

Living Beyond Workshop

Our goal at [Beyond Type 1](#) is to inspire and support Type 1 Diabetics in their everyday lives, helping them see and live beyond their diagnosis, while always supporting the path to a cure. We realize that having T1D is tough, and that not every day is a good day, so we like to show that as a Type 1 Diabetic you can do whatever you set your mind to and achieve any dream you have. Type 1 Diabetes should not hold anyone back, and these workshops are designed to help Type 1's see that and understand that they are not alone, they more than their diagnosis, and that they can live beyond!



What the Workshop Looks Like

A “Living Beyond” Workshop will take approximately a half-hour to hour, depending on the size of the camp and how much time you spend in discussion.

The session will begin with a Beyond Type 1 Ambassador or a camp counselor/ Leader giving a short presentation on what Beyond Type 1 is, what we do, and will introduce our “Living Beyond” Instagram campaign. After this a camp counselor/ leader will introduce the activities to be done, break the campers up into small groups, and will hand out worksheets and “How Do You Live Beyond” cards to the campers. The campers will spend time filling out their worksheets, which will ask a few simple questions such as “What are some of the bad parts of having Type 1 Diabetes?” and “What are some of the good parts?” In doing this the campers can acknowledge that having T1D is not easy, and then can look at their disease in a more positive light.

After worksheet completion there will be time to discuss and reflect on what was written, then the campers will fill out their “How Do You Live Beyond?” cards. They may either write a statement, draw a picture, or both! It is up to them and what they feel most comfortable with.

Once the “Living Beyond” cards are completed, the groups will all come together and will spend some time sharing a few standout things from each groups discussions. You could pick a person from each group, or could have kids volunteer at random.

After the discussions are done, the campers and counselors will put up their “Living Beyond” cards for display somewhere in the camp that is appropriate. This installation will serve as a reminder to Live Beyond Type 1 Diabetes. At the end of camp they may take their cards if they wish, or the camp may keep them.

Suggested Timetable

Though times are suggested for each activity, please use discretion and adjust as needed to give more or less time.

Beyond Type 1 Intro: 8 minutes

Breaking into Groups and Handing out of Materials: 2 minutes

Worksheet Time: 8-10 minutes

Group Reflection Time: 15-20 minutes

Filling out "Live Beyond" cards: 8-10 minutes

Big group sharing: 5-8 minutes

Posting "Living Beyond" Cards: Will vary per number of campers

What We Provide

Introductory Slide Presentation for Camp
Instructions and Timeline
Worksheet PDF
“Living Beyond” cards PDF
Hats and/or Bracelets (if desired from camp)

What You Provide

Happy Campers!
Counselors or camp facilitators
Pens, Pencils, Markers, Colored Pencils, etc.
Facility for session including display for presentation - wherever is appropriate at location.
Board or Wall to display “Living Beyond” cards
Ability to photograph the session and “Living Beyond” Wall
Ability to print out worksheet and live beyond cards. (We recommend printing the cards on cardstock)
A way to send the information on the Living Beyond Workshop to the parents afterwards - can either be via email or handing out physical sheets.

Any questions please email Mary Lucas at mary@beyondtype1.org.