



TAD JUNGLE *Explorer*

YOUR ADVENTURE
GUIDE BOOK

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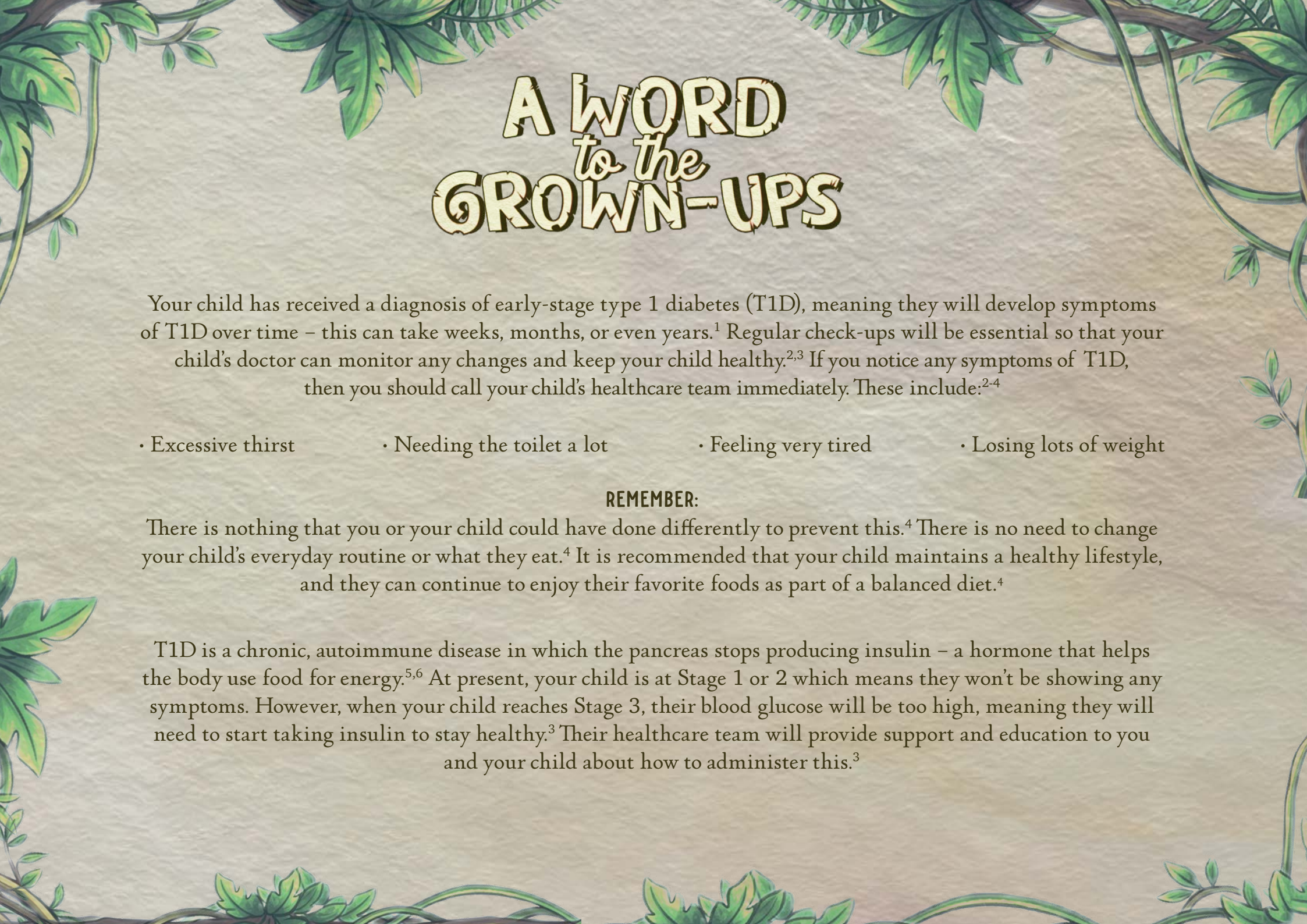
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INNODIA is an international non-profit organization providing specialized services to medicine developers focused on curative therapies for people living with type 1 diabetes (T1D). These services are delivered through its network of members and INPACT associates (the trained community of people living with T1D).

