

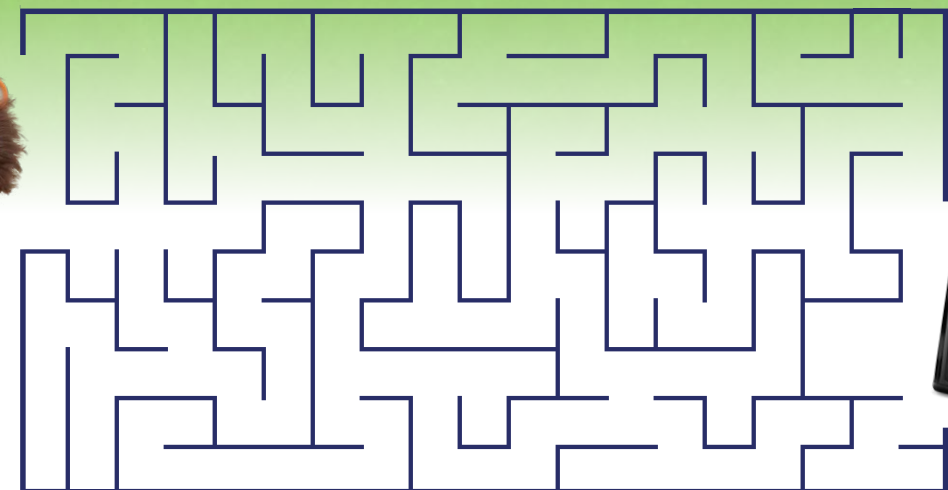
Have fun with
Lenny, Maria and Raya's

PLAY BOOK



Hello!

Lenny has type 1 diabetes, just like you! Join Lenny and his friends, Maria and Raya the deer, through all their adventures as they learn more about type 1 diabetes.



Can you help reunite Lenny with his **insulin pump**? An insulin pump is a tiny machine that delivers the insulin that your body needs. Draw a line through the maze for Lenny to follow.

LENNY'S WORD SEARCH

Join Lenny as he spots words about **diabetes** in this fun word search. You will find the words going across and down. Draw a line through each word as you find it! You can also watch the video to learn more about type 1 diabetes.



Learn about type 1 diabetes

[Click here](#)

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

- | | | |
|---------|---------|----------|
| LENNY | SNACK | SENSOR |
| INSULIN | SWEETS | DIABETES |
| MARIA | GLUCOSE | BOLUS |
| RAYA | PUMP | BASAL |



