



Travel Cards

Description: This is a deck of cards used to pass the time while traveling.

Objective: To create cards that foster conversation between the child and their traveling companion that can lead to both parties learning more about diabetes.

Age range: All ages

Setting: Car, bus, train, plane, etc. Keep in your glove compartment, purse, or backpack

Materials

- Needed:**
- Large or small index cards
 - A book about diabetes in general or a pamphlet on a specific subject like nutrition or stress management that can be cut up
 - Glue
 - Scissors

- Directions:**
1. Cut the book/pamphlet topics up into pieces and glue on the cards.
 2. The child draws a card and reads it to themselves, and then they ask the parent/travel companion to answer a question. The parent as well as the child should learn. Children will feel proud when they stump the parent, which may help them accept that parents don't know "everything," and the parent should appreciate the opportunity to increase their knowledge.

Adaptations or

Modifications: None suggested.

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