

# ORGAMITES®

IT'S WHAT'S INSIDE THAT COUNTS

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THE MIGHTY EDUCATION PROGRAM

## TOOLKIT 1: MIGHTY ME

ADDITIONAL TEACHER RESOURCES



IN PARTNERSHIP WITH



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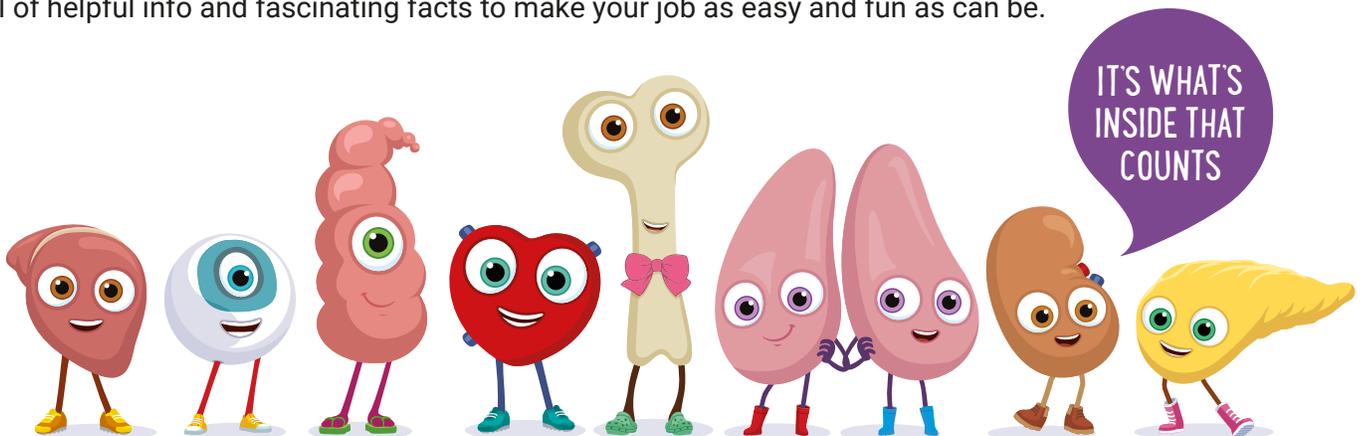
## Additional resources not included here:

**Family Resource Take-Home Booklet/PDF:** Created to get families talking more about what really matters, please send this important booklet to all parents and guardians on the same day you introduce the Orgamites to your class (you can print it or email it to them).

**Meet Your Mighty Organs Object Lessons:** To help kids really appreciate their mighty organs (and remember why and how they work for the rest of time) we've created a series of memorable and fun interactive object lessons (one per mighty organ).

**Lesson Presentations:** Two versions await you, ready to be rolled out in class!

**Lesson Presentation Notes:** Your very own cheat sheet to accompany the lesson/s. Full of helpful info and fascinating facts to make your job as easy and fun as can be.



# CLASSROOM ACTIVITY #1

## Case Studies

The recommended approach would be to share the story of the particular person profiled, then ask students the following questions:

*Which organ does this person need?*

*How might a donated organ improve their life?*

*How do you think the family of the person who donated the organ might feel?*

## Case Study 1

### Addison (British Columbia)

Three weeks after Addison was born, her heart began to fail. Her condition was so serious that doctors at BC Children's Hospital knew her only chance of survival was a heart transplant. She was placed on the cross-Canada heart transplant list. Three days later, a heart for Addison was found.



## Case Study 2

### Stephanie (Ontario)

Stephanie was only ten years old when she was diagnosed with chronic kidney failure and faced years of dialysis to keep her kidneys working. She was active in dance, swimming, horseback riding and skating, and a thriving student who loved hanging out with her friends.

## Case Study 3

### Liam (Newfoundland & Labrador)

When Liam was just 13 days old, his parents were told his lungs weren't working properly and that he needed a double lung transplant to survive. Doctors estimated he only had months left to live, and thought he'd only be able to survive until June 2016.



