

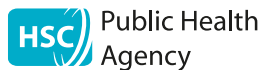


IT'S WHAT'S INSIDE THAT COUNTS

THE MIGHTY EDUCATION PROGRAM
TOOLKIT 1: MIGHTY ME
LESSON PRESENTATION

EXPRESS VERSION

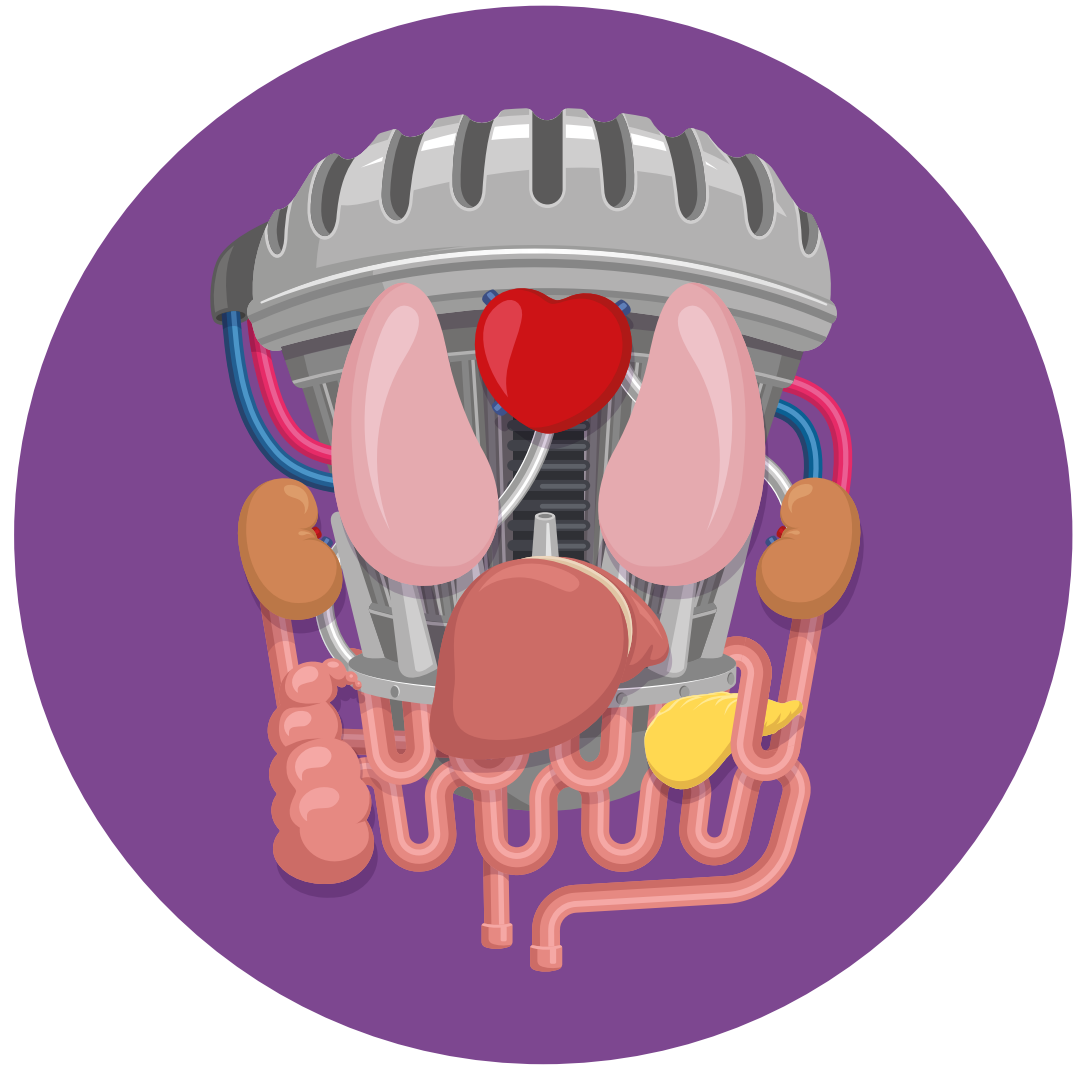
IN PARTNERSHIP WITH



Let's get to know our organs!

