



## Goals of Diabetes Lesson Plans

8-9 years

### Highs and Lows of Diabetes

<b>Goals of Diabetes Lesson Plans</b>	<b>Age Group: 8-9yrs</b>
<b>Topic:</b> Hypo, Hyper, Exercise. (Delivered by Nurse/Dietitian)	
<b>Title of session:</b> Highs and Lows of Diabetes	<b>Timing of session:</b> Approx 35mins

#### Aim of session:

- Understanding what glucose 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 physical 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.
- Picture of UK Gov infographic 5-18y 60 minute per day.
- 5 -10g snacks for exercise.
- Access to DigiBete Goals of Diabetes Videos (8-9 hypo, hyper, exercise).

Time	Session Content/ Taught Content	Resources Needed
<p><b>1 min</b></p> <p><b>10mins</b></p> <p><b>3 mins</b></p> <p><b>2 mins</b></p>	<p><b>Q:</b> Who can describe how they feel if they are hypo? What BG number counts as a hypo?</p> <p>Draw a picture of how you feel when you are low.</p> <p>In pairs, come up with a plan of what should you do if you feel low?</p> <ol style="list-style-type: none"> <li>1. Tell adult</li> <li>2. Check BG/sensor reading (may need both)</li> <li>3. Treat hypo</li> <li>4. Recheck after 15 mins</li> </ol> <p>Share plans with rest of group and compare answers.</p> <p><b>Q:</b> 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. Explain why different people use different amounts – weight, size, HCL pump.</p>	<p>Listen to responses.</p> <p>Drawing materials - share pictures and feedback as a group.</p> <p>Listen to responses. Selection of hypo tx – Lift glucose tablets, Dextrose Energy tablets, Lift juice, Lucozade, small tins of coke, glucose tablets, Glucogel, fruit pastilles, fruit juice carton, sweets.</p>
<p><b>2 mins</b></p>	<p><b>Q:</b> How do you feel if you are high? Tired, thirsty, more toilet trips, grumpy, angry.</p> <p><b>Q:</b> What glucose number do you call high? Will be different for different people. High BG levels may need extra insulin to correct. What glucose numbers are in range? TIR 4-10mmol/L if on a sensor, 4-7mmol/L pre meal if on BG checks.</p> <p><b>Q:</b> Do you know what BG number you would test for ketones? Above 14mmol or lower if ill.</p> <p><b>Q:</b> What number of ketones needs some extra insulin? More than 0.6mmol.</p>	<p>Listen to responses.</p> <p>Listen to responses - clarify right answers.</p> <p>Listen to responses - clarify right answers.</p> <p>Listen to responses - clarify right answers.</p>

Time	Session Content/ Taught Content	Resources Needed
<p><b>1 min</b></p> <p><b>3 mins</b></p> <p><b>3 mins</b></p>	<p><b>Q:</b> Why is exercise and activity good for you? Is fun, lowers BG, healthy heart, good for weight, social, strong bones and muscles.</p> <p><b>Q:</b> What activities do you do? (Including non-sports).</p> <p><b>Q:</b> What might exercise do to your BG? <b>Q:</b> What can you do to prevent hypos? Reduce insulin (parents role). Have a small snack without insulin.</p>	<p>Listen to responses.</p> <p>Show infographic: Gov.uk 5-18y 60 minutes per day.</p> <p>Write answers on flip chart for activity ideas. Add others so a wide range of options.</p> <p>Show 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</p>
<p><b>10 mins</b></p>	<p><b>Summary:</b> Watch G of D DigiBete 8-9 hypo, hyper, exercise videos to summarise and revise tasks. Play hypo/hyperspace game.</p>	<p>Access to website with screen + projector/tablets/laptops.</p>
<p><b>1 min</b></p>	<p><b>Evaluation:</b> On a post it note, pick out 1 new activity you would like to try in the next few weeks.</p>	<p>Flipchart with list of activities. Post it notes.</p>