## Case Study 4

### Zaccari (New Brunswick)

Just before his first birthday, Zaccari went into complete kidney failure and had to start dialysis. Diagnosed with a rare kidney disease called congenital nephrotic syndrome, Zaccari remained on dialysis, until at age three he received a kidney from a kind donor who had just passed on.

# CLASSROOM ACTIVITY #2

## Matching Cards

Divide the class into small groups. Print out one set per group of students, then cut it up into cards. Give each group the cards and challenge them to match each organ to its description/function.

Page 1 of 2

A little quieter than the others, this organ makes two important enzymes to break down food and hormones to control blood sugar levels.

?

 **PANCREAS** 



Small, but long, this organ measures roughly 6m end to end! He is always thinking about food and absorbs the nutrients from what we eat and drink.

?

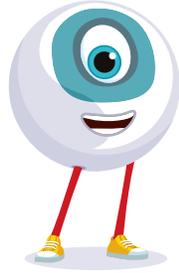
 **SMALL BOWEL**  
(SMALL INTESTINE) 



This guy holds the team together. He makes blood cells, like red blood cells but he is not an organ.

?

 **EYE** 



Observant, this ball-shaped organ lets in light and sends messages to our brain, which allow us to see.

?

 **BONE**  
(CAPTAIN MARROW) 



# CLASSROOM ACTIVITY #2

## Matching Cards

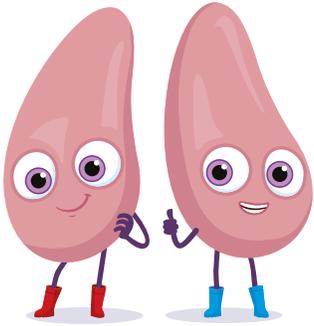
Divide the class into small groups. Print out one set per group of students, then cut it up into cards. Give each group the cards and challenge them to match each organ to its description/function.

Page 2 of 2

These organs always stick together. They transport oxygen from the air you breathe into your bloodstream and take away carbon dioxide when you breathe out.




LUNGS

Most people have two of these bean-shaped organs. They focus on cleaning and their most important job is filtering waste products from the blood.



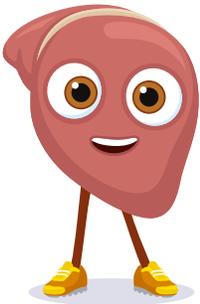

KIDNEY




This organ does everything with a steady rhythm. He acts as a powerful pump to move blood around the body.



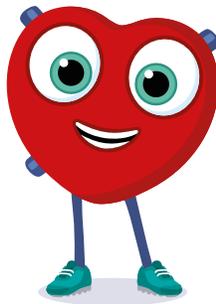

LIVER

Always busy, this organ has more than 500 different functions! Most importantly, she cleans the blood.




HEART

# CLASSROOM ACTIVITY #3

## The Word Game

Can you choose an organ or body part to describe to your partner?

You must describe your chosen body part without using the name of the body part or the words on the card.  
Choose your difficulty level: **Hard** | **Harder**



**SMALL BOWEL**  
(SMALL INTESTINE)  
Small intestine  
Digestion  
Food



**CAPTAIN MARROW**  
(BONE MARROW)  
Bones  
Blood  
Stem cells



**LIVER**  
Multi-tasker  
Cleans  
Blood



**EYE**  
See  
Cornea  
Vision



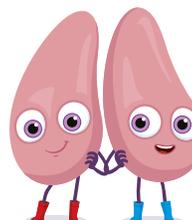
**PANCREAS**  
Food  
Enzymes  
Pear-shaped



