





## **Goals of Diabetes Lesson Plans**

10-11 years

# **Ups and Downs of Diabetes**

Goals of Diabetes Lesson Plans	Age Group: 10-11yrs
Topic: Hypos, Hypers, Exercise (Delivered by Nurse/Dietitian)	
Title of session: Ups and Downs of Diabetes	Timing of session: Approx 35mins

### Aim of session:

- Develop understanding of what glucose numbers are out of target (high and low).
- How they might feel with glucose levels out of target.
- Learn about potential causes of high and low numbers.
- Learn how to treat a low glucose level.
- How exercise/activity might affect glucose levels.

## Learning Objectives:

- Do I know what BG level counts as high or low?
- Can I describe my own hypo treatment and how to correctly treat?
- Can I identify some potential causes of low and high BG?
- Do I know why exercise is good for health?
- Do I know how to prepare for exercise?

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

- Sharing experiences of low BG.
- Highs and lows quiz.
- Review of correct hypo treatment procedure.
- Sharing activities they participate in.

## Evaluation activities to be built into session:

- Partner talk (peer assessment)
- Something new I learned today....

#### Materials/resources needed:

- Post it notes different colours.
- High/low quiz (attached).
- Cards with correct stages of hypo tx (to sort into correct sequence).
- Flip charts.
- · Access to DigiBete Goals of Diabetes Videos.





	High	Low	Either	Don't know
Giving too much insulin with a meal				
Exercise				
Missing insulin				
Guessing carbs in a meal				
Alcohol				
Exam stress				
Growing				
Hot holiday				
Cold holiday				
Not rotating Injection/pump sites				
Snacking without insulin				
Not giving enough insulin with a meal				





Time	Session Content/ Taught Content	Resources Needed
3 mins	Q: What glucose level counts as high or low? Q: How do you personally feel if you are high or low? On 2 different coloured post it notes (one colour high, one colour low), write personal symptoms of high/low BG, 1 symptom per post-it-note.	Listen to responses.  Post it notes, flip chart.
4 mins	Collate post it notes into similar categories to share experiences – listen to any experiences people want to share Moderate any stories about extreme hypos to reduce anxiety.	Flip chart.
	<b>Q</b> : What can make your BG level go high or low? Complete the quiz individually.	High and low quiz (attached).
8 mins	Go through answers and explain. There are many things that can affect glucose numbers – not just these ?42 different things.  Q: At what BG level would you test for ketones? Above 14mmol/l. Ketone level above 0.6mmol is too high.	Listen to responses.
2 mins	Task: in pairs, work out the correct sequence for treating a hypo Sequence cards: Recognise symptoms, tell and adult, check BG/sensor reading, take hypo tx, wait 15 mins, recheck BG, eat a biscuit (if meal 1-2h away).  What is your own hypo treatment? Which is the most common? Different people need different amounts.	Prepared sequence cards, each step on an individual card. Shuffled packs, enough sets for groups of 2-3 people.  Listen to responses.
4 mins	<b>Q</b> : Exercise is one thing that might make your BG go low – does that mean we shouldn't do it? Why is exercise a good thing?	Listen to responses.





Time	Session Content/ Taught Content	Resources Needed
4 mins	Is fun, social, meet new people, good for heart health, strong bones and muscles, healthy weight, can make insulin work better, lowers BG Important part of diabetes management Q: What activities/sports do you do? Aiming for 60 minutes every day Q: How do you prepare for planned exercise? Reduce insulin – parents role, less insulin meal before, use TBR reduction or set exercise mode (if on pump) Small snacks may be needed if insulin not reduced or exercise for long time	Share activities on flip chart, add others including non-sports.  Share ideas for hypo prevention – reduced insulin and/or snacks.  Show examples of 5-10g exercise snackssmall apple, Satsuma, box of raisins, fruit bagJaffa cake, pink wafer, party ring rice cakes, skips/quavers tube yogurt, small fromage frais.
8mins	Summary: Watch G of D DigiBete 10-11 hyper, hypo, exercise videos to summarise and revise tasks. Play DigiBete hypo/hyperspace game.	Access to website with screen + projector/tablets/laptops.
1min	Evaluation: Share one new thing you have learned today.	