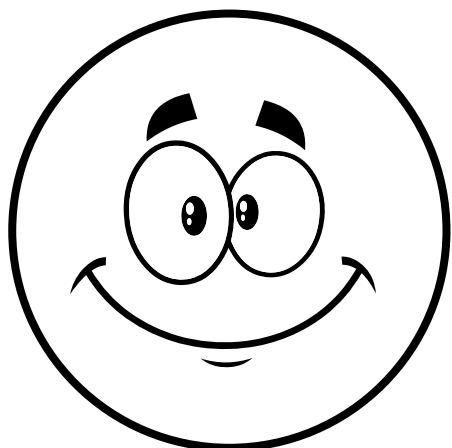
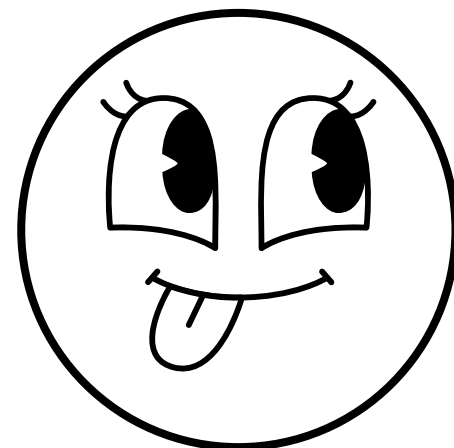
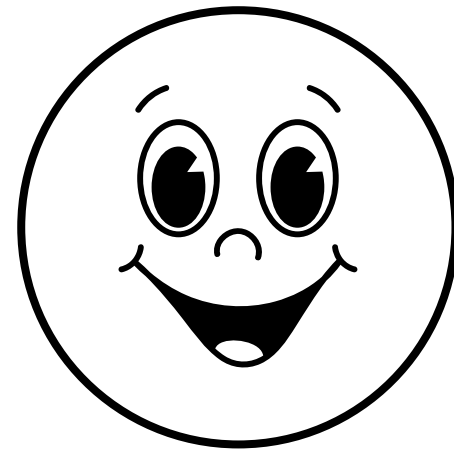
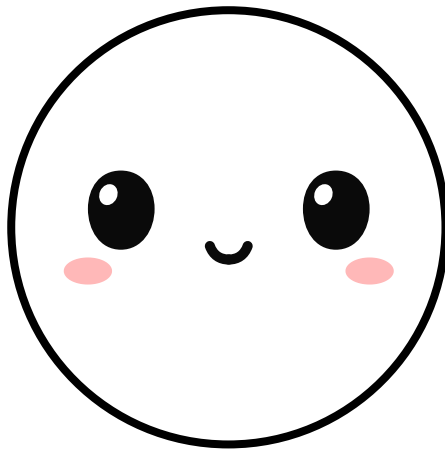
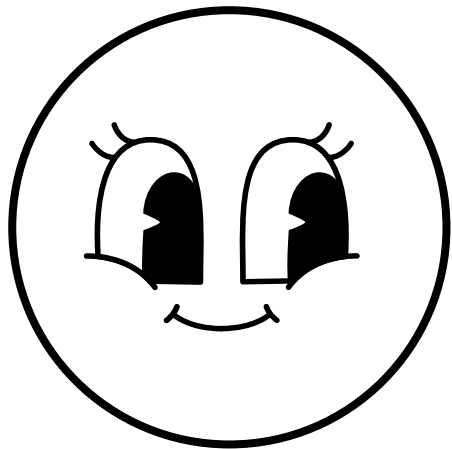
My Blood sugar is 100, which is a

UNICORN!



T1D BRAVERY CHART

For every brave act, color in a smiley face!
When your sheet is filled, celebrate your strength!