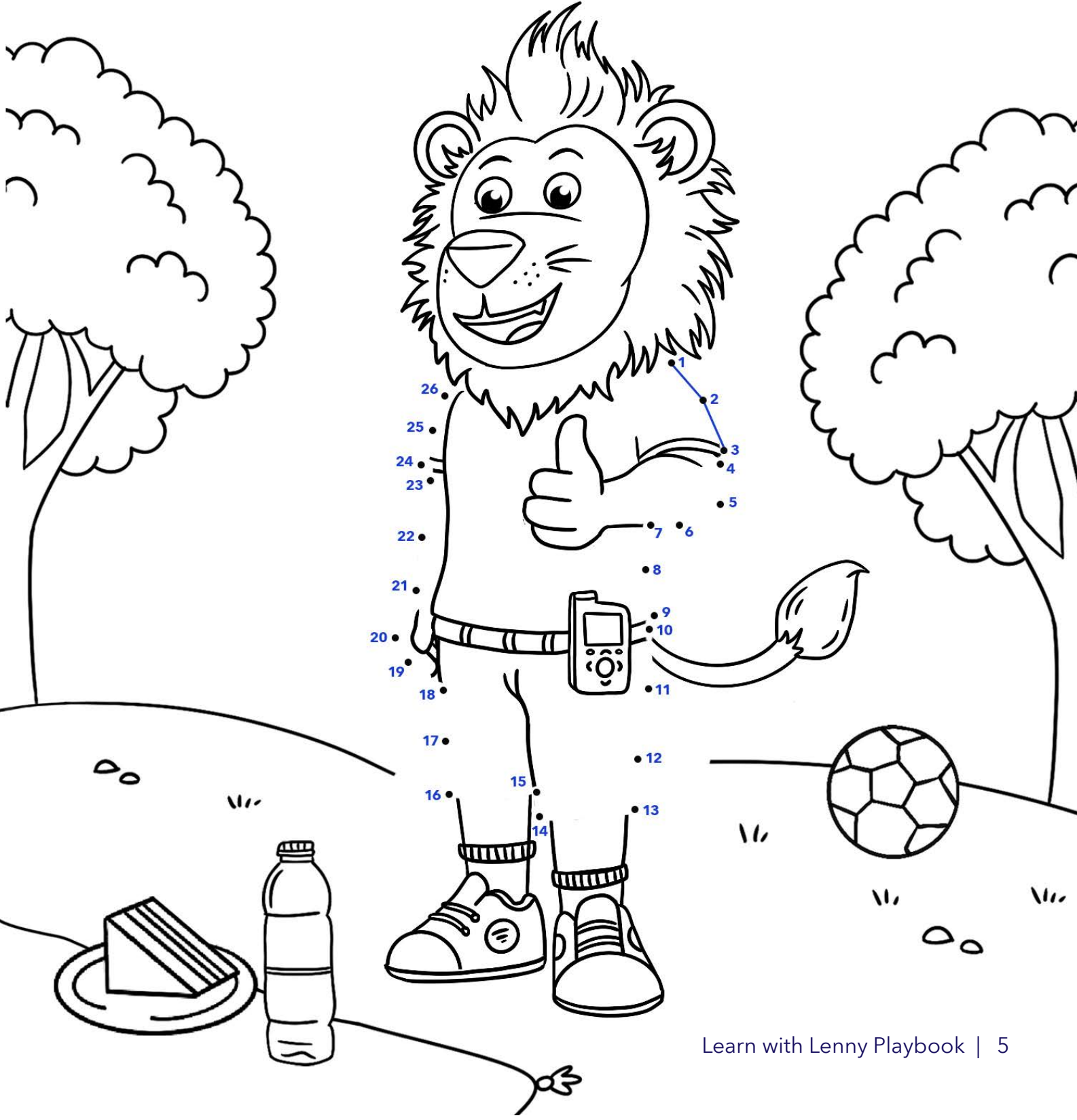
CONNECT THE DOTS

Check out Lenny with his **insulin pump**! Use a pencil or a crayon to connect the dots and complete Lenny's outline. The numbers start at 1 and go up to 26. You can also watch the video to learn more about insulin pump therapy.



Learn about insulin pump therapy

[Click here](#)



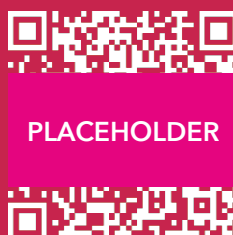
MARIA'S MAZE

Lenny is lost in a maze on a day trip! Can you help Maria find her way to him?



WHICH WAY SHOULD I GO?

Learn more about Lenny's highs and lows with type 1 diabetes: An Adventure to the Waterfall Park



Click here

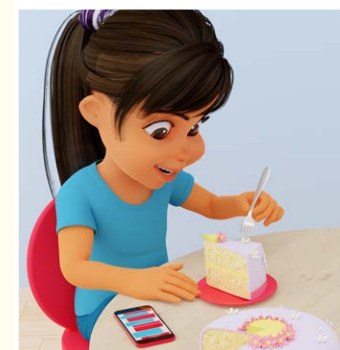
WHAT'S YOUR FAVOURITE?

Look at all the different activities you can do with your insulin pump. Check out how Lenny stays **active with his pump** - scan the QR code to watch the video. Circle which activity is your favourite between the 2 choices in the same row.



Being active with my insulin pump

Click here



I LIKE EATING
CAKES



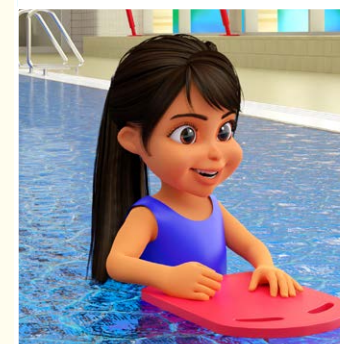
I LIKE EATING
SALADS



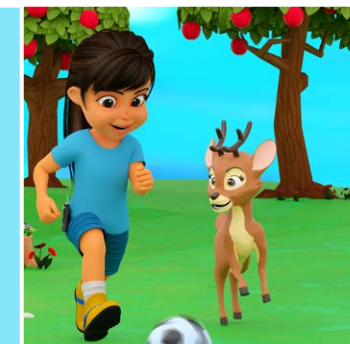
I LIKE RIDING
MY BIKE



I LIKE
LISTENING TO
MUSIC



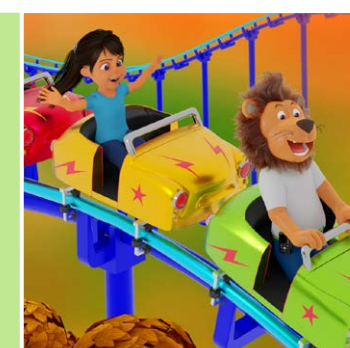
I LIKE GOING
TO THE
SWIMMING
POOL



I LIKE PLAYING
FOOTBALL



I LIKE HIKING
OUTDOORS



I LIKE THEME
PARKS

LENNY'S SUDOKU

It's early in the morning and Lenny is getting dressed for the day. This is a great time to **change your infusion set and reservoir** - scan the QR code to learn how to do this.

Use the numbers 1,2,3 and 4 only once in each box of four, column or line of four.

Learn how to change your infusion set and reservoir

[Click here](#)



	3	4	
4			2
1			3
	2	1	

2			
		3	
1	4		
			1



LENNY'S SUDOKU

Lenny is talking to Maria on the phone to help her solve this Sudoku puzzle, just like the sensor and pump can talk to each other via a special signal called Bluetooth. Learn more about **continuous glucose monitoring** (CGM) and how to change your **sensor**.

