



## Blue Balloon Diabetes Challenge (Primary)

**Duration: 35 mins**

**Lesson Objectives:**

To have a basic understanding of diabetes.

To have an understanding of why managing diabetes can be a task



ACTION SHEET			
Element and Timings	Teaching and Monitoring	Learning	Resources / Environment
<b>Starter:</b> <b>3 mins</b>  <b>3 mins</b>	Pupils will watch "What is Type 1 diabetes?" animation. Pupils will then complete four mini-quiz questions	<p><b>- How does someone get diabetes?</b>            We don't know why but some of your body's cells attack some of its other own cells in the pancreas. So, the attacked cells stop making a hormone called insulin. Insulin has an important job to keep your blood glucose levels steady so without it, blood glucose levels aren't under control.</p> <p><b>- Can you catch diabetes then?</b>            No</p> <p><b>- How do people with diabetes get insulin?</b>            People living with diabetes have to get their insulin from an insulin pump or by injection.</p> <p><b>- Why do people with diabetes go high or low?</b>            Because insulin controls blood glucose levels. With not enough insulin, the blood glucose level will go higher than it should. If too much insulin is given, the blood glucose level will drop and go low. Lots of other things affect diabetes such as the temperature, growing, different foods, exercise, excitement and mood.</p>	Class whiteboard/ SMARTboard

Element and Timings	Teaching and Monitoring	Learning	Resources / Environment
<b>Introduction:</b>  5 mins	Watch the schools video clip of children talking about living with diabetes (Whole Staff Meeting - Key Stage 1&2) – If a child with T1D is present in the class, ask for their permission.		SMARTboard
<b>Development:</b>  2 mins  5mins  2mins	Class discussion.  Watch the “How to manage a mammoth” film.  Class discussion.	Living with any long-term condition such as diabetes, autism, eczema or asthma (and any others relevant to the class) can be exhausting.  <b>How can we look after ourselves and others who have this extra challenge?</b>  <b>What strategies can help us when we are frustrated?</b>	SMARTboard
2 mins	Introduction to the Blue Balloon Challenge	Managing diabetes or other long-term conditions can feel relentless. It’s like daily life but whilst having to keep a balloon in the air.	

Element and Timings	Teaching and Monitoring	Learning	Resources / Environment
<p><b>10 mins</b></p>	<p>Class challenge: Let's all do _____ activity now. (Teacher to choose activity, e.g. walking around the room or hopping on one leg) whilst making sure the balloon never drops.</p> <p>The balloon will have to be passed between people for the whole activity.</p>	<p>This demonstrates what it's like for those with diabetes and other conditions having to constantly look after something else whilst also managing a normal day.</p>	<p>Blue Balloons</p>
<p>Plenary:</p> <p><b>3 mins</b></p>	<p><b>Discuss as a class:</b></p> <ul style="list-style-type: none"> <li>• How did we feel about bouncing the blue balloon?</li> <li>• How can kindness help?</li> <li>• How do you think it feels for people with diabetes?</li> </ul>		