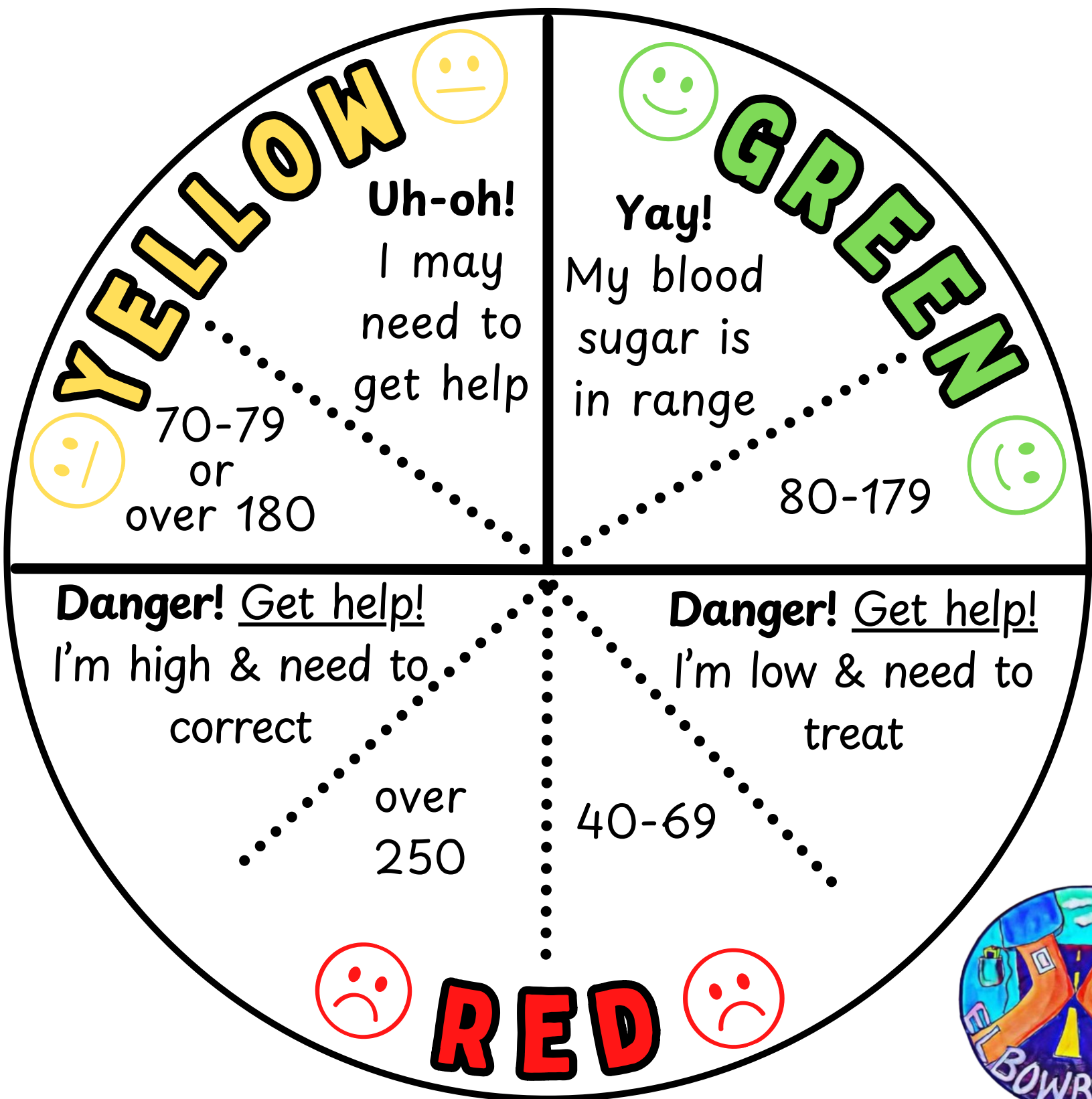


YOU ROCK!

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TYPE 1 COLOR WHEEL

WHAT'S MY BLOOD SUGAR?