Learn what CGM is & how to change your sensor

[Click here](#)

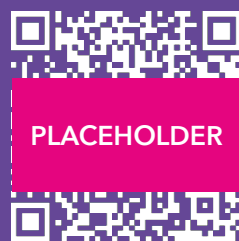


		4	
4		3	
	4		3
	1		

1	2	4	
	3		
	1		2

FIND THE PATH

Stay healthy by **eating balanced meals** with fruits, veggies, whole grains, and lean proteins while keeping an eye on carbs to manage your glucose levels. Draw over the paths to see Lenny, Maria and Raya's favourite food.



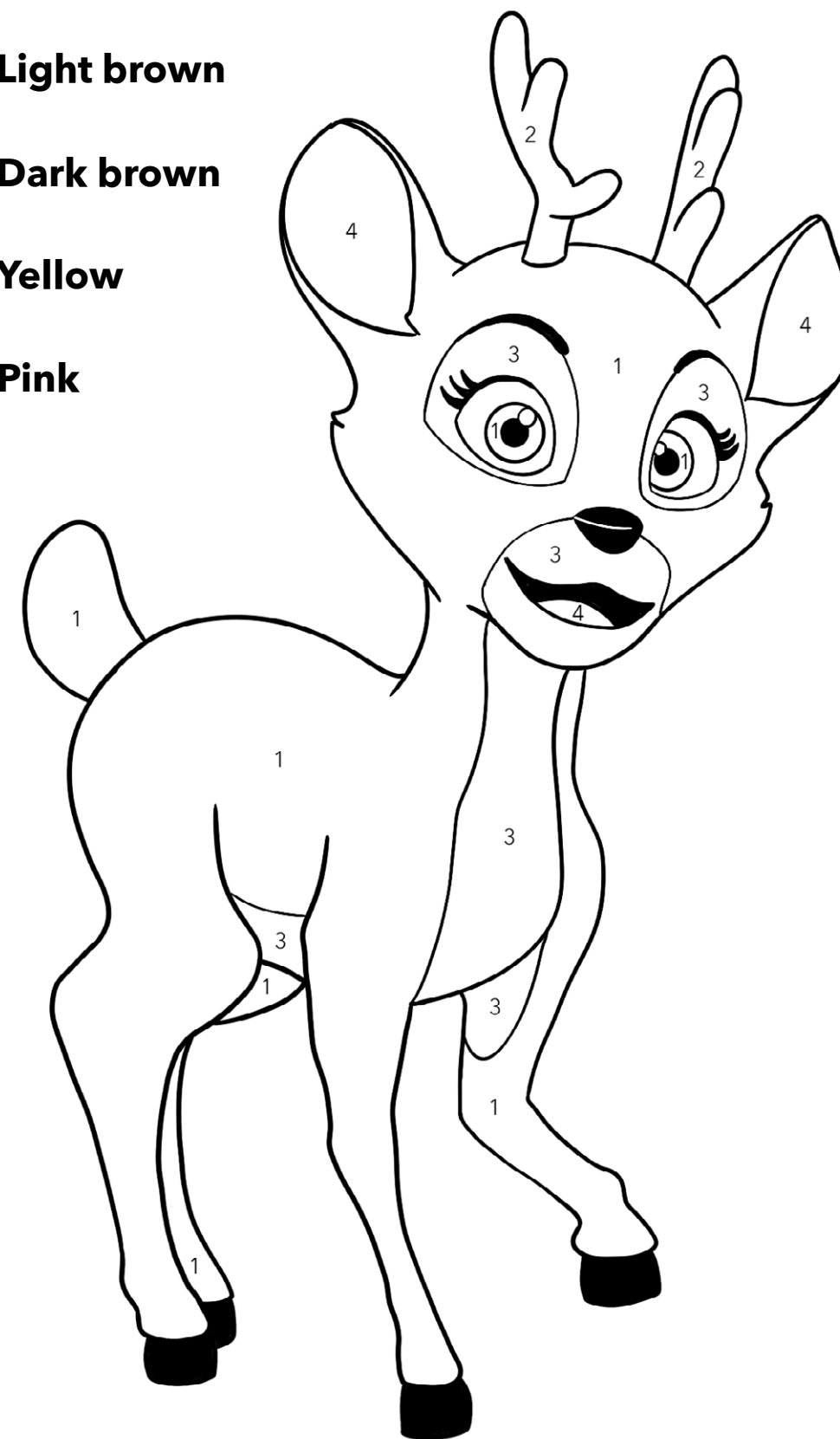
Learn with Lenny
guide: Food, insulin
pump and you



COLOUR BY NUMBERS

Grab your favourite colours to make Raya come to life!
There are some colour suggestions below to help you.

-  **1. Light brown**
-  **2. Dark brown**
-  **3. Yellow**
-  **4. Pink**



WORD SCRABBLE!

Use the words from the list and unscramble the letters! All these foods are proteins. **Protein** helps to grow and repair all the muscles, bones and tissues in our bodies. It makes us strong and keeps us healthy.

