



Goals of Diabetes Lesson Plans

6-7 years

Highs and Lows of Diabetes

| | |
|---|--|
| Goals of Diabetes Lesson Plans | Age Group: 6-7yrs |
| Topic: Hypo, Hyper, Exercise. (Delivered by Nurse/Dietitian) | |
| Title of session: Highs and Lows of Diabetes | Timing of session: Approx 19mins |

Aim of session:

- Understand what glucose numbers are out of target (high and low).
- How they might feel with glucose numbers out of target.
- To explain how exercise might affect glucose.

Learning Objectives:

- Know what glucose level counts as high or low.
- What to do if glucose level is low.
- Describe how they might feel if glucose is low.
- What exercise can do to glucose level.

Assessment for Learning (AfL) activities built into session:

- Sharing experiences of feeling low.
- Identifying their own hypo treatments from a selection.
- Sharing physical activities they like to do.

Evaluation activities to be built into session:

- Do I know what glucose 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.
- Hypo/Hyperspace DigiBete game.

| Time | Session Content/ Taught Content | Resources Needed |
|--------|--|---|
| 3 mins | <p>Q: Who knows what a hypo is?</p> <p>Q: What number might you see on your meter/sensor if you are hypo? You might all feel different when having a hypo.</p> | Listen to responses. |
| 3 mins | As a group, match up picture cards of different hypo symptoms with describing words (help with reading). | Picture cards of dizzy/wobbly/hungry/pale/tired/crying/tired/jelly legs and separate cards with corresponding words. |
| 2 mins | <p>Tell the person next to you how you feel when you are low. Are there any other feelings we have missed?</p> <p>Q: What should you do if you feel low?</p> <ol style="list-style-type: none"> 1. Tell an adult 2. Check BG or sensor (may need both) 3. Treat hypo if required 4. Wait 15 mins and recheck <p>Educator to clarify these points.</p> <p>Q: What do you use as hypo treatment?</p> | <p>Listen to responses.</p> <p>Provide a selection of suitable hypo tx.</p> |
| 1 min | <p>Q: How might you feel if you have a high BG? Tired, thirsty, weeing more, grumpy, upset.</p> <p>Q: 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 target.</p> | Listen to responses. |
| 4 mins | <p>Q: 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).</p> <p>Q: Is activity or exercise good for you? Why?</p> <p>Do exercise video: Exercise song. ITS Music Kids Songs (2.16) for energy burst.</p> | <p>Flip chart for all activities to share ideas.</p> <p>Access to youtube and screen: https://www.youtube.com/watch?v=qUbtJMtvoMo</p> |
| 5 mins | <p>Summary: Watch G of D DigiBete 6-7 low/high/exercise videos to summarise and revise tasks.</p> | Access to website with screen + projector/tablets/laptops. |
| 1 min | <p>Tell the person next to you one new thing you have learned today. Share these with all the group.</p> | <p>Listen to responses. Educator to clarify if needed.</p> |