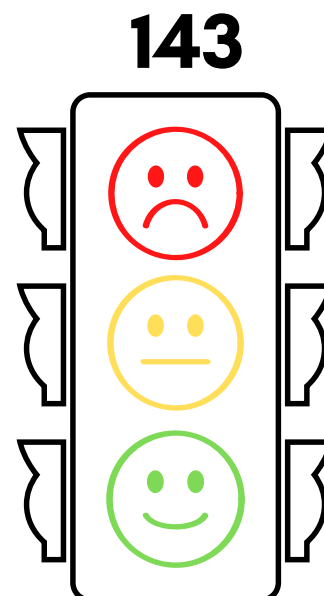
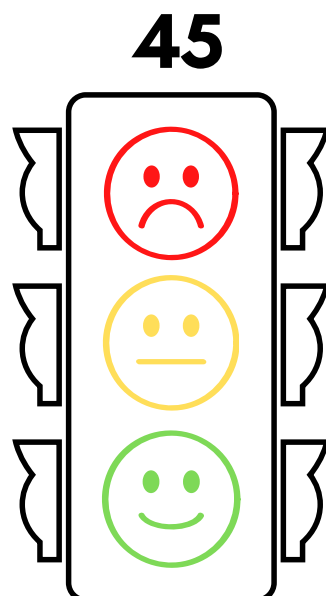
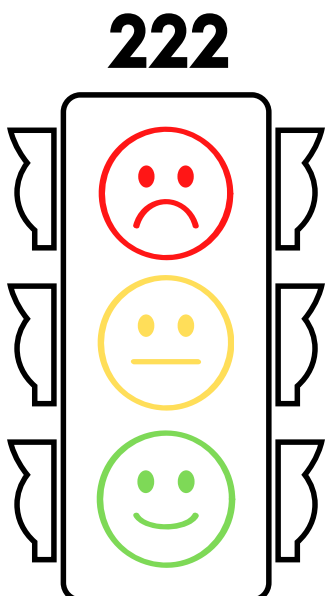
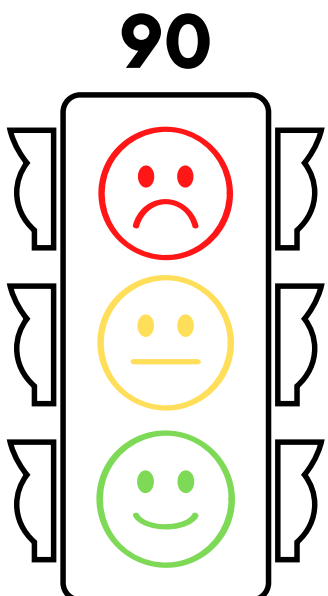
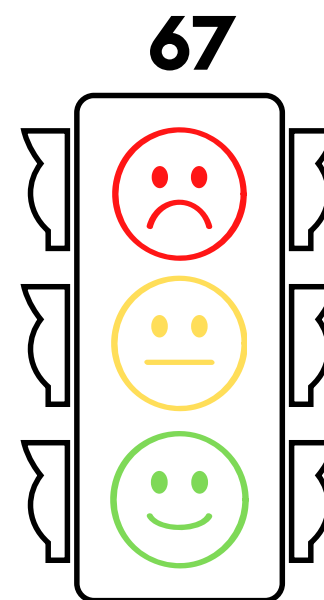
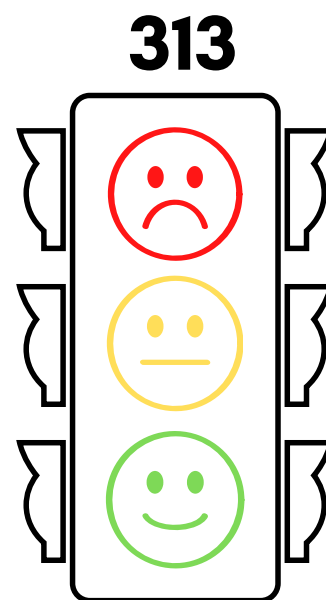
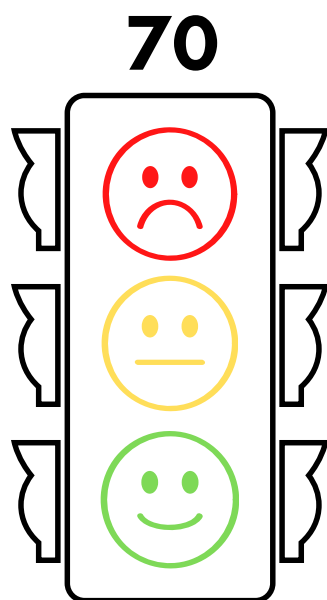
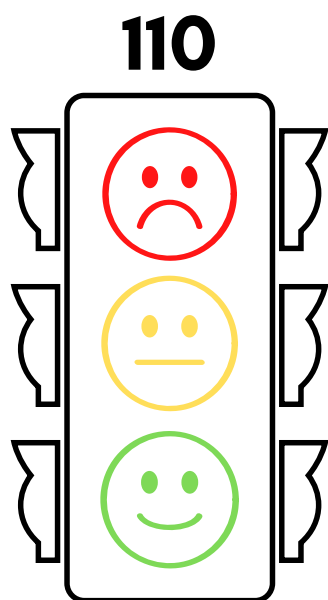


*Ranges will vary based on guidance from your doctor.

RED LIGHT, GREEN LIGHT! WHAT'S MY BLOOD SUGAR?

