

Lenny's Camp Scavenger Hunt

Lenny is ready for adventure this summer and what better way to begin exploring than with Lenny's Scavenger Hunt! Follow along with Lenny on a diabetes journey. Remember that diabetes may throw you some twists, turns and a few unexpected surprises but by staying the course there are healthy outcomes to be had.



- 1 Find a handy snack.** Check those grams of carbohydrates and do that many jumping jacks.
- Lenny's favorite healthy drink is water! **Grab a bottle and take 3 good sips.**
- Lenny knows that when the weather heats up you may get sweaty or wet, so you need to check your infusion set and CGM site often. **Count to 30** while you do a quick check of yours.
- Lenny loves to skip for a little extra movement. Take out your pump, pen app, or logbook and find your total daily dose of insulin (it's ok to ask an adult for help!) then **skip around for that many seconds.**
- Share with someone nearby the best part of your diabetes journey.** Lenny is meeting all sorts of new friends living with diabetes and sharing his tips and tricks with them.
- 6 How old were you when you were diagnosed with diabetes?** Multiply that number by 2 and hop on one foot that many times.
- 7 Look at your pump or CGM, or take a quick blood glucose check.** Divide that number by 2 and wiggle for that many seconds.
- 8 Fun fact: Lenny gets his name from Leonard Thompson, the first child to receive an insulin injection 100 years ago. Sing Happy Birthday to insulin.**
- 9 Lenny loves supporting the diabetes community. Write down one idea** of how you could support people living with diabetes in your community.
- X You made it!** Lenny knows diabetes isn't easy, but through support, dedication and community we can make a difference. Watch this video and do your own Blue Balloon Challenge.



SCAN ME