**HEART**  
Blood  
Pump  
Beat

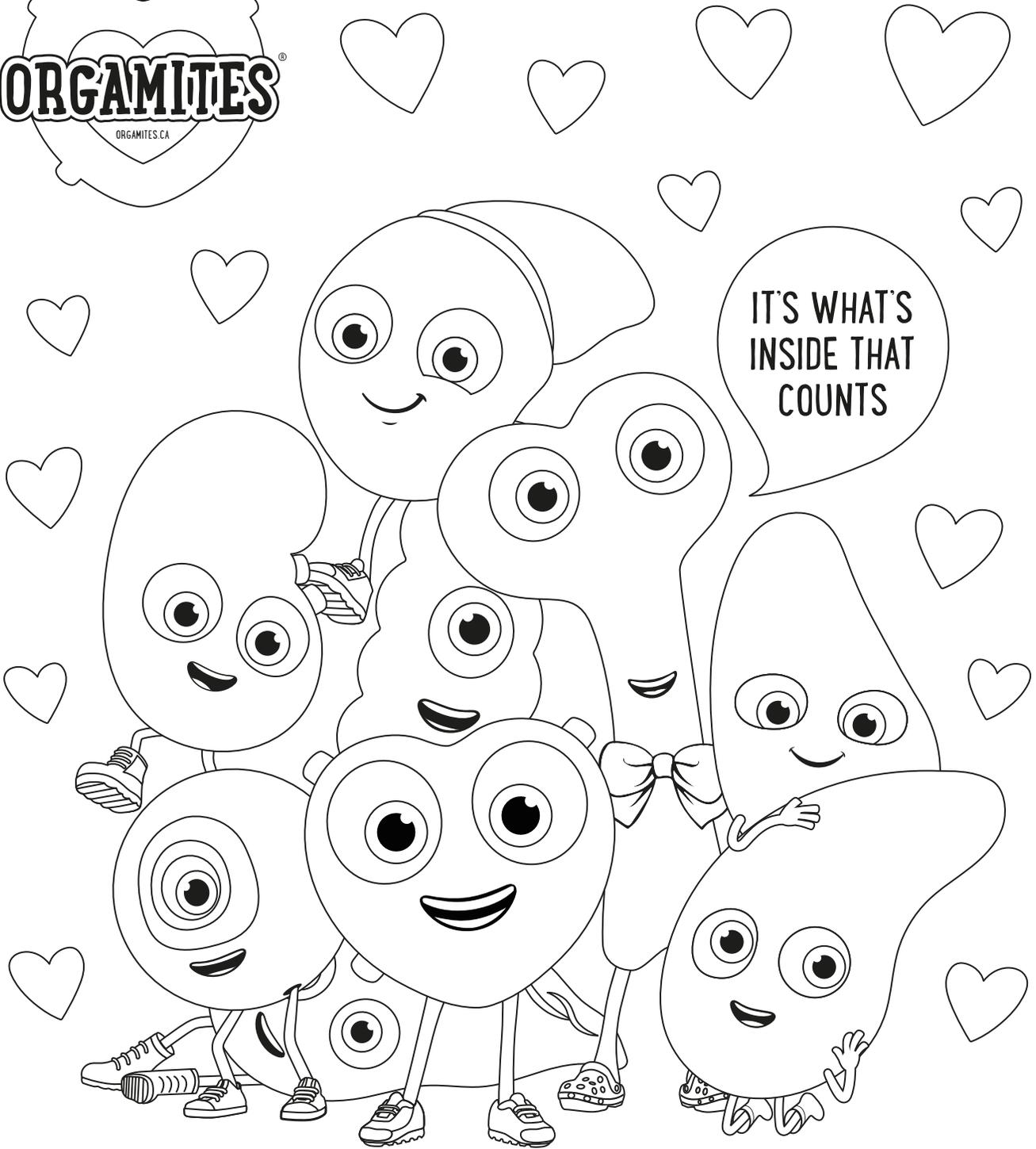


**KIDNEY**  
Clean  
Two  
Bean-shaped



**LUNGS**  
Breath  
Chest  
Oxygen





ARTIST: \_\_\_\_\_

AGE: \_\_\_\_\_

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PLASMA  
STEM CELLS  
ORGANS  
& TISSUES