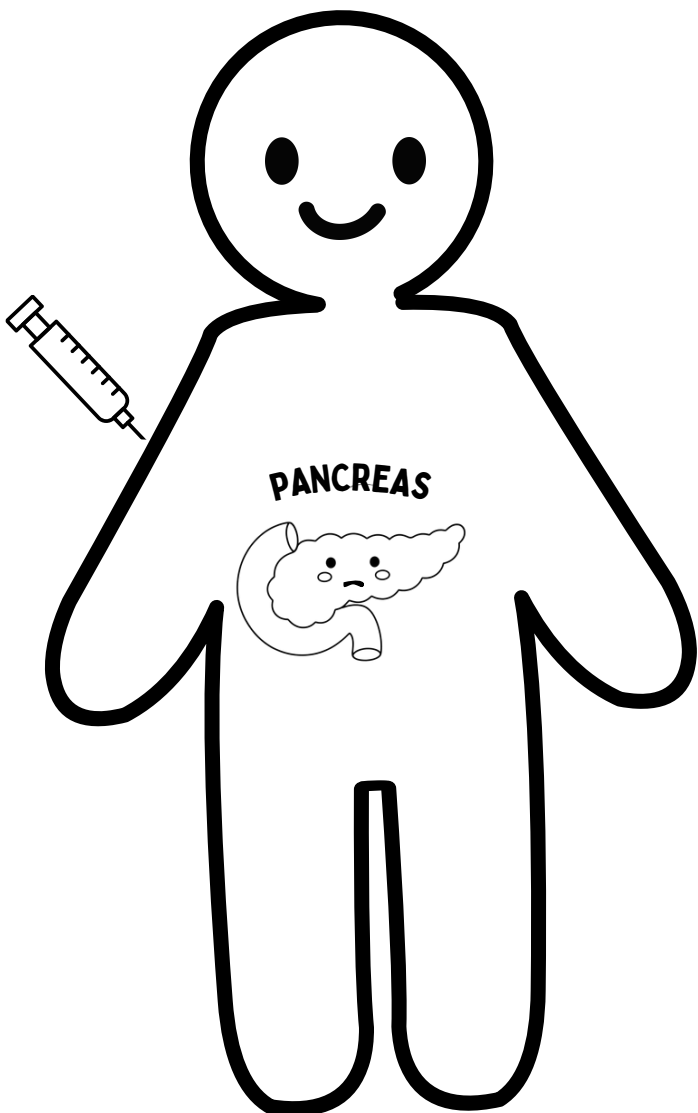
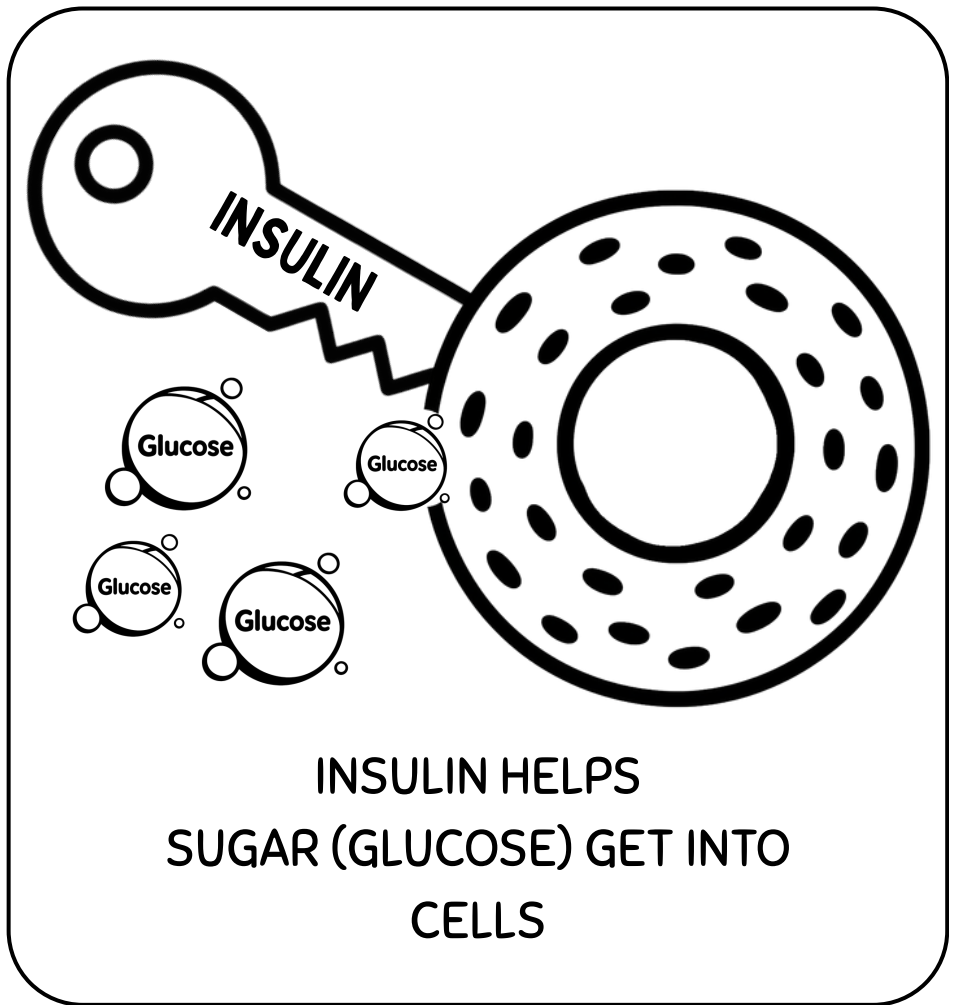
