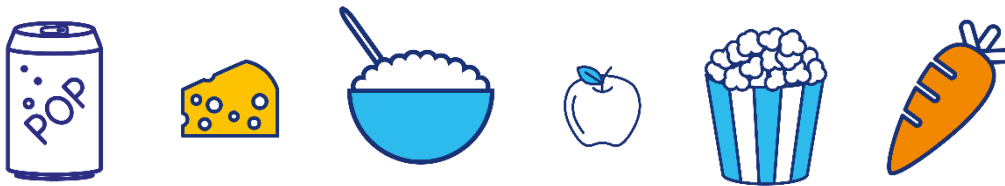


FAMILY GROUP MEETINGS

Activity ideas for children

Food tasting

Set up a food tasting workshop to encourage trying new foods and carb counting.



What should we do?



Give scenarios to get children thinking and discussing how they would manage/deal with certain situations. For example: if at swimming and experiencing a feeling of hypo; if going to stay at a friend's house, what things would they need to check before being able to do this.

Children could be grouped by age ranges to suit different scenarios, encouraging them to think independently.

This could be made into a card game or board game.

Selfie wall

Make a 'selfie wall' in your group to show that diabetes doesn't stop anyone doing their favourite sports, hobbies or activities. Children can take selfies and build a group photo wall. For more information look at the Diabetes UK website.

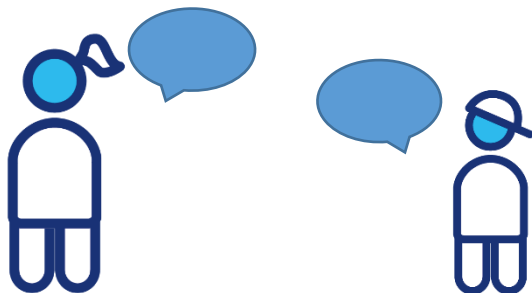
<https://www.diabetes.org.uk/Guide-to-diabetes/Kids/Fun-stuff/Your-pics/>



Sharing experiences

Have a 'sharing experiences' session where an older child can talk about their experience in a certain area. For example: using a pump; how they told their school friends about their diabetes; going to parties. Encourage questions and discussion from the whole group.

This works best if the person sharing is briefed well on what they will talk about.



Talks

Arrange talks from a health care professional on a level that children will understand.



Outdoor activities



Fun outdoor activities for children helping them to learn more about diabetes from the Diabetes UK website.

- WOODLAND WALK
- WINTER WARMER
- EASTER EGG HUNT
- MAZE MISSION

Download and print these activities from the website <https://www.diabetes.org.uk/Guide-to-diabetes/Kids/Fun-stuff/The-great-outdoors/>