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A WORD *to the* GROWN-UPS

Your child has received a diagnosis of early-stage type 1 diabetes (T1D), meaning they will develop symptoms of T1D over time – this can take weeks, months, or even years.¹ Regular check-ups will be essential so that your child's doctor can monitor any changes and keep your child healthy.^{2,3} If you notice any symptoms of T1D, then you should call your child's healthcare team immediately. These include:^{2,4}

- Excessive thirst
- Needing the toilet a lot
- Feeling very tired
- Losing lots of weight

REMEMBER:

There is nothing that you or your child could have done differently to prevent this.⁴ There is no need to change your child's everyday routine or what they eat.⁴ It is recommended that your child maintains a healthy lifestyle, and they can continue to enjoy their favorite foods as part of a balanced diet.⁴

T1D is a chronic, autoimmune disease in which the pancreas stops producing insulin – a hormone that helps the body use food for energy.^{5,6} At present, your child is at Stage 1 or 2 which means they won't be showing any symptoms. However, when your child reaches Stage 3, their blood glucose will be too high, meaning they will need to start taking insulin to stay healthy.³ Their healthcare team will provide support and education to you and your child about how to administer this.³

The activities included here can help you explain T1D in a clear, reassuring way to build your child's understanding and confidence. By completing the activities, they'll learn key terms, understand why check-ups matter, recognize what symptoms to look out for, and explore ways to manage their feelings and ask for help.

Before you complete the activities with your child, we recommend that you feel comfortable and informed about early-stage T1D yourself.

Our Caregiver Handbook is a great place to start, and you can access it by scanning the QR code below.



Speak to your doctor for details of support organizations who can help you and your child in dealing with an early-stage T1D diagnosis.

Meet SOPHIE CROSSLAND

HI THERE! I'M SOPHIE
CROSSLAND—PLEASED
TO MEET YOU!

I just found out about something that's happening in my body. Grown-ups say that doctors call it 'early-stage type 1 diabetes'. I know you've been told the same thing, too.

I felt sad when I first found out, but it's really important not to blame yourself. It didn't happen because of anything you ate or did.^{4,7} And you can't catch it from anyone else like a cold.⁸ It just means our bodies work a little differently,

I have lots of questions about early-stage T1D so I'm going to find some answers in the Early T1D Trail. It's a bright jungle full of exciting puzzles. Will you come with me?

First, I want you to meet Dr Milo Maptail, our guide. He's a very clever monkey who knows this jungle inside-out. And, when we're done, he'll crown us Early T1D Explorers.



YOUR *Jungle* CREW

HELLO-OO-OO!
MILO MAPTAIL HERE – JUNGLE
EXPERT AND EARLY T1D GUIDE.

Before we set off on our trail,
I want you to meet my wild
and wonderful friends who'll
help you on your journey.



ECHO
NIGHTWING



I USE MY SPECIAL SENSES TO
HELP YOU NOTICE HOW YOU FEEL

I HAVE THE MEMORY OF AN
ELEPHANT TO HELP YOU LEARN
ALL THE IMPORTANT WORDS

SIMEON
SLOWPAW



I HANG AROUND
LONG ENOUGH
TO SPOT THE
HIDDEN CODES
OF THE JUNGLE

I CAN SPOT AND
UNTANGLE PATHS
FROM HIGH UP
IN THE TREES

MEMORY
BELLE



MIMI
SKYBEAK





Before we start our first activity, let me tell you a little about your body and early-stage T1D.

Inside your body, your bloodstream works a bit like these jungle streams: carrying important things around. When your doctor looked at your blood, they found clues that helped them understand you have early-stage T1D.^{2,3}

This might make you feel sad, worried, confused, or lots of things at once.^{2,3,9} Whatever you're feeling is okay. And I'll be here to guide you, step-by-step.

CAN YOU *Find* THE CLUES?

Search the jungle streams and circle them all. Clues look like this: 

Tip: THERE ARE 4 TO FIND.



FOUND ALL 4? GREAT!
IT'S TIME TO SOLVE YOUR NEXT JUNGLE PUZZLE.

PANCREAS: Helps your body to make insulin^{5,6}

GLUCOSE: A type of sugar that gives energy¹⁰

INSULIN: Needed to use glucose as energy – fuel for playing, learning, and growing⁶

HYPERGLYCEMIA: When there's too much sugar in your blood – it can make you feel tired or extra thirsty³

DOCTOR: A person who helps keep you healthy³

MEMORY Belle's WORDSEARCH

Let's go hunting for words in the jungle!
Can you find them all and learn what they mean?

ALL DONE?
LET'S DO A MEMORY CHECK.
ASK A GROWN-UP TO TEST YOU.



FANTASTIC WORK! YOU KNOW LOTS OF IMPORTANT WORDS NOW, SO LOOK OUT FOR THEM IN OTHER PUZZLES! YOU AND SOPHIE CAN MOVE ON TO CANOPY CORNER, WHERE YOU'LL MEET MY FRIEND MIMI SKYBEAK. SHE HAS AN IMPORTANT ANNOUNCEMENT FROM THE TREETOPS.