BACON, STEAK, EGG,
LENTILS, BEANS,
FISH, CHICKEN



— — — — —
E K T S A

— — — — —
N S E B A

— — — — —
T L I S N L E

— — — — —
H I F S

— — — — —
B O N C A

— — — — —
G E G

— — — — —
N K E C I H C



PLACEHOLDER



Learn with
Lenny guide:
Nutritious and
delicious - proteins

SPOT THE DIFFERENCE

This is the first night Lenny is sleeping with his new insulin pump - scan the QR code to learn about the **different ways to wear your insulin pump when sleeping**. Can you spot the 5 differences between the 2 pictures.



Learn with Lenny
guide: You, your
pump & night-time

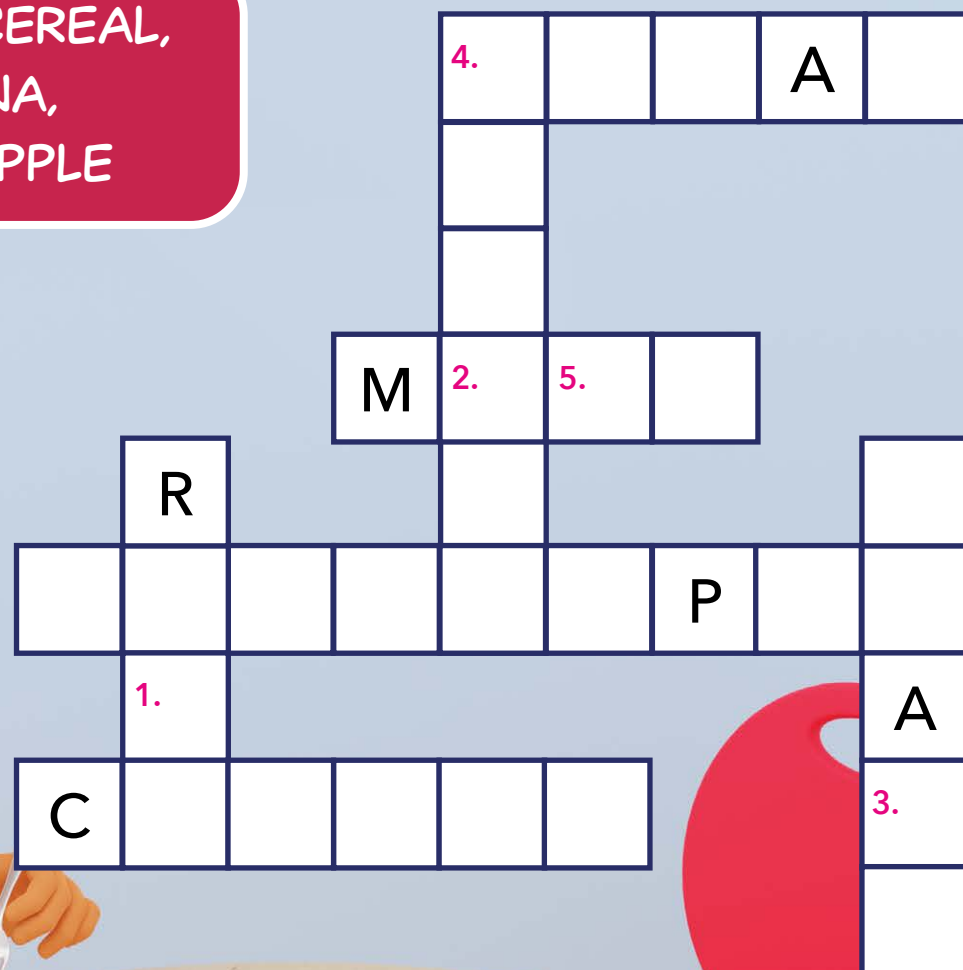
[Click here](#)



MARIA'S FOOD CROSSWORD

Let's learn more about the foods that can make our glucose levels go up.

MASH, RICE, CEREAL,
BREAD, BANANA,
PEARS, PINEAPPLE



What do these foods have in common?

They all have...

