

# My Family, My Feelings, and Diabetes

**Description:** This is an activity that asks the participants to draw responses to statements.

- Objectives:**
- To encourage participants to express their feelings about having diabetes in a creative way
  - To facilitate communication between the person with diabetes and family members

**Age Range:** 6 year olds to adults

**Setting:** Area with table or space to draw.

## Materials

- Needed:**
- White poster board (1 sheet per participant) or roll of paper
  - Crayons, pencils, color markers, etc.

- Directions:**
1. Give each participant white poster board or paper.
  2. Ask them to divide the board into 6 sections.
  3. Ask them to draw a picture, which best depicts the answers to each of the following statements:
    - a. One thing I like about diabetes is:
    - b. What I like least about diabetes is:
    - c. My family helps me with my diabetes when they:
    - d. My family does not help me with my diabetes when they:
  4. After the participants finish their drawings, ask for volunteers to share their poster with the group/educator. Ask them to clarify when they feel these emotions. Assist them in expressing their feelings if necessary. Help them evaluate how they might solve any problems presented. If this is done with a group of children, it might be helpful to share the drawings with the parents/guardians.

## Adaptations or

**Modifications:** Statements can be adapted to different settings (i.e., The thing I like best about camp is:).