



Goals of Diabetes Lesson Plans

6-7 years

My Diabetes

Goals of Diabetes Lesson Plans	Age Group: 6-7yrs
Topic: What is Diabetes Injections and BG checking (Delivered by Nurse)	
Title of session: My Diabetes	Timing of session: Approx 28mins

Aim of session:

- To share understanding of what diabetes is.
- To identify areas suitable for injections/pump sets/sensor wearing.
- To share experiences of BG checking or sensor wearing.

Learning Objectives:

- Can I describe in my own words what diabetes is and how it affects me?
- Do I know it is lifelong and I will always need insulin?
- Can I dial up units of insulin in a pen?
- Can I do a BG check and know what number to aim for?

Assessment for Learning (AfL) activities built into session:

- Drawing activities about diabetes.
- Pick out injection/pump sites from a body.
- Identify high and low numbers by movement game.

Evaluation activities to be built into session:

- Thumbs up, thumbs middle, thumbs down.
- Ask Lots of individual questions.

Materials/resources needed:

- Pre printed outline of a body on paper.
- Demo insulin pen and needles.
- Flashcards with different BG numbers.
- Individuals own BG checking kit or sensor handset/phone.
- Access to DigiBete Goals of Diabetes Videos 6-7 diabetes/BG checking/injecting.

Time	Session Content/ Taught Content	Resources Needed
<p>2min</p> <p>5min</p>	<p>Q: You are all here because you have T1 diabetes Can anyone describe diabetes and what it is?</p> <p>If diabetes was a 'thing' – what would it look like? Draw a picture of what you think it looks like.</p> <p>Share pictures Feedback discussions to include: diabetes is for life, is nobody's fault, is not contagious, insulin needed by pen or pump.</p>	<p>Listen to responses.</p> <p>Drawing materials, paper.</p> <p>Share pictures and describe to group.</p>
<p>4mins</p> <p>5mins</p>	<p>Insulin is needed to keep BG in target. Who uses an insulin pump or an injection pen? What sort of tech is used within the group.</p> <p>Q: Who knows how to prepare a pen for injection? Ask someone to demonstrate with supervision from educator.</p> <p>Let others practice after watching demo. (may not do actual injection as hands may be too small) If you are on a pump, have you ever had an injection (that you can remember?)</p> <p>Q: Where on the body can insulin be injected or pump cannula inserted? Draw circles on all suitable areas on pre drawn body worksheets in one colour. In separate colour draw circles of where they actually do. Discuss with the person next to you about areas used Feedback to group – which is the most/least popular injection/cannula spot?</p>	<p>Demo insulin pens + needles.</p> <p>Pre drawn papers with body outlines on – front and back. Pens in different colours.</p> <p>Share experiences of different areas used.</p>

Time	Session Content/ Taught Content	Resources Needed
<p>2mins</p> <p>5mins</p> <p>2mins</p>	<p>Q: How do we know if insulin is working? By checking BG/glucose sensor</p> <p>Game: Is glucose number low (crouch on floor) <3.9mmol In target (stand up) 4-10mmol High (stand on chair) >10mmol</p> <p>Using your own BG monitor show us how you do a BG check/or how you use your sensor to see what your glucose is now Is your value below target, in target or above target?</p> <p>Normalise all the different readings – all people are different, and how glucose values change all the time</p>	<p>Listen to responses.</p> <p>Show flashcards with BG values including decimal points. Chairs to stand on (supervised!)</p> <p>Access to sink for handwashing, tissues. Own BG monitor/sensor equipment. Sharps bin for waste. Crouch or stand or on chair based on own current value.</p>
<p>5mins</p>	<p>Summary: Watch G of D DigiBete 6-7 diabetes/injecting videos to summarise and revise tasks.</p>	<p>Access to website with screen + projector/tablets/laptops. Watch 'Mammoth' video on DigiBete website.</p>
<p>2mins</p>	<p>Evaluation: Ask to individual children Can you describe in your own words what diabetes is and how it affects you? How long does diabetes last and what is the name of the medicine that treats it? Can you dial up units of insulin in a pen? Can you do a BG/sensor check and know what number to aim for?</p> <p>How much have you understood today?</p>	<p>Thumbs up - all. Thumbs middle - some. Thumbs down - none.</p>