# TAKE HOME ACTIVITY #1

## A Family Challenge

### CHALLENGE 1

1. Pick an organ or body part.
2. Can you describe the organ or body part to a family member using just three clues?

#### Clue sentence starters

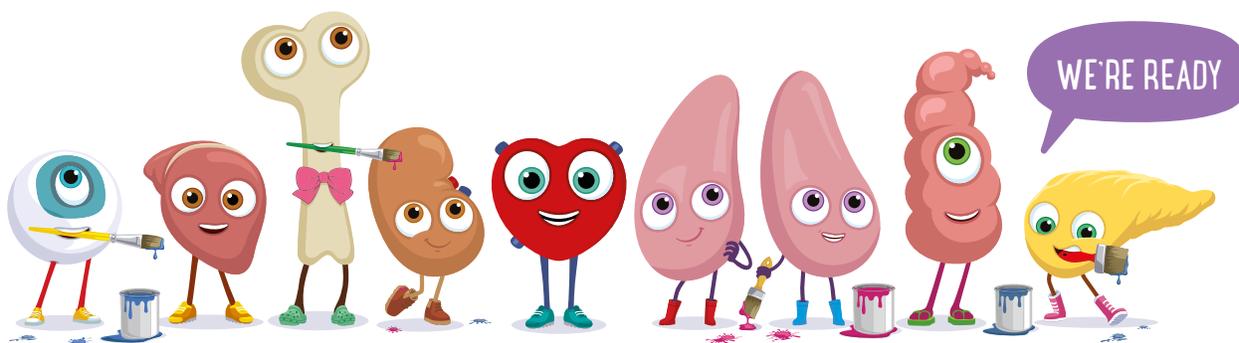
Use these sentence starters for your clues or create your own!

- I can be found...
- My function in the body is...
- Without me...