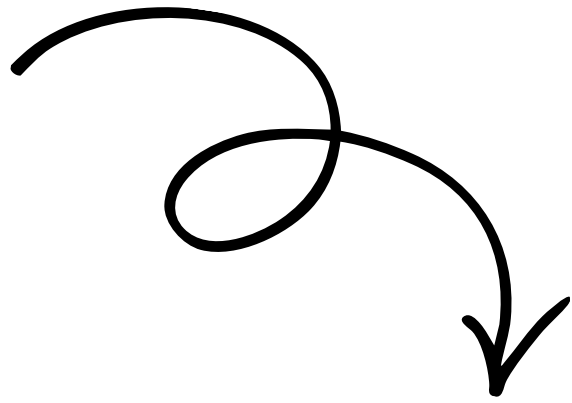
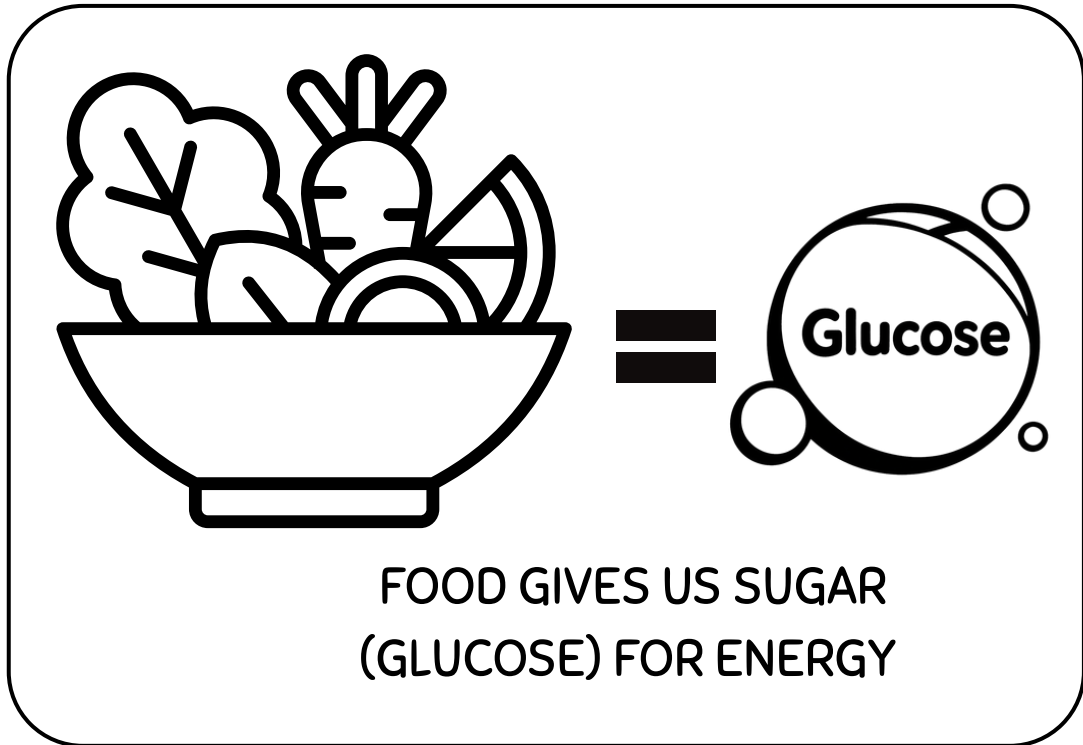


