

Fetch and Answer

Description: This game is designed to teach general diabetes knowledge.

- Objective:**
- To bond together as a team
 - To exercise
 - To learn about diabetes
 - To clarify doubts about specific diabetes topics

Age Range: 5 year olds to adults

Setting: Indoors or outdoors, large open area without obstacles

Materials

- Needed:**
- Questions
 - Items to “fetch” or touch

- Directions:**
1. The leaders:
 - Physician – Will do medical management questions
 - Nutritionist – Will do nutrition questions
 - Nurse – Will do technique questions about proper insulin injection preparation, administration and rotation, meter maintenance and use, etc.
 2. Each player is assigned to a team (depending on the number of players, there can be 2 or more teams). Every player stands in a circle without holding hands. The team players are equally scattered out in the circle.
 3. One leader tells everyone to go fetch a specific item or touch a specific object and run back to their original position in the circle. The first one to complete the task will win 1 point but will also have the opportunity to win 1 bonus point if he/she answers the leader’s question correctly. The first team to reach 20 points wins.

Adaptations or

- Modifications:**
1. Certain “safe” obstacles can be put in the way to make it more challenging for older groups.
 2. If the bonus question is answered incorrectly, the leader can give the second player who arrived the opportunity to answer and win the bonus point.
 3. Same as Adaptation/Modification 2 except the second player can get the bonus point and steal the original point for his team. If it is a teammate, then only the bonus point is at stake.

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