1 2 3 4 5

COUNTING CARBS

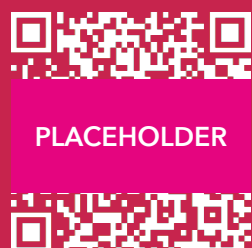
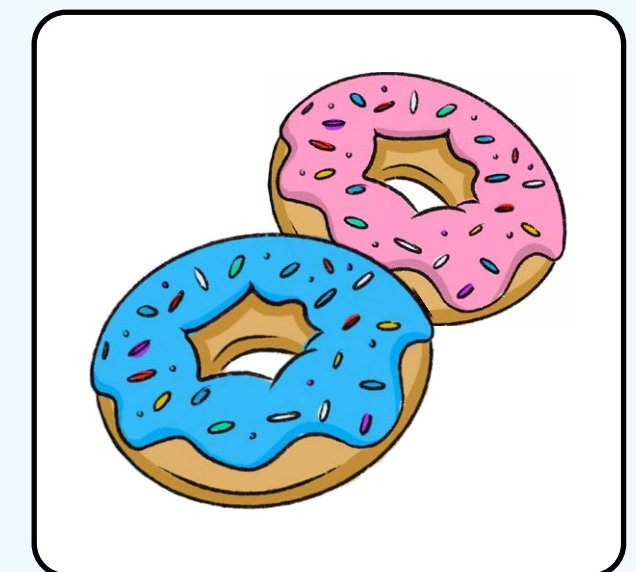
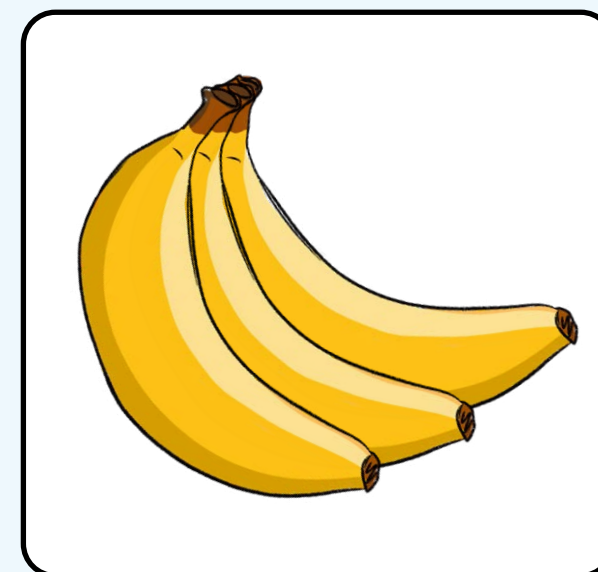
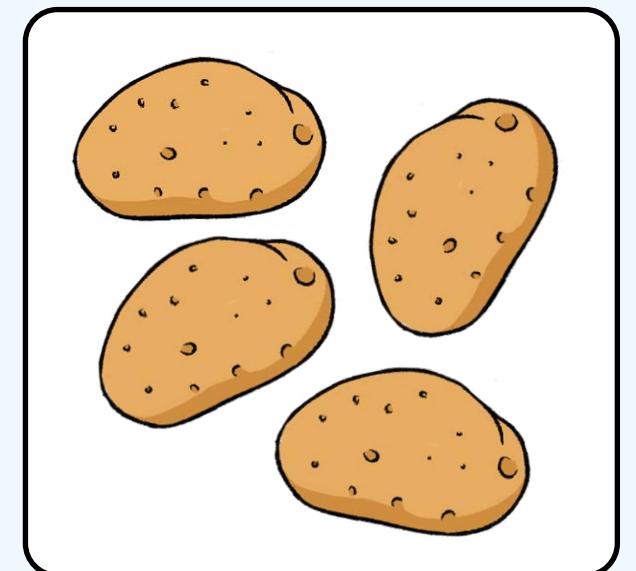
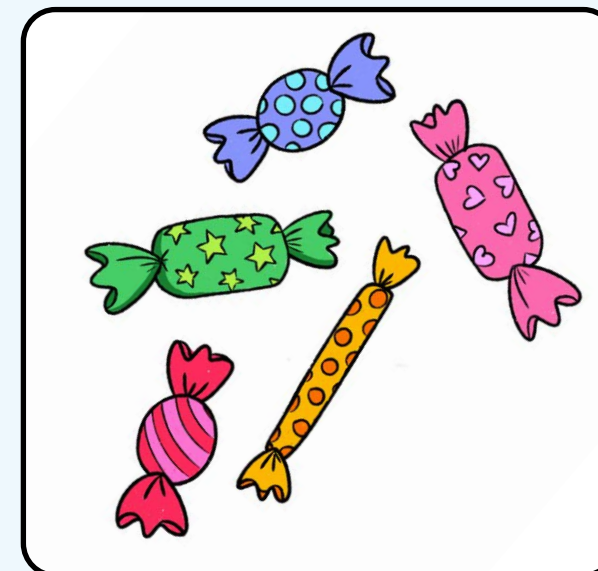
How many of each food can you see below?

All these foods contain carbs which can make your glucose levels go up. When your glucose levels go high, this is called **hyperglycaemia**.



Learn with Lenny guide: Hyperglycaemia

[Click here](#)



Learn with Lenny guide: Nutritious and delicious - carbs

CAN YOU SPOT THESE...

Lenny has been hiking through the woods, all day.
Lots of activity can make your glucose levels go down
and even go low - this is called **hypoglycaemia**.



Learn with Lenny
guide: Hypoglycaemia

[Click here](#)



5

LADYBUGS



3

BUTTERFLIES



1

RAYA



1

MARIA



CRACK THE CODES WITH MARIA!

Help Maria crack the codes by working out which letter goes in each number space.

1	2	3	4	5	6	7	8	9
A	B	C	D	E	F	G	H	I

10	11	12	13	14	15	16	17	18
J	K	L	M	N	O	P	Q	R

19	20	21	22	23	24	25	26
S	T	U	V	W	X	Y	Z

2 5 2 18 1 22 5

12 9 11 5 1

12 9 15 14



COLOUR BY NUMBERS

Grab your favourite colours to make Maria come to life! There are some colour suggestions below to help you.

- 1. Dark brown
- 2. Cream/light orange
- 3. Light blue
- 4. Dark blue
- 5. Yellow





COMPLETE THE PICTURES

Diabetes may be new to you and you may be unsure what to expect. Scan the QR code to view the guide that can help you complete the picture about type 1 diabetes. Help Lenny complete the pictures below.