Help children practice recognizing when to act on their blood sugars. Use the stop lights to help them decide if they're in a safe range, or need to act.

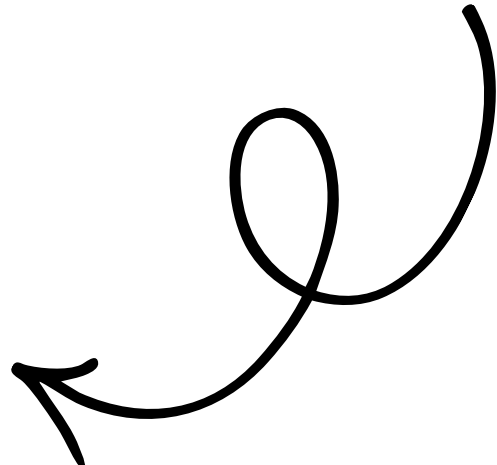




HOW MY BODY USES ENERGY



MY BODY DOESN'T MAKE INSULIN, SO I HAVE TO TAKE INSULIN

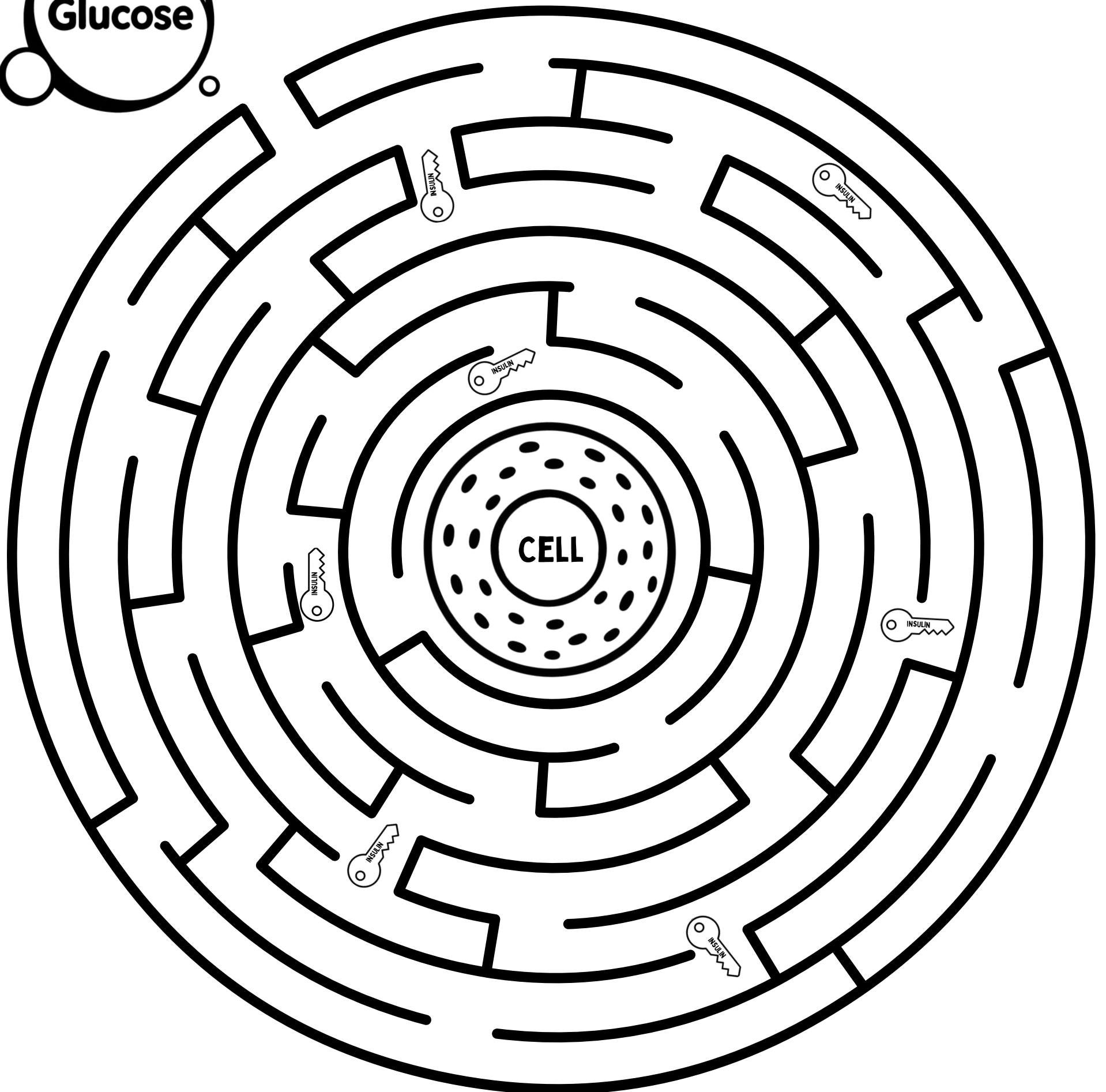
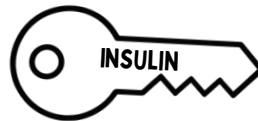




