

Making a Low-box

Description: This is an activity designed to encourage discussion regarding how to recognize and treat hypoglycemia.

- Objectives:**
- To identify the causes of hypoglycemia
 - To identify each child's signs and symptoms of hypoglycemia
 - To identify appropriate foods and amounts of those foods that are recommended to treat hypoglycemia
 - To encourage discussion on safety considerations to prevent hypoglycemia
 - To stock a box with supplies appropriate for treating lows that can go home with the child

Age Range: 4-10 year olds

Setting: Quiet floor or table space for discussion and decoration of boxes

Materials

- Needed:**
- Plastic or cardboard box (could use lunch box or similar sized container) for each child
 - Supplies to treat hypoglycemia: juice boxes, glucose tabs, box of raisins, and LifeSavers
 - Supplies to demonstrate inappropriate treatment of hypoglycemia: peanuts, diet JELL-O, and diet soda
 - Stickers and markers to decorate/personalize the low-box

- Directions:**
1. Begin with a discussion of each child's signs and symptoms of hypoglycemia. Encourage participation by rewarding each speaker with a special sticker or marker that they can use to decorate their box.
 2. Discuss the causes of hypoglycemia: present scenarios that might result in hypoglycemia or hyperglycemia.
 3. Ask each child to identify their favorite treatment for hypoglycemia.
 4. Identify food choices that are less appropriate for treating hypoglycemia and explain why.
 5. Challenge each child to identify safety considerations related to hypoglycemia: wear a medical ID, pre-CHO for exercise, have a glucose meter with you, tell friends about hypoglycemia, etc. Older children might have a contest to identify the highest number of safety suggestions.

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Directions

- Continued:**
6. Have each child decorate and stock their low-box with the appropriate supplies.
 7. Each child gets to take their decorated low-box home.

Adaptations or

Modifications: None suggested.