Organs are the different working parts inside all of us.

Can you guess how many organs you have?



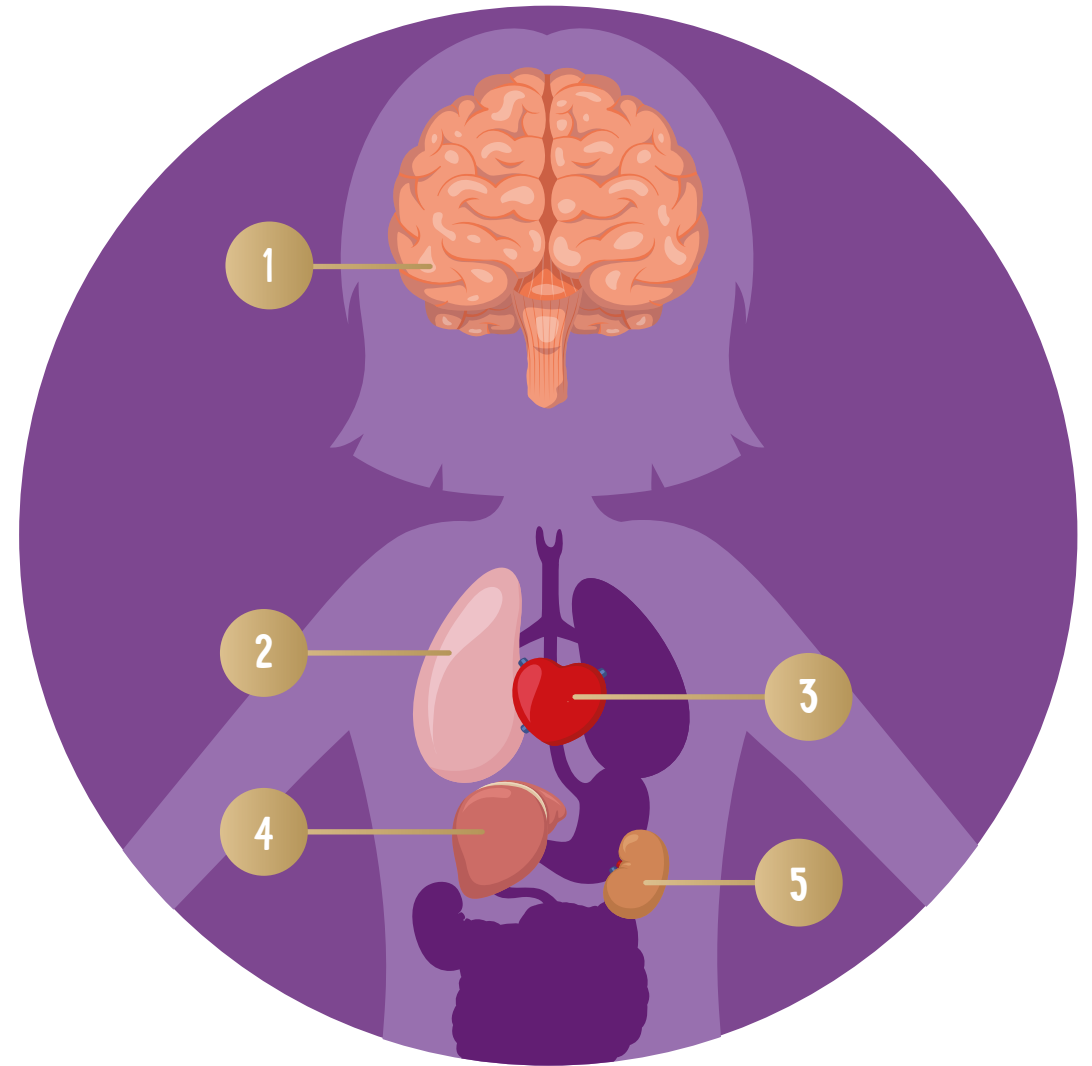
Did you guess right?