### CHALLENGE 2

What else can you tell your family about what you have learned?

- Can you explain what an organ donor is?
- Can you list six organs that can be donated or given from one person to another?
- Challenge: Can you tell your family about the "Logan Boulet Effect"?



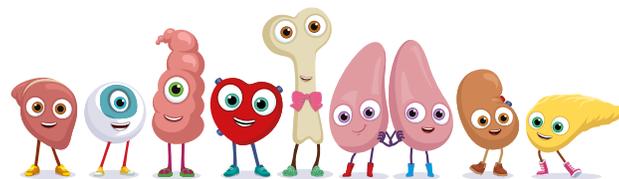
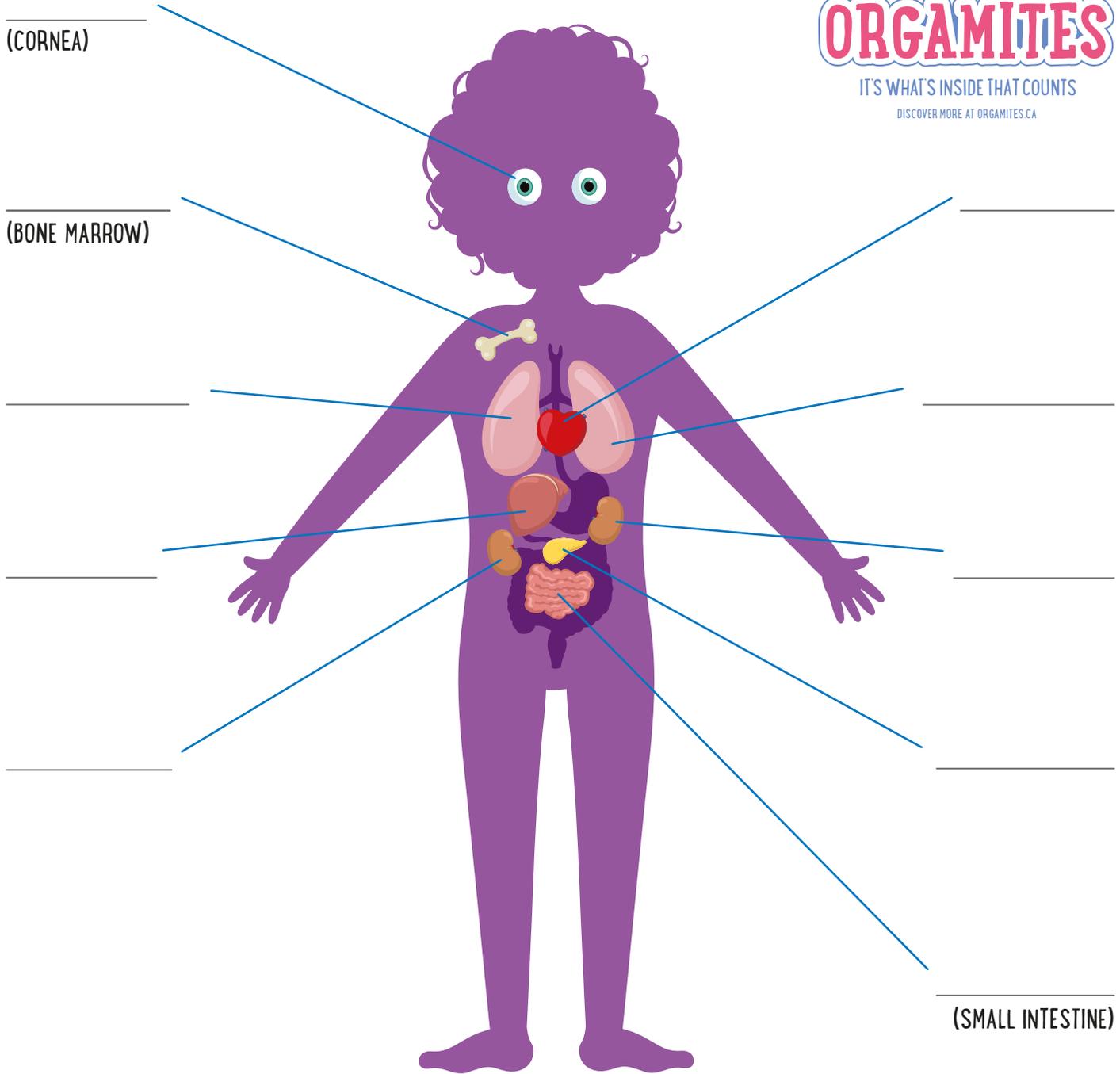
#### Possible answers