RAYA



Draw Raya's antlers

LENNY



Draw Lenny's mane (hair)

MARIA



Draw Maria's smile



Learn with Lenny
guide: Type 1 diabetes
made Maria strong

SPOT THE DIFFERENCE

Lenny is about to go swimming at the beach - how fun! You can still do all the activities you love to do with your insulin pump! Check out how Lenny does **water activities with his pump** - scan the QR code to watch the video. Can you spot the 6 differences between the two pictures of the friends at the seaside?



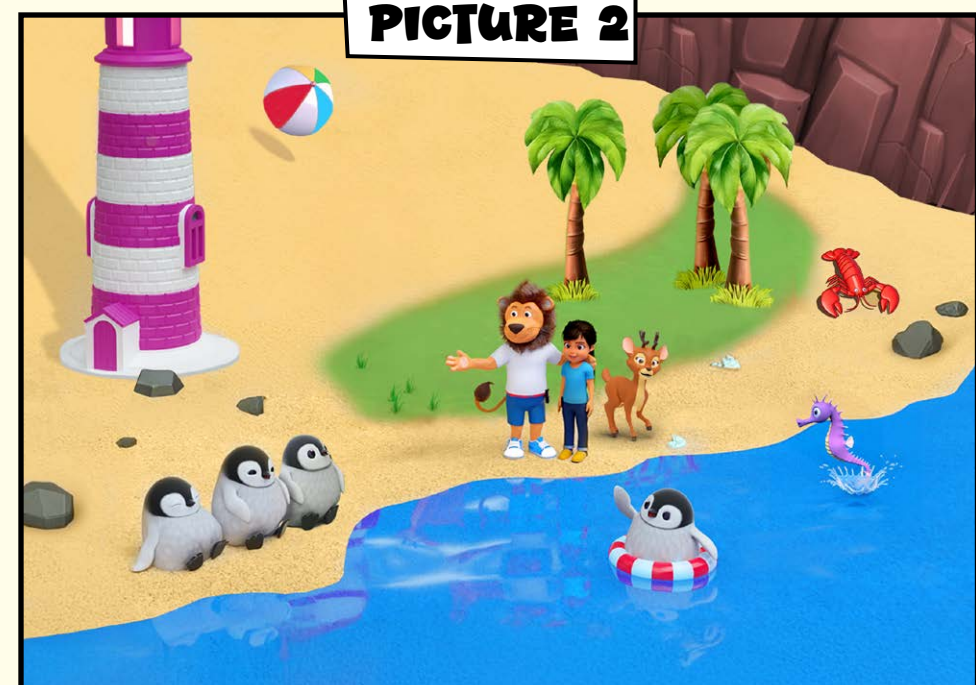
Learn with Lenny guide:
Swimming, showering
and your pump

[Click here](#)