GLUCOSE MAZE

Help the Glucose Find the Cell

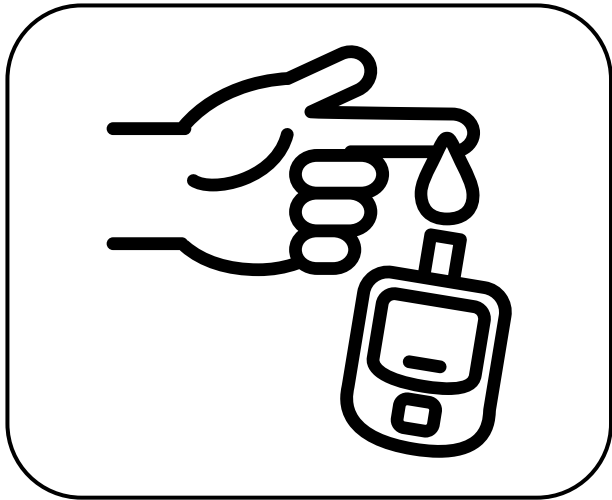
HINT: THE INSULIN KEYS ARE CHECKPOINTS!



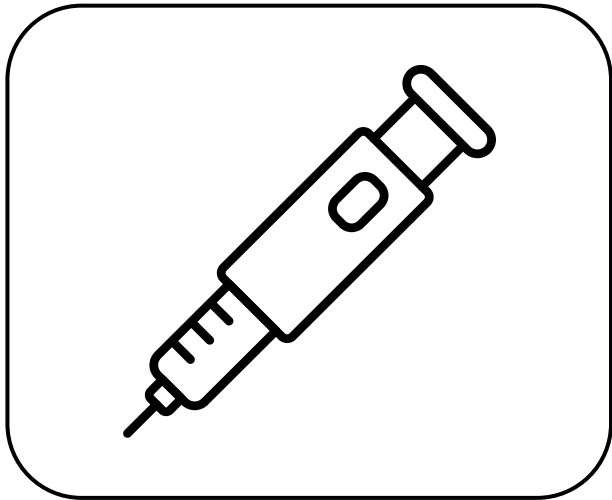


TYPE 1 TOOLS

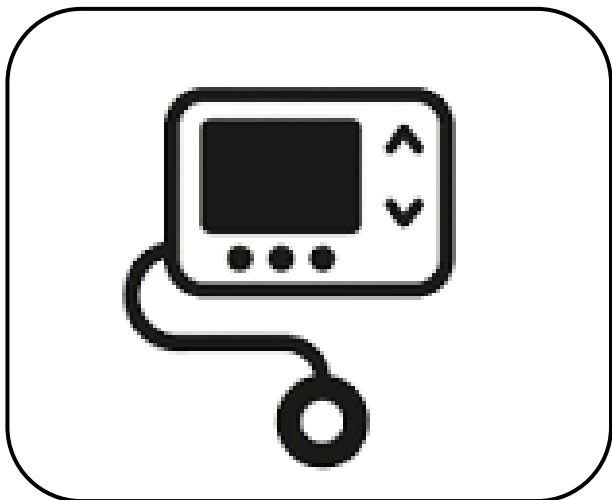
Draw a line to match the T1 tool to its job!



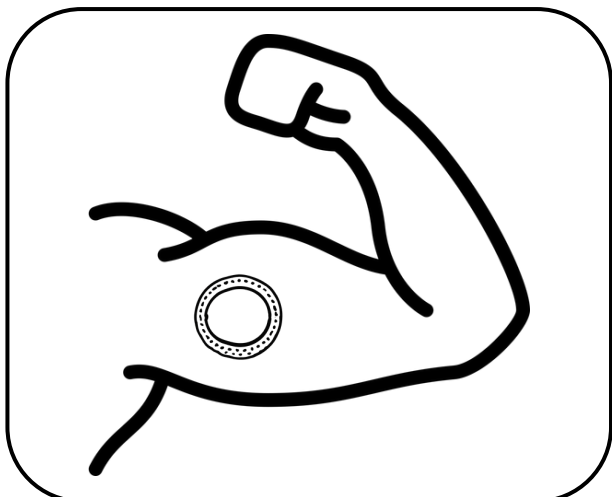
**GIVES INSULIN
ALL DAY**



**TRACKS BLOOD
SUGAR LEVELS**



**CHECKS CURRENT
BLOOD SUGAR**



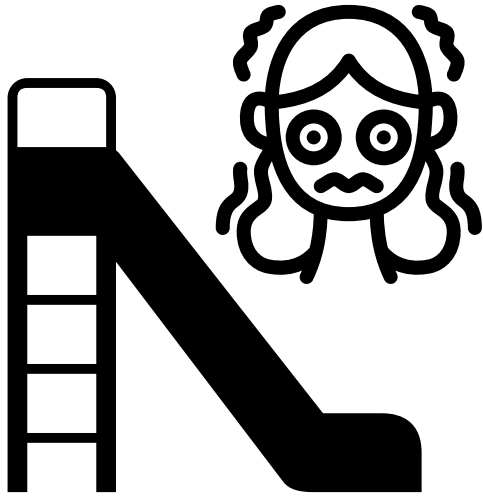
**GIVES A DOSE
OF INSULIN**



THIS OR THAT?

