

Diabetes Musical Chairs

Description: Players move to music and try to find a seat when the music stops.

- Objectives:**
- To have fun
 - To demonstrate that it requires many things to have proper diabetes control
 - To facilitate discussion about diabetes management

Age Range: All ages – simple concepts for younger children
Note: 12+ players works best

Setting: Open area with chairs in a line

Materials

- Needed:**
- Chairs
 - Tape player
 - Tape of music
 - Index cards with diabetes-related items

- Directions:**
1. Pass out “diabetes cards” to each player.
 2. Players stand in front of chairs (at least 1 less chair than number of players).
 3. Begin music.
 4. Players circle the chairs until the music stops and then race to sit in a chair. Those players left without a chair are “out.”
 5. Remove one or more chairs and begin music and movement again. When 4–5 players are left, ask them to reveal their diabetes card. Discuss how these items relate to diabetes management or what is missing that is important to diabetes management.

Diabetes Cards

General: NPH insulin, Regular insulin, syringes, BG meter, exercise, meal plan, ketone test strip, diabetes education, medical ID, etc. Discuss what things are missing that are important to diabetes control.

Food Groups: Milk, bread, fruit, etc. Discuss which food groups are missing for balanced meal planning. You will need to give more than one player the same item.

Food Items: Six saltine crackers, 1 oz of cheese, 8 oz of skim milk, etc. Give a meal plan that needs to be made. Discuss which of these items make up portions of meal plan and which items are missing.



Sick Day Items: Ketones, vomiting, doctor/nurse educator, fluids with sugar, Regular insulin, etc. Decide at the end if there are more things that make you well or make you sick and discuss.

**Adaptations or
Modifications:** None suggested.

