

Living Beyond Camp Sessions

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 camp sessions are designed to help kids see that and understand that they are not alone, they more than their diagnosis, and that they can live beyond!

What the Session Looks Like

A “Living Beyond” Camp Session will take approximately an hour, though it may vary depending on the size of the camp.

The session will begin with a Beyond Type 1 Ambassador 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 administrator or counselor will introduce the activities to be done 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 the campers will be broken up into small groups by counselors; we recommend smaller groups of about 5-10 people, though it will vary due to camp size. 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.

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 the campers 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. This is based on a session with 20-30 people and four leaders.

Beyond Type 1 Ambassador 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 location

What We Provide

Ambassador Training / Training Video
Ambassador T-Shirt
Introductory Slide Presentation for Camp
Instructions and Timeline
Worksheet PDF
“Living Beyond” cards PDF
Hats and/or Bracelets

What You Provide

Happy Campers!
Counselors or camp facilitators
Pens, Pencils, Markers, Colored Pencils, etc.
Facility for session - 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)