PICTURE 1

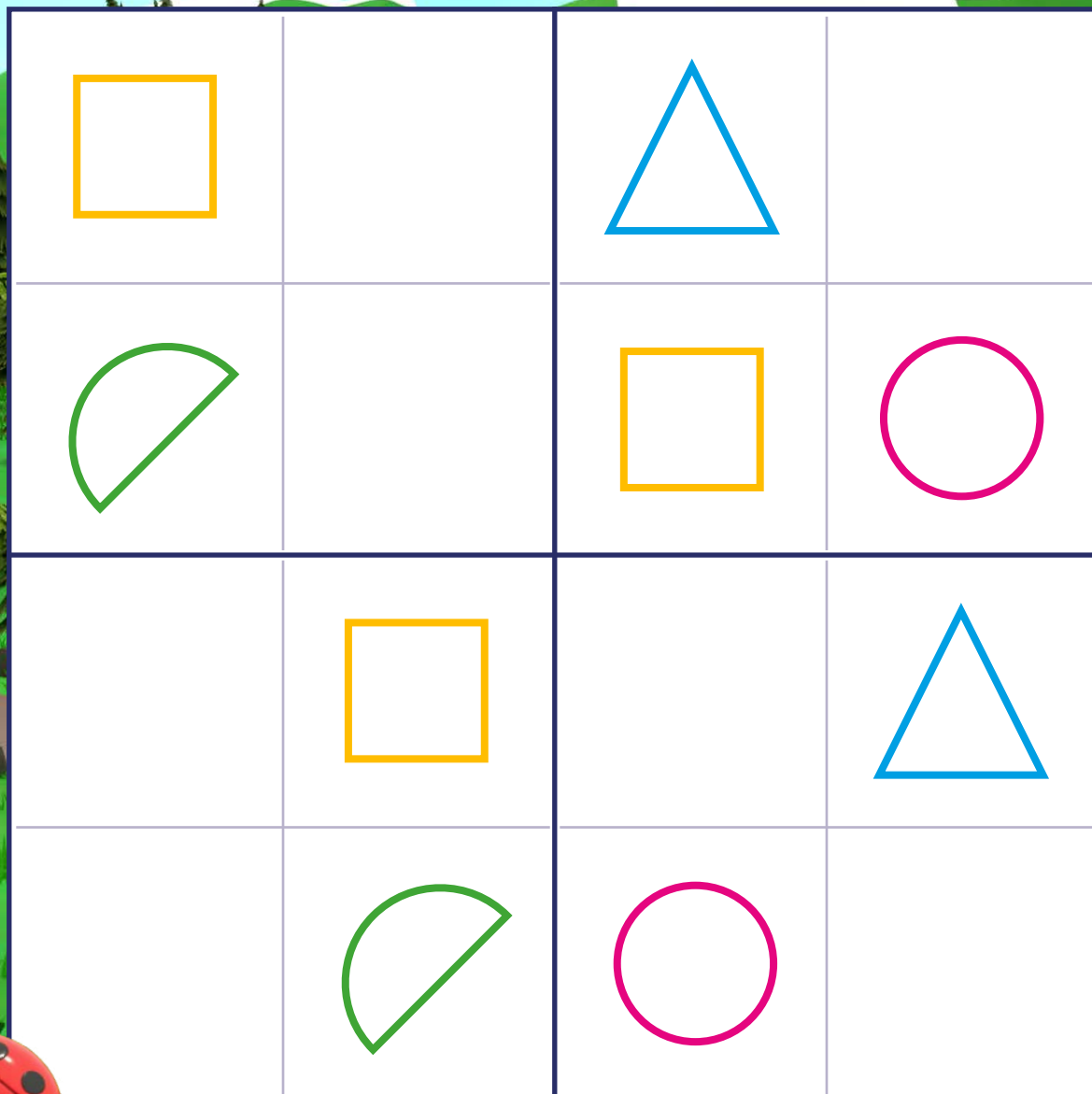


PICTURE 2



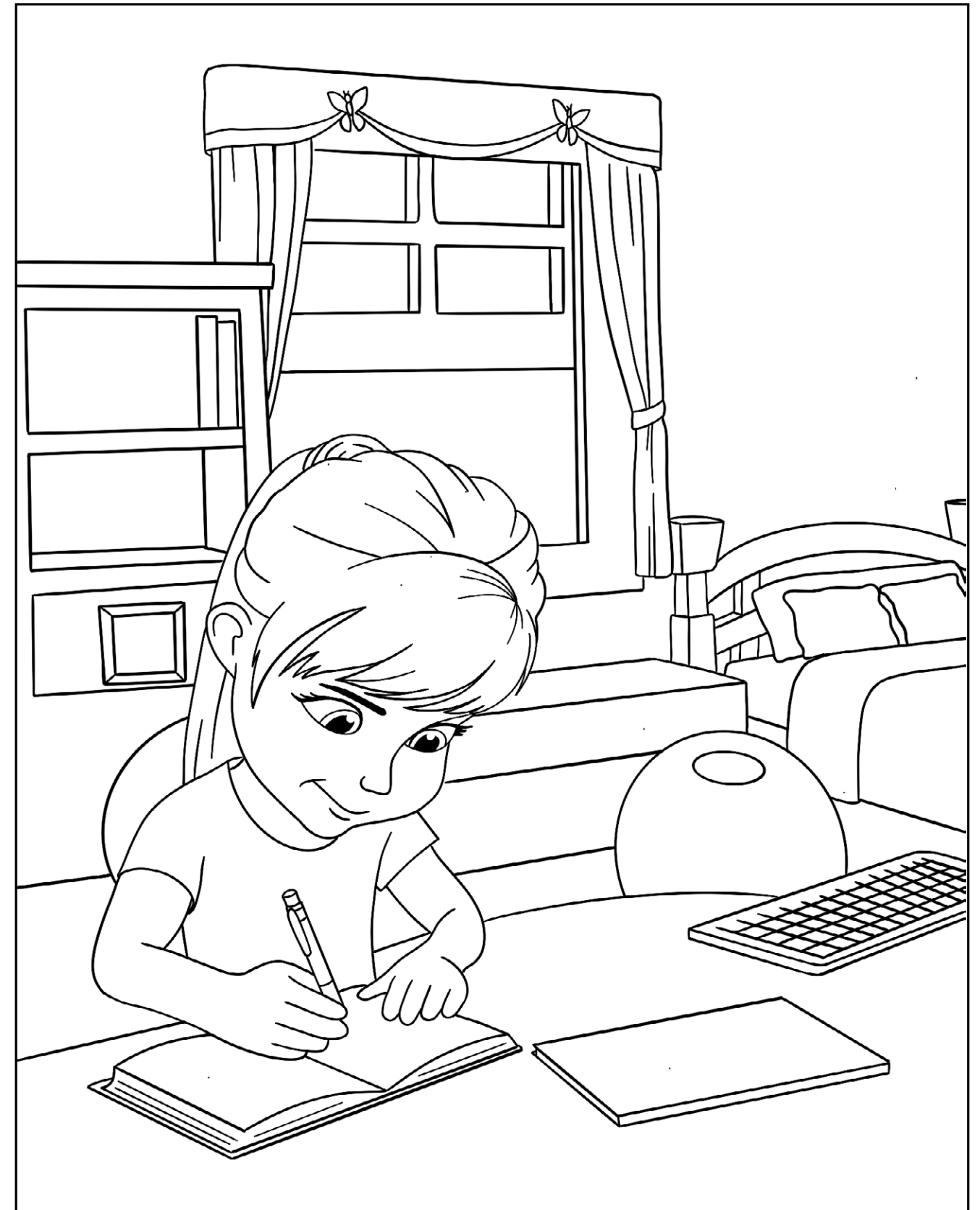
FIND THE SHAPES

Can you solve this shapes sudoku puzzle? Each row across and down should have 1 of each shape. Use the shapes below and draw in the blank spaces.



