The purpose of controlling blood glucose levels

10-18 years

To explain what high blood glucose levels do to the body, and to motivate children to control their diabetes.

Activity

Allow the children to mould their own bowls from clay. This serves as art therapy for them.

Once the children are finished, use two bowls that were previously made. Each bowl represents the bloodstream.

Fill one bowl with water. This shows how blood moves when glucose levels are within target. Explain that the blood can move easily through small openings and can get to the whole body.

Fill one bowl with honey. This shows how blood moves when glucose levels have been high over a long time. Explain that the blood sticks to the sides of the bowl, and flows very slowly. The blood cannot move through small openings and cannot get to the whole body. This causes some parts to be damaged like eyes, kidneys, heart, and peripheral nerves.

Topic

Age

Objective

Equipment

Clay
Water
Honey