**Diabetes Activity**

Diabetes is a disease that affects how the body turns food into energy. When someone has diabetes, their body has difficulty making or using insulin. This activity can help you think of ways to support someone with diabetes.

# Materials

* writing utensil and paper
* art supplies

# Directions

1. Read the **PebbleGo Next Health** article “Diabetes.” Take notes on the challenges people with diabetes face.
2. Create a flyer that helps people understand how to best support people with diabetes. Fold a piece of paper in half. On the front of the flyer, add definitions for type 1 and type 2 diabetes.
3. On the inside of the flyer, draw a picture of yourself doing something to support a friend with diabetes. Add a sentence or two explaining how this action supports this person.
4. Share your flyer with a friend. Ask them to share theirs with you. How are the flyers similar? How are they different?

# Critical Thinking

1. Explain the differences between type 1 and type 2 diabetes.
2. How does diabetes affect the body?
3. What are some ways a person with diabetes can help manage their condition?