Correcting blood glucose levels

6-13 years

The aim of the game is to assess children’s knowledge and ability to interpret glucose readings and to take appropriate action.

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<th>Activity</th>
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<td>Non-transparent box</td>
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<td>Colouring Pens</td>
<td>Writing Board</td>
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<td>Manilla Chart</td>
<td>Note books for notes</td>
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The educational activity will be conducted as a game between two groups. There will be several small cards cut out and on them written information to represent the following:

**Glucometer reading cards**
- Abnormal meal-related glucometer readings ranging from severe to less severe
- Eg. pre-meal breakfast card showing 15.4mmol/L (277 mg/dL)

**Action Plan cards**
- Insulin adjustment in relation to blood glucose readings where an upward arrow indicates insulin increase while a downward arrow shows insulin decrease.
- Carbohydrate and protein portion adjustment where there is either increase or decrease in both, or one.
- Physical activity adjustment cards that indicate extra physical activity or reduced physical activity.

The glucometer reading cards are all put in a plastic non transparent box. A big manila chart is put on the wall, and on it is drawn a graph indicating glucometer readings on the vertical axis and specific pre- and post meal times on the horizontal axis e.g. pre-meal breakfast, post-meal breakfast.
Colour coding is used to indicate low, normal or high glucose readings on the vertical axis, as there will not be actual numbers on the graph so as to assess if the children can interpret their readings properly. Eg. green colour will indicate normal range, red for high readings and amber/yellow for low readings. So the activity requires two players, one from each team.

After shuffling the cards in the box, each player is required to pick a single card and with help of the team should place it on the correct part of the graph in relation to the meal and their glucose assessment. A correct placement will attract points while a wrong placement will not award points.

The team also chooses a plan of action for controlling the glucose reading which they picked, from the action cards. The action plan card should also be placed correctly on the graph in relation to the meals as well. Points are awarded for correct placing while wrong placing result in no points.

The game ends after all the glucose reading cards have been picked, and the team with highest points wins but both teams get to receive prizes.