



American Heart Association.

KIDS | **AMERICAN**
HEART | **HEART**
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GLUCOSE INTAKE GAME

Materials:

- Gym or court
- Multi-colored balls
- 2 buckets
- Tape or jump ropes to create a baseline
- Basketball
- Basketball hoop

Set Up:

- Create 2 groups of students
- Set all of the balls in a bucket by Group 1
- Set the basketball by Group 1 and have that group be near a hoop (can substitute hoop with another challenge)
- Group 2 lines up on the baseline

Objective:

- Create a scenario to represent how the human body manages blood sugar. The two groups are different teams, not playing against each other but rather working together.
- Group 1 is the human body on the outside. The part that controls what foods are eaten, how much they exercise and if insulin is administered. Group 2 is the internal human body which processes the intake.

Directions:

- Group 1 is trying to feed the body by rolling balls to Group 2. Group 2 can properly manage the food input by collecting the balls and putting them into a basket. If the students can manage, the body has an appropriate amount of glucose.
- Students in Groups 1 and 2 can switch to see both sides. If at any point there are too many balls (15, 20) that pass the baseline for group 2, blood sugar levels are too high and the round is over.
- Add an obstacle to make it harder for Group 2 to manage and collect the "food" and extract the glucose to the bloodstream. Explain how it's easier for a body to get overwhelmed if it's less healthy and doesn't exercise. Note: different color balls can represent healthy/unhealthy foods.

Examples of obstacles:

- Students can only use one hand, must be picked up by two students at a time, one hand from each student, etc. Students can help make these up for the activity.
- For older students, you can then add a layer about diabetes. Play a round where the balls get through the line or jump rope very easily. This represents a diabetic person.
- Then, have Group 1 complete a challenge, (like make a 3 pointer) to allow for sending insulin to the body. Insulin will allow the obstacle to be lifted for 30 seconds and make the body (Group 2) work smoother to handle the intake of glucose.
- Play multiple times with each layer, and discuss with students. Have them create scenarios to prove the point of staying healthy, not vaping, sleeping well, and managing diabetes.

Note: this activity can be played by virtually any age group. It is up to the facilitator and students to create age appropriate elements. It's expected that between each round there is time to discuss what happened in the scope of what it means about blood sugar. Students can share and ask questions.



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