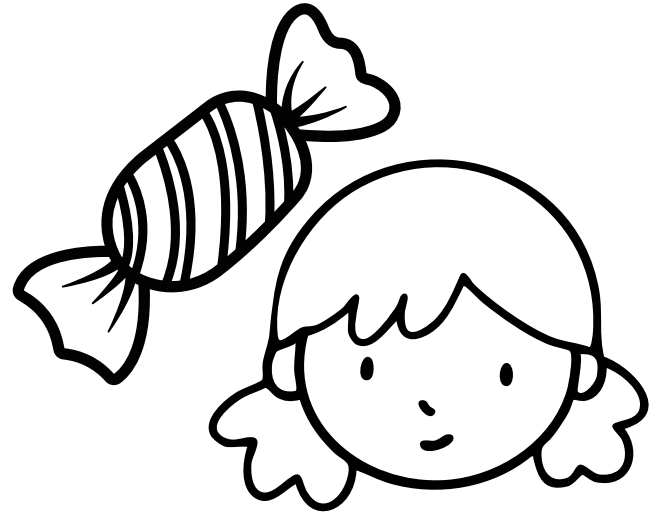
Choose what you would do in each scenario.

YOU FEEL SHAKY AT RECESS.



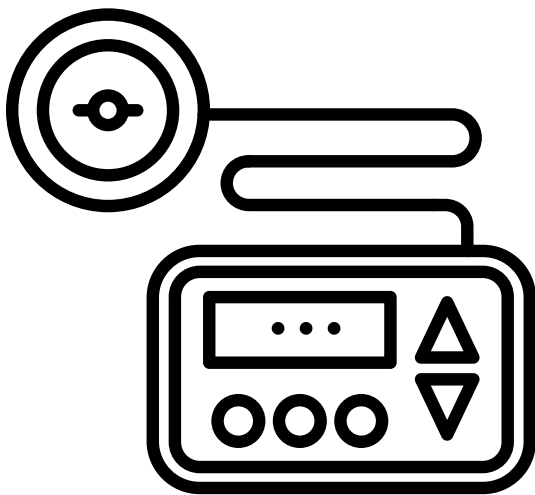
- Keep playing.
- OR
- Let a teacher/parent know that you may need to check your blood sugar and eat some fast carbs.

YOU WANT A PIECE OF CANDY.



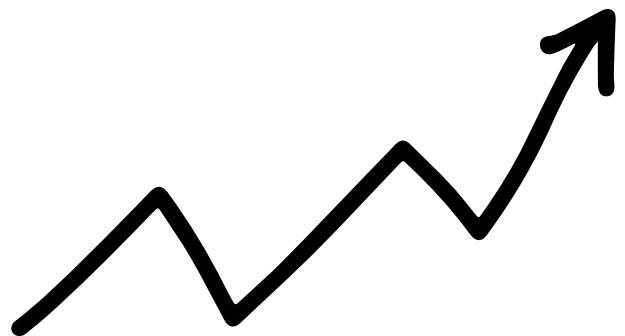
- Take insulin for carbs.
- OR
- Sneak it and hope your blood sugar doesn't raise.

**YOU NOTICE YOUR PUMP SITE
FELL OFF.**



- Wait until you get home and tell someone.
- OR
- Let a teacher/parent know right away.

**YOUR BLOOD SUGAR IS HIGH
AND RISING.**



- Drink some water and monitor.
- OR
- Drink some juice and see if that helps.



COMIC YOUR DAY

Draw your SUPER self in each situation!

CHECKING MY
BLOOD SUGAR

MY FAVORITE
WAY TO BE
ACTIVE

EATING MY
FAVORITE
FOOD

TAKING CARE OF
MY BODY



DOODLE YOUR FEELINGS

Fill in the blanks & doodle what you feel!

SOMETIMES I FEEL

ABOUT DIABETES.

I FEEL MY BEST WHEN

_____.

I LIKE WHEN PEOPLE HELP ME BY

_____.

I WISH PEOPLE KNEW

_____.

My T1D drawing-what does T1D mean to you?





To learn more about Type 1 Diabetes, visit the resources page of www.elbowbumpkidinc.org



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