1. An organ donor is someone who gives, or donates, their organs. You can be a living donor (e.g. donating Captain Marrow (Bone marrow) or part of the Liver) or you can donate organs after death.
2. Any of the following: Liver, Kidneys, Lungs, Heart, Small Intestine (Small bowel), Pancreas, Eyes (Cornea). Captain Marrow (Bone marrow) can also be donated, but is not an organ!
3. Logan Boulet became an organ and tissue donor in April 2018 following the Humboldt Broncos bus crash. By sharing his decision to become an organ donor with his friends and family, Logan's gifts saved 6 lives. His story has also inspired hundreds of thousands of Canadians to register to become organ donors.



IT'S WHAT'S INSIDE THAT COUNTS

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# CAN YOU NAME YOUR MIGHTY ORGANS?

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& TISSUES

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## FAMILY TREE

**GROW YOUR OWN FAMILY TREE!**

NAME \_\_\_\_\_  
DATE OF BIRTH \_\_\_\_\_  
HAVE YOU CHOSEN TO BE AN ORGAN DONOR? YES  NO

NAME \_\_\_\_\_  
DATE OF BIRTH \_\_\_\_\_  
HAVE YOU CHOSEN TO BE AN ORGAN DONOR? YES  NO

NAME \_\_\_\_\_  
DATE OF BIRTH \_\_\_\_\_  
HAVE YOU CHOSEN TO BE AN ORGAN DONOR? YES  NO

NAME \_\_\_\_\_  
DATE OF BIRTH \_\_\_\_\_  
HAVE YOU CHOSEN TO BE AN ORGAN DONOR? YES  NO

NAME \_\_\_\_\_  
DATE OF BIRTH \_\_\_\_\_  
HAVE YOU CHOSEN TO BE AN ORGAN DONOR? YES  NO

NAME \_\_\_\_\_  
DATE OF BIRTH \_\_\_\_\_  
HAVE YOU CHOSEN TO BE AN ORGAN DONOR? YES  NO

NAME \_\_\_\_\_  
DATE OF BIRTH \_\_\_\_\_  
HAVE YOU CHOSEN TO BE AN ORGAN DONOR? YES  NO

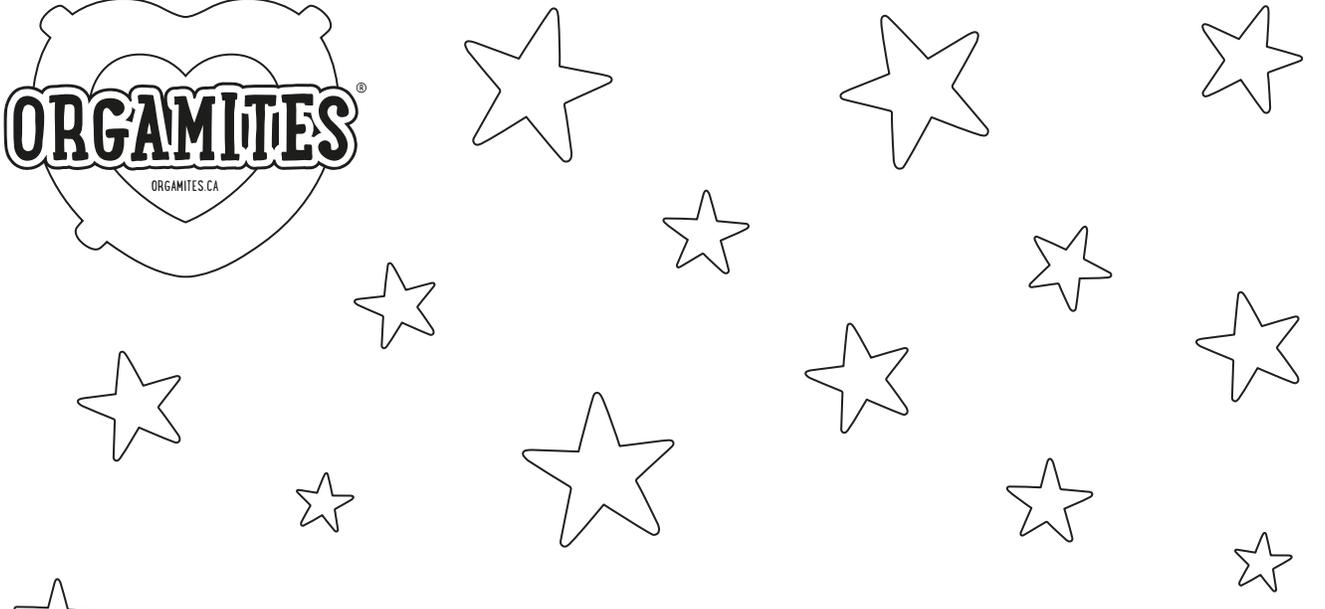
NAME \_\_\_\_\_  
DATE OF BIRTH \_\_\_\_\_  
HAVE YOU CHOSEN TO BE AN ORGAN DONOR? YES  NO

NAME \_\_\_\_\_  
DATE OF BIRTH \_\_\_\_\_  
HAVE YOU CHOSEN TO BE AN ORGAN DONOR? YES  NO

NAME \_\_\_\_\_  
DATE OF BIRTH \_\_\_\_\_  
HAVE YOU CHOSEN TO BE AN ORGAN DONOR? YES  NO

NAME \_\_\_\_\_  
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HAVE YOU CHOSEN TO BE AN ORGAN DONOR? YES  NO

NAME \_\_\_\_\_  
DATE OF BIRTH \_\_\_\_\_  
HAVE YOU CHOSEN TO BE AN ORGAN DONOR? YES  NO



ARTIST: \_\_\_\_\_

AGE: \_\_\_\_\_

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## MIGHTY PLEDGE

Our world is precious, and fragile too  
 I commit to look after it and take the long view...  
 I'll try to recycle and put litter in bins,  
 I'll upcycle too and reuse my things.

Every person is special, whether old or young  
 We all just want love so I honour each one.  
 I'll treat all the people I meet with respect every day  
 And be as kind as can be in my own unique way.

My body is mine and it's perfect for me  
 So I'm thankful for it, I'm as proud as can be.  
 I pledge to look after it and to be kind to each part  
 From my head to my toes, from my kidneys to heart.

