Your students might have trouble grasping everything about diabetes, but understanding the experiences of friends with diabetes and preventing type 2 diabetes are important goals, even for the youngest students. These activities will introduce diabetes to your students using clear and simple language.

Related KidsHealth Links

Articles for Kids:

Diabetes minisite

Diabetes movies

Type 1 Diabetes: What Is It?
KidsHealth.org/en/kids/type1.html

Type 2 Diabetes: What Is It?
KidsHealth.org/en/kids/type2.html

Can Diabetes Be Prevented?
KidsHealth.org/en/kids/prevention.html

Chandler’s Diabetes Story

Resources for Teachers:

Diabetes Special Needs Factsheet

Diabetes and Sports Special Needs Factsheet
KidsHealth.org/en/parents/diabetes-sports-factsheet.html

Discussion Questions

Note: The following questions are written in language appropriate for sharing with your students.

1. Our bodies need energy to keep us moving. How do we get energy for our bodies? What does this energy help us do?

2. What do you know about diabetes? What does diabetes have to do with the food we eat? Do you have a friend or family member with diabetes? Talk about his or her experiences.
Activities for Students

Note: The following activities are written in language appropriate for sharing with your students.

Insulin Is Key!

Objectives:
Students will:
• Learn about the role of glucose and insulin in the body
• Discover what happens to glucose in the body of a person with type 1 diabetes

Materials:
• Hula hoops, sidewalk chalk, masking tape (something to make circles on the ground — one per student)
• "Insulin Is Key!" handout
• Scissors

Class Time:
45 minutes

Activity:
[Note to instructor: Before starting this activity, create one circle for each student on the ground in an open space using hula hoops, sidewalk chalk, or masking tape. The concepts necessary for this activity are difficult. Take time to discuss them with your class before and after the simulation.]

Pizza, peanut butter, and pineapples aren’t just yummy; these foods give us sugar called glucose that fuels our bodies with energy. To use this energy, we need to get the glucose into our cells. Think of it this way: Each of our cells has a lock on it, and it needs a special key called insulin to let the glucose in. When kids have the type of diabetes called type 1 diabetes, their bodies don’t make insulin, so they have trouble getting glucose into their cells to use it as energy.

Now that you know the basics, let’s play a game to see how it all works. Before you get started, you need to make an insulin key. Cut out the insulin key on the "Insulin Is Key!" handout. Now you’re ready to be glucose! Let’s go to an open area with a circles on the ground. In the first round, these circles are cells in a body WITHOUT diabetes. Stand in a line with your classmates. When I say, “Go,” run to a cell and use your key to pretend to open the lock on the cell and step inside. As glucose, you’ve just used insulin to enter a cell and give your body energy. This is how a body without diabetes uses insulin to get energy from food.

Now it’s time to see what it’s like to be a body WITH diabetes. Stand in the line again, but this time, put your insulin key down on the ground behind you. Now run to your cell circle. What happens? Glucose can’t get into the cell because there’s no insulin to unlock it.

But wait! What if the body was just given an insulin shot? Run and grab your insulin key from the line, and enter your cell! Now you can do an energy dance inside your cell circle, because the insulin shot helped you get energy from the food you ate!
Healthy Hands

Objective:
Students will:
• Learn about how type 2 diabetes can be prevented

Materials:
• Construction paper
• Art supplies (crayons, markers, scissors, glue)
• "Healthy Hands" handout

Class Time:
35 minutes

Activity:
[Note to instructor: Younger students may need help cutting out their handprints. Also, instead of writing five healthy tips on their handprints, younger students could just color a picture of themselves being healthy on the palm.]

Sometimes diabetes can be prevented. That means taking care of yourself by eating good-for-you foods and staying active. Let’s talk about ways we can eat well and get lots of exercise. When you have a good list, then you’re ready to make a Healthy Hand! Trace your hand on a piece of construction paper. Cut out your handprint. On each finger, write one way that you can stay healthy. Draw a picture of your healthy self on the palm of the hand. When you’re finished, you and some of your classmates can glue your handprints on the wreath outline on the "Healthy Hands" handout. Now you’re ready to hang your Healthy Hands wreaths in class or the hallway!

Reproducible Materials

Handout: Insulin Is Key!
KidsHealth.org/classroom/prekto2/problems/conditions/diabetes_handout1.pdf

Handout: Healthy Hands
KidsHealth.org/classroom/prekto2/problems/conditions/diabetes_handout2.pdf

Quiz
KidsHealth.org/classroom/prekto2/problems/conditions/quiz.pdf

Quiz: Answer Key
KidsHealth.org/classroom/prekto2/problems/conditions/diabetes_quiz_answers.pdf
Insulin Is Key!

Instructions: Cut out the key below.
Healthy Hands

Instructions: Cut out the wreath and glue your Healthy Hand and some of your classmates’ Healthy Hands to it.
Quiz

Instructions: Answer each question.

1. True or false: You can catch diabetes like a cold.  T  F

2. The sugar that is the body’s main source of energy is called:
   a. glucose
   b. insulin
   c. cell

3. ______________________ helps glucose get into your cells. It’s like a key that opens the doors to the cells of the body.

4. List two ways you can help prevent getting type 2 diabetes:

5. True or false: Kids with diabetes can run, jump, and play like any other kid.  T  F
Quiz Answer Key

1. True or false: You can catch diabetes like a cold.  T _F_

2. The sugar that is the body’s main source of energy is called:
   a. glucose
   b. insulin
   c. cell

3. **Insulin** helps glucose get into your cells. It’s like a key that opens the doors to the cells of the body.

4. List two ways you can help prevent getting type 2 diabetes.
   eating good-for-you foods, limiting fast foods and sugary drinks, exercising, etc.

5. True or false: Kids with diabetes can run, jump, and play like any other kid.  T _F_