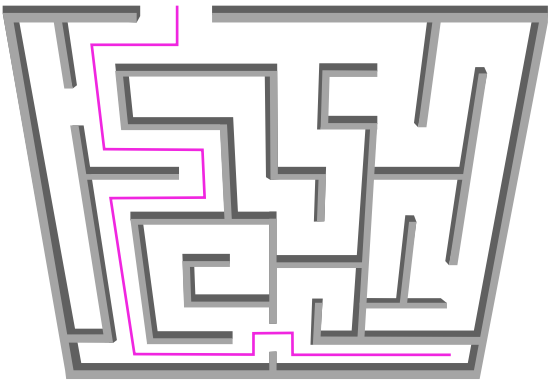
COLOUR IN MARIA

Grab your favourite colours and make Maria come to life!



[illegible]

Page 6: Maria's Maze



The figure displays two 4x4 grids representing matrices. The left grid represents matrix A and the right grid represents its inverse A^{-1} .

Matrix A (Left Grid):

3	2	4	1
1	4	2	3
2	1	3	4
4	3	1	2

Matrix A^{-1} (Right Grid):

4	1	3	2
2	3	4	1
1	2	4	3
3	4	1	2

4	1	2	3
3	2	4	1
2	3	1	4
1	4	3	2

3	2	4	1
1	4	2	3
4	3	1	2
2	1	3	4

4	1	3	2
2	3	4	1
3	4	1	2
1	2	3	4

4	2	1	3
3	1	4	2
1	3	2	4
2	4	3	1

2	3	1	4
4	1	3	2
1	2	4	3
3	4	2	1

STEAK

BEEF

FISH

TILLS

STEAK EKTSA

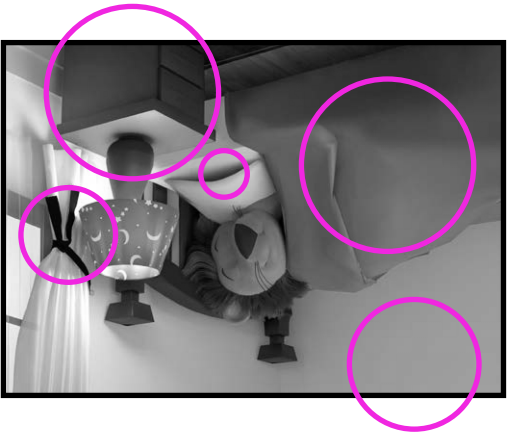
B E A N S
 —————
 N S E B A

BACON
BONCA

$$\begin{array}{r} 999 \\ 111 \\ \hline 1110 \end{array}$$

CHICKEN

NKECH



Mash, Rice, Peas, Beans,

LENTILS

S	H	I	F
H	S	I	F

$$\begin{array}{r} 999 \\ 111 \\ \hline 1110 \end{array}$$

CHICKEN

NKECH

Mash, Rice, Peas, Beans,
Banana, Pears, Pineapple

Banana, Pears, Pineapple

What do these foods have in common?

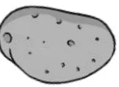
They all have...

1	2	3	4	5
C	A	R	B	S

There are 5 sweets



There are 4 potatoes



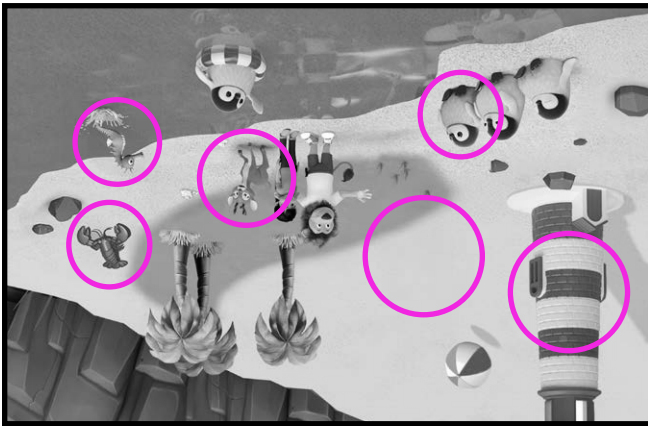
There are 3 bananas



There are 2 doughnuts



26 | Learn with Lenny Playbook

[illegible]



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Disclaimer

Information contained herein is not medical advice and should not be used as an alternative to speaking with your doctor. Discuss indications, contraindications, warnings, precautions, potential adverse events and any further information with your health care professional.

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