

**Goals of Diabetes Lesson Plans**

**8-9 years**

**Highs and Lows of Diabetes**

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| **Goals of Diabetes Lesson Plans** | **Age Group: 8-9y** |
| **Topic: Hypo, hyper, exercise****Delivered by nurse/dietitian** |  |
| **Title of session:****Highs and lows of diabetes** | **Timing of session:****Approx 35 mins** |

**Aim of session:**

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

How they might feel with BG numbers out of target

How to treat a low BG

To explain how exercise might affect BG

**Learning Objectives:**

Can I identify high or low BG levels?

Can I recognise what happens to me with a low BG level?

What is my own treatment for low BG?

Can I explain why exercise is good for health?

Do I know what exercise can do to BG level?

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

Sharing experiences of having low BG

Learning about different hypo treatments - identifying their own

Sharing activities they like to do

Identifying snacks suitable before exercise

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

Partner talk (peer assessment)

Post it - 1 new activity to try in the next few weeks

**Materials/resources needed:**

Picture cards/word cards with hypo symptoms

Drawing materials

Different hypo treatments

10g snacks for exercise

Access to DigiBete Goals of Diabetes Videos (8-9 hypo, hyper, exercise)

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| **Time** | **Session Content/Taught Content** | **Resources Needed** |
| 1 min10mins3 mins2 mins | Q: Who can describe how they feel if they are hypo?What BG number counts as a hypo?Draw a picture of how you feel when you are lowIn pairs, come up with a plan of what should you do if you feel low?1. Tell adult
2. Test BG to check
3. Treat hypo
4. Retest after 15 mins

Share plans with rest of group and compare answersQ: What do you use as hypo treatment and how much?Choose from this selection or do you use something different?Query any large/small amounts | Listen to responsesDrawing materials - share pictures and feedback as a groupListen to responsesSelection of hypo tx - Lucozade, small tins of coke/sprite, glucose tablets (Glucotabs + Dextrose), Glucogel, Glucojuice, fruit pastilles, fruit juice carton, sweets |
| 2 mins | Q: How do you feel if you are high?Tired, thirsty, more toilet trips, grumpy, angryQ: What number do you call high?Will be different for different peopleHigh BG levels may need extra insulin to correctQ: Do you know what BG number you would test for ketones? Above 14mmol or lower if illQ: What number of ketones needs some extra insulin?More than 0.6mmol | Listen to responsesListen to responses - clarify right answersListen to responses - clarify right answers |
| 1 min3 mins3 mins | Q: Why is exercise and activity good for you?Is fun, lowers BG, healthy heart, good for weight, social, strong bones and musclesIs an important part of diabetes treatmentQ: What activities do you do? (Including non-sports)Q What might exercise do to your BG?Q What can you do to prevent hypos?Reduce insulin (parents role)Have a small snack without insulin | Listen to responsesWrite answers on flip chart for activity ideasAdd others so a wide range of optionsShow examples of 5-10g exercise snacks-small apple, Satsuma, box of raisins, fruit bag-Jaffa cake, pink wafer, party ring- rice cakes, skips/quavers- tube yogurt, small fromage frais |
| 10 mins | Summary: Watch G of D DigiBete 8-9 hypo, hyper, exercise videos to summarise and revise tasks | Access to website with screen + projector/tablets/laptops |
| 1 min | Evaluation:On a post it note, pick out 1 new activity you would like to try in the next few weeks | Flipchart with list of activitiesPost it notes |