Five of these organs we really can't live without. Do you know what they're called?



They are our vital organs

1. Brain
2. At least one lung
3. Heart
4. Liver
5. At least one kidney



Did you know?

There's another group of organs that are not only important but moveable too!

Do you know what they're called?



They're called the mighty organs (also known as the Orgamites)

The mighty organs are:

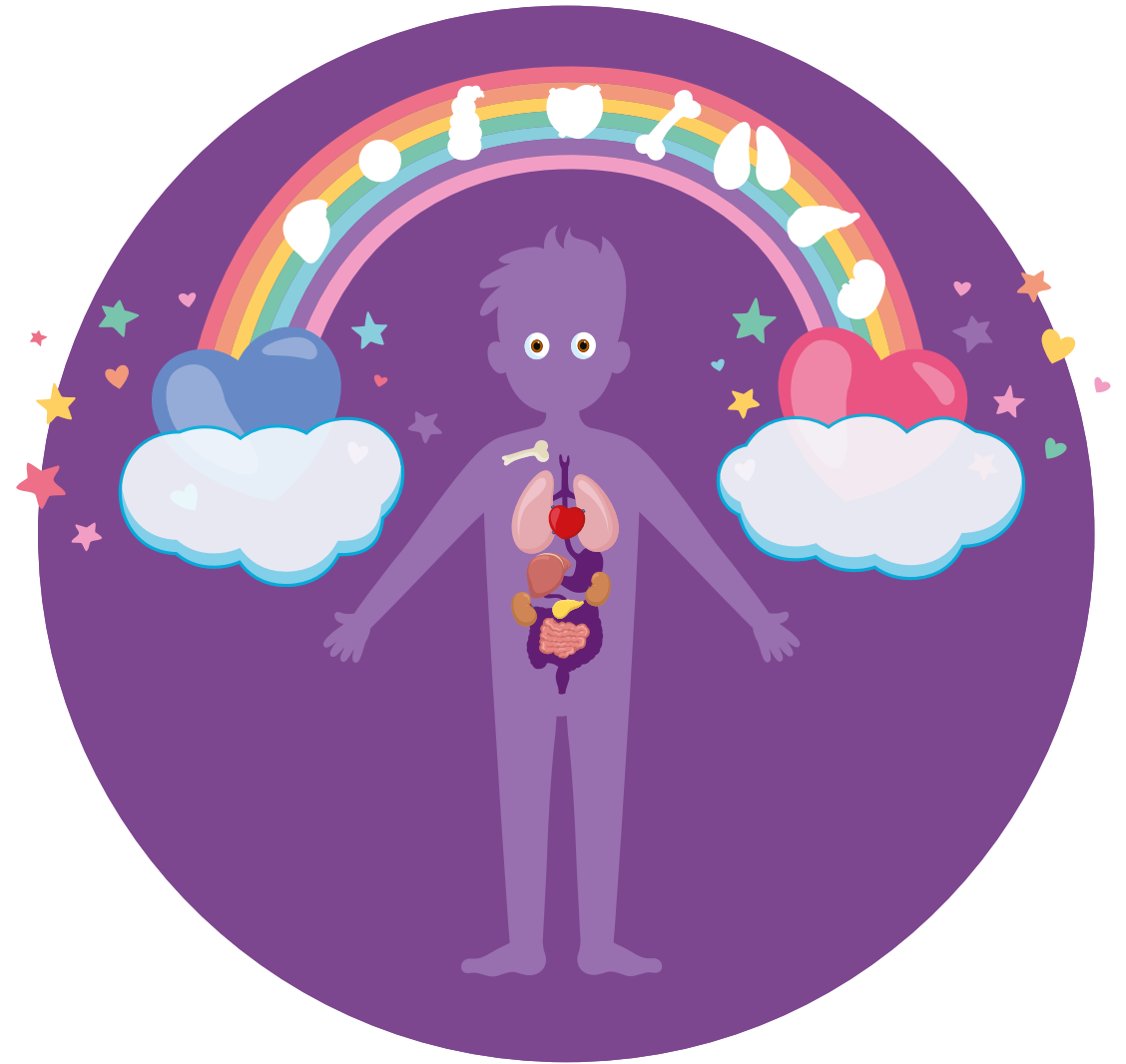
1. Bone (Captain Marrow)
2. Heart
3. Liver
4. Kidney
5. Lungs (Left & Right)
6. Eye (Cornea)
7. Small Bowel (or Small Intestine)
8. Pancreas



These are the organs most needed for organ donations and transplantations.

