

**Goals of Diabetes Lesson Plans**

**6-7 years**

**Highs and Lows of Diabetes**

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| **Goals of Diabetes Lesson Plans** | **Age Group: 6-7y** |
| **Topic: Hypo, hyper, exercise****Delivered by Nurse/Dietitian** |  |
| **Title of Session:****Highs and lows of diabetes** | **Timing of session:****Approx 19 mins** |

**Aim of session:**

Understand what BG numbers are out of target (high and low)

How they might feel with BG numbers out of target

To explain how exercise might affect BG

**Learning Objectives:**

Know what BG level counts as high or low

What to do if BG level is low

Describe how they might feel if BG is low

What exercise can do to BG level

“Exercise is good for you, laziness is not” Wombles Song

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

Sharing experiences of feeling low

Identifying their own hypo treatments from a selection

Sharing activities they like to do

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

Do I know what BG number is high or low?

Do I know how I feel when I am low?

Partner talk (peer assessment)

**Materials/resources needed:**

Picture cards and word cards with hypo symptoms

Drawing materials

Examples of different hypo treatments

Access to DigiBete Goals of Diabetes Videos

The Wombles – Exercise is Good for You, Laziness is not (audio on YouTube)

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| **Time** | **Session Content/Taught Content** | **Resources Needed** |
| 3 min3 mins2 mins | Q: Who knows what a hypo is?Q: What number might you see on your meter if you are hypo?You might all feel different when having a hypoAs a group, match up picture cards of different hypo symptoms with describing wordsTell the person next to you how you feel when you are lowAre there any other feelings we have missed?Q: What should you do if you feel low?1. Tell an adult
2. Test BG to check
3. Treat hypo if required
4. Wait 15 mins and retest

Educator to clarify these pointsQ: What do you use as hypo treatment? | Listen to responsesPicture cards of dizzy/wobbly/hungry/pale/tired/crying/tired/jelly legs and separate cards with corresponding wordsListen to responsesProvide a selection of suitable hypo tx |
| 1 min4 mins | Q: How might you feel if you have a high BG?Tired, thirsty, weeing more, grumpy, upsetQ: What number might you see on your meter if you are high?If you have a high BG, you will probably get some extra insulin to correct and bring it back to targetQ: When you do activities or exercise, does that make your BG go low or high?Ask individually what activities do you do? (include non-sports, active play)Q: Is activity or exercise good for you?Listen to Wombles Song about exercise! | Listen to responsesFlip chart for all activities to share ideasAudio “Exercise is Good for you, laziness is not” (on YouTube)<https://www.youtube.com/watch?v=vE1jvGwhSC0> |
| 5 mins | Summary: Watch G of D DigiBete 6-7 low/high/exercise videos to summarise and revise tasks | Access to website with screen + projector/tablets/laptops |
| 1 min | Tell the person next to you one new thing you have learned todayShare these with all the group | Listen to responsesEducator to clarify if needed |