

A1c Dress-up

Description: An activity to help children understand the effect of high blood sugars on their A1c values.

Objectives:

- To understand the correlation between blood sugars and A1c values
- To understand that high blood sugars and high A1c make one feel poorly

Age Range: 6–12 year olds

Setting: Area in which children can move actively

Materials

Needed:

- Tape
- Scissors
- Construction paper

Directions:

1. Cut out several paper circles or squares from colored construction paper to represent sugar cubes or molecules.
2. Divide the participants into 3 groups.
3. For group 1: tape 2 circles to each person (represents normal A1c).
4. For group 2: tape 4 paper circles to each person (represents acceptable A1c for person with diabetes).
5. For group 3: tape 6–10 circles on each person (represents high A1c).
6. Instruct groups 1 and 2 to run and play around, while those in group 3 act sluggish and sleepy and do not play.
7. Explain the relationship of chronic hyperglycemia and high A1c values – the person doesn't feel well and has less energy.

Adaptations or

Modifications: For older players, instead of paper, use something bulky such as balls or swimming pool noodles. Have players draw a playing card between 5 and 10 from a hat. The playing card represents their HbA1c value, 5 being very good and 10 being poor. The player has to carry the corresponding number of items. This can become a relay race with teams of players if the group is large. Educational point is that the players with the highest HbA1c value have the most difficult time completing the race.

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