HELLO THERE,
YOUNG EXPLORER!

Before your next puzzle, here's something important. Just like Sophie, you'll visit your doctor from time to time so they can check how your body is doing and help keep you healthy and strong.^{2,3}

Doctors make sure your body has what it needs, like insulin.² Remember that word from the last puzzle? Insulin helps your body use glucose as energy for playing, learning, and growing.⁶

Sophie is nervous because she's off to see her doctor. Can you help her find the way?

MIMI SKYBEAK'S *Magic* MAZE



MAZE COMPLETE? A-MAZE-ING! YOU AND SOPHIE ARE REALLY GETTING INTO THE SWING OF THIS! LET'S HEAD TO ECHO CAVE AND SEE WHAT CHALLENGE IS WAITING THERE.

ECHO NIGHTWING'S Cave of FEELINGS

Draw how you feel about having early-stage T1D on the cave walls. Use any colors, shapes and patterns you want.

WELCOME TO ECHO CAVE. IT'S CALM AND QUIET HERE, SO WE CAN THINK ABOUT OUR FEELINGS TOGETHER.



THANKS FOR SHARING YOUR FEELINGS – YOU'RE VERY BRAVE. REMEMBER YOU CAN ALWAYS TALK TO A GROWN-UP ABOUT THEM TOO!



YOU'RE CLIMBING THROUGH THE JUNGLE LEVELS. SOON, YOU AND SOPHIE WILL BECOME CERTIFIED EARLY T1D EXPLORERS. NEXT STOP: THE WHISPERING VINES, WHERE SIMEON SLOWPAW IS HANGING OUT WAITING FOR YOU.



CRACK THE CODE

with

SIMEON SLOWPAW

SLOW DOWN... ONE MORE
PUZZLE TO GO!

20	9	18	5	4

– YOU FEEL VERY SLEEPY EVEN AFTER RESTING

20	8	9	14	14	5	18

– YOU ARE LOSING WEIGHT, LIKE YOUR BODY IS GETTING SMALLER

20	8	9	18	19	20	25

– YOU WANT TO DRINK A LOT MORE WATER THAN USUAL

20	15	9	12	5	20

– YOU NEED TO PEE MORE THAN USUAL, EVEN AT NIGHTTIME

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26
A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z

Use the code to find the
hidden symptoms.

THESE CAN BE SIGNS THAT THERE IS TOO MUCH GLUCOSE IN YOUR BLOOD.

YOU AND YOUR GROWN-UP CAN LOOK OUT FOR THEM TOGETHER, AND IF YOU EVER NOTICE THEM,
MAKE SURE YOU TELL A GROWN-UP STRAIGHT AWAY!





WOO-OO-000!
YOU DID IT! YOU'RE NOW OFFICIALLY
AN EARLY-STAGE T1D EXPLORER.

With everything you've discovered on this jungle adventure, you're ready to be your body's very own hero. You've shown curiosity, courage, and determination every step of the way. You should be very proud of yourself.

From here, it's important to remember that you're not alone. You can always talk to a grown-up and ask for help – they're part of your jungle team, too.



THESE OTHER CHILDREN ARE ON THIS JUNGLE TRAIL, TOO. AND NOW YOU CAN JOIN THEM WITH CONFIDENCE.

HERE'S YOUR EARLY T1D EXPLORER BADGE.
COLOR IT IN AND WEAR IT WITH PRIDE,
BRAVE EXPLORER!



DRAW YOURSELF JOINING SOPHIE AND
THE OTHER EARLY T1D EXPLORERS.



TRAIL TALK

EARLY T1D EXPLORERS SHOULD NEVER STOP EXPLORING.

USE THE DISCUSSION POINTS BASED ON EACH ACTIVITY TO CONTINUE THE CONVERSATION WITH YOUR GROWN-UP!



Memory Belle's wordsearch taught you lots of new words. Now consider:

- Are there any other words your doctor used that you don't understand?
- What words do you need more help in understanding?



Mimi Skybeak's maze taught you the importance of doctor visits. Now consider:

- What questions can you ask your doctor the next time you see him?
- Is there anything that worries you about seeing the doctor?
- What ways are there to meet other children who have early-stage T1D?



Echo Nightwing's cave helped you share your feelings. Now consider:

- What can your grown-up do to help you with your feelings?



Simeon Slowpaw taught you to look out for signs. Now:

- Ask your grown-up to test you on the four signs so you know exactly what to look out for

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