

## Key Stage 2 PSHE Activity Plan

Introducing and understanding type 1 diabetes through PSHE.

### Resources required

- Type 1 Diabetes Made Simple interactive book.
- Pupil Task Sheet 7: Torso
- KS1 PSHE Presentation – How am I different, what makes me special

### Learning outcomes

Children show an understanding that we all have differences and these differences make us special and unique

### Task

Use the PSHE Presentation – 'How am I different, what makes me special?' Explain that although we all belong to the human race we all have differences.

Discuss what differences we might have – these are the differences that make us unique, explain the meaning of this word.

- Ask the children to: fold their arms - how many in the class fold their arms one way or another? How many children in the class are right or left handed? Is anyone ambidextrous? Demonstrate who can roll their tongues. Who likes sprouts / Marmite and who doesn't?
- Discuss other traits which may be special to us in a positive way. Who is talented musically or in sport?
- Within our school environment, although we are all pupils at the same school we all have similarities and differences to each other.

# CURRICULUM-LINKED ACTIVITY PLANS

## Pupil task

- Children discuss in pairs similarities and differences between themselves.
- Children can use Pupil task sheet 7 - Torso to mark in the differences and similarities noted and feedback to class.
- In pairs children make a wrist band or card for their partner, and write a few sentences or draw a picture to explain what makes their partner special.

## Stimulus and input

Explain there are many differences inside too, for example the pancreas – everyone has one.

- Use the Type 1 Diabetes Made Simple interactive book (pages 1 - 12) to show or remind pupils where this is found in the body and that the pancreas produces insulin and regulates blood glucose (sugar) levels.
- Discuss what happens if insulin is not produced and the effects on the body. This can happen in children and is known as type 1 diabetes.