And if one day, these parts I don't need,  
 You can pass them along as my final good deed.  
 After all, it's not outside looks or clever tricks that truly astound,  
 We're all beautiful and precious - it's what's inside that counts!

NAME OF PLEDGEE

BE MIGHTY PROUD



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CHILD AND PARENT  
 PINKY PROMISE PRINTS 

## WHAT NEXT?

For the rest of the lesson, teachers have access to a variety of 'Additional Teacher Resources' to enhance the learning experience and drive the message home: Case Studies, Classroom and Take Home Activities, Colouring-in Sheets and Classroom Posters and other teaching aids. Choose any or all of them, print them out or upload them onto your whiteboard.

### Object Lessons

To help kids really appreciate their mighty organs (and remember why and how they work for the rest of time) we've created a series of fun and interactive object lessons (one for each of the mighty organs).

### Family Resources

To get families talking more about what really matters, please send this important 'booklet' to all parents and guardians on the same day you introduce the Orgamites to your class (you can print it or email it to them).

### Mighty Pledge Certificate and Classroom Poster

This is our mighty manifesto. It's a call to all to be kinder to yourselves, other people and the planet we all share. Consider making the Mighty Pledge together, and even displaying it somewhere in your classroom.

### Have you discovered Toolkits 2 and 3?

Although self-standing, our toolkits sequentially build upon one another. **Toolkit 2: 'Mighty Habits'** offers the best information available on how to practically live a healthy life (at any age). **Toolkit 3: 'Mighty Kind'** seeks to show people how powerful their small, individual choices can be—inspiring them to change the world through kindness.

### Got questions or would like to share your Orgamites art?

For any questions or to share your Orgamites art with us, please write to [info@orgamites.ca](mailto:info@orgamites.ca)  
To download additional Orgamites educational tools and resources, please visit [Orgamites.ca](http://Orgamites.ca)

## YOUR INPUT MAKES A BIG IMPACT!

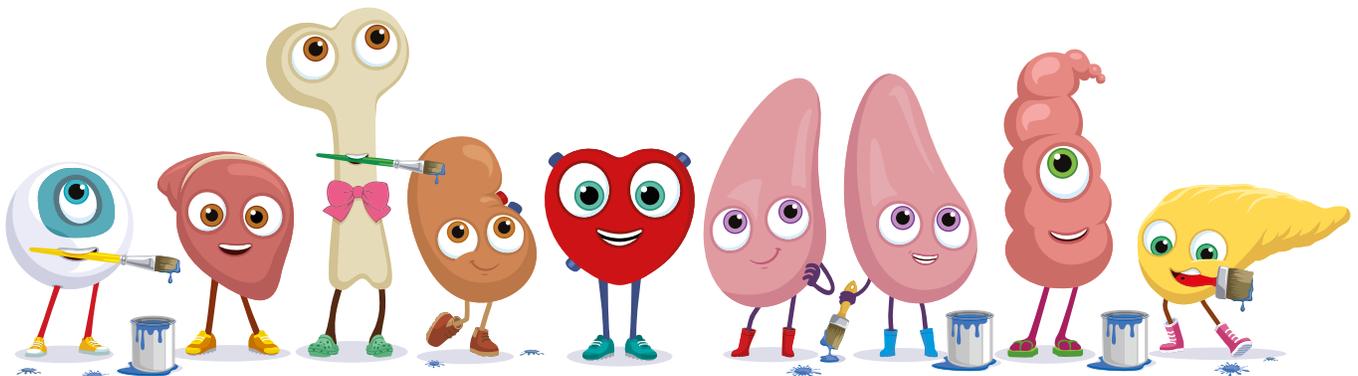
If you've introduced the Orgamites to your classroom, we'd love to know how it's going. Please use our feedback form on the 'Resources Hub' page on our website, and please encourage as many other teachers, students and parents to do so too. Don't forget to...

-  **1. Have the conversation** (talk about organ donation with your family)
-  **2. Make the Mighty Pledge** (with a pinky promise)
-  **3. Be Mighty Proud** (voice your choice wide and far)



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