

**Goals of Diabetes Lesson Plans**

**6-7 years**

**My Diabetes**

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| **Goals of Diabetes Lesson Plans** | **Age Group: 6-7y** |
| **Topic: What is Diabetes**  **Injections and BG testing**  **Delivered by Nurse** |  |
| **Title of session:**  **My Diabetes** | **Timing of session:**  **Approx 28 mins** |

**Aim of session:**

To share understanding of what diabetes is

To identify areas suitable for injections/pump sets

To share experiences of BG testing

**Learning Objectives:**

Can I describe in my own words what diabetes is and how it affects me?

Do I know it is lifelong and I will always need insulin?

Can I dial up units of insulin in a pen?

Can I do a BG test and know what number to aim for?

**Assessment for Learning (AfL) activities built into session:**

Drawing activities about diabetes

Pick out injection/pump sites from a body

Identify high and low numbers by movement game

**Evaluation activities to be built into session:**

Thumbs up, thumbs middle, thumbs down

Ask Los as individual questions

**Materials/resources needed:**

Pre printed outline of a body on paper

Demo insulin pen and needles

Flashcards with different BG numbers

Individuals own testing kit

Access to Digibete Goals of Diabetes Videos 6-7 diabetes/testing/injecting

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| **Time** | **Session Content/Taught Content** | **Resources Needed** |
| 2 min  5 mins | Q: You are all here because you have diabetes  Can anyone describe diabetes and what it is?  If diabetes was a ‘thing’ – what would it look like?  Draw a picture of what you think it looks like  Share pictures  Feedback discussions to include: diabetes is for life, is nobody’s fault, is not contagious, insulin needed by pen or pump | Listen to responses  Drawing materials, paper  Share pictures and describe to group |
| 4 mins  5 mins | Insulin is needed to keep BG in target  Q: Who knows how to prepare a pen for injection?  Ask someone to demonstrate with supervision from educator  Let others practice after watching demo  (may not do actual injection as hands may be too small)  Q: Where on the body can insulin be injected or pump cannula inserted?  Draw circles on all suitable areas on pre drawn body worksheets in one colour  In separate colour draw circles of where they actually do  Discuss with the person next to you about areas used  Feedback to group – which is the most/least popular injection/cannula spot? | Demo insulin pens + needles  Pre drawn papers with body outlines on – front and back  Pens in different clours  Share experiences of different areas used |
| 3 mins  2 min | Q: How do we know if insulin is working?  By checking BG  Game: Is BG number low (crouch on floor) <4mmol  In target (stand up) 4-9mmol  High (stand on chair) >9mmol  Using your own BG monitor show us how you do a BG check | Listen to responses  Show flashcards with BG numbers including decimal points  Chairs to stand on (supervised!)  Access to sink for handwashing, tissues  Own BG monitor  Sharps bin for waste |
| 5 mins | Summary:  Watch G of D DigiBete 6-7 diabetes/injecting videos to summarise and revise tasks | Access to website with screen + projector/tablets/laptops |
| 2 min | Evaluation: Ask to individual children  Can you describe in your own words what diabetes is and how it affects you?  How long does diabetes last and what is the name of the medicine that treats it?  Can you dial up units of insulin in a pen?  Can you do a BG test and know what number to aim for?  How much have you understood today? | Thumbs up - all  Thumbs middle - some  Thumbs down - none |