This means that if a person's mighty organs stop working or aren't working well, they can be replaced with new ones from another person (called an **organ donor**).

The operation that makes this possible is called an **organ transplant**.



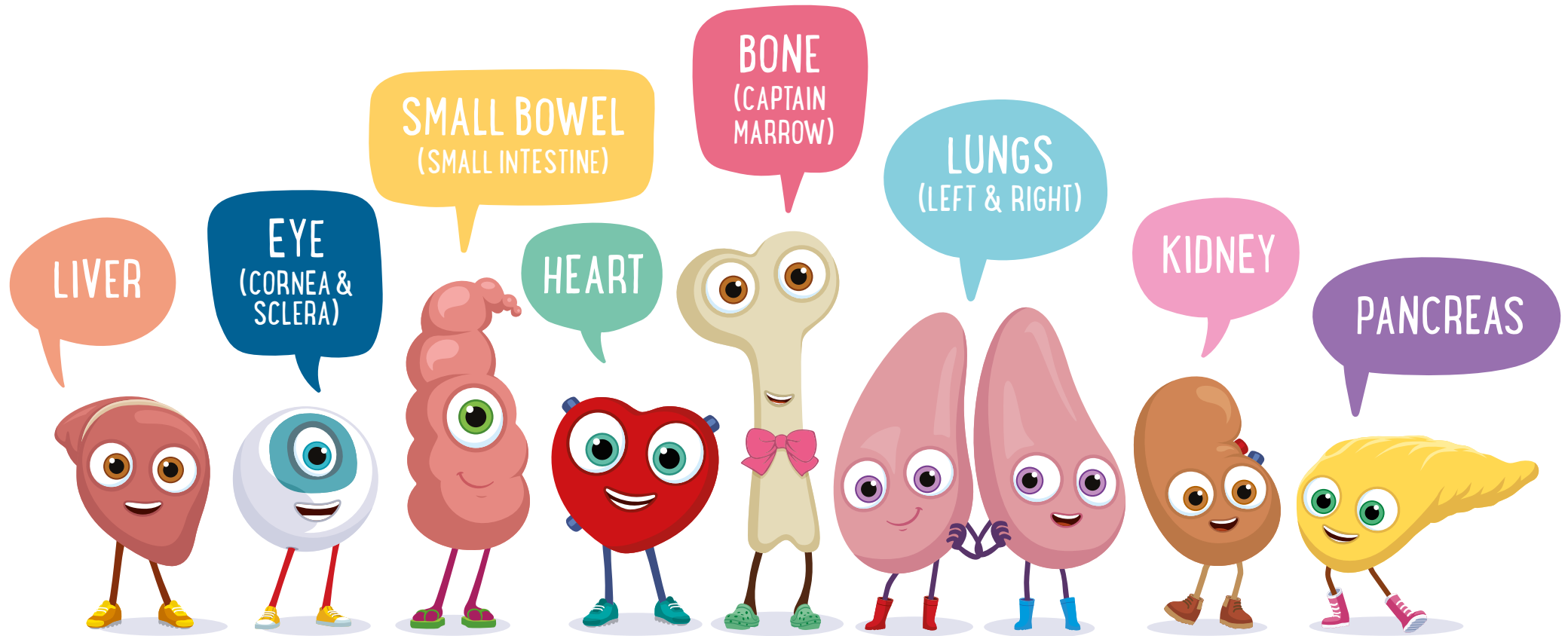
Did you know?

There are around 4,000 people on the organ transplant waiting list in Canada right now!

One organ donor can save up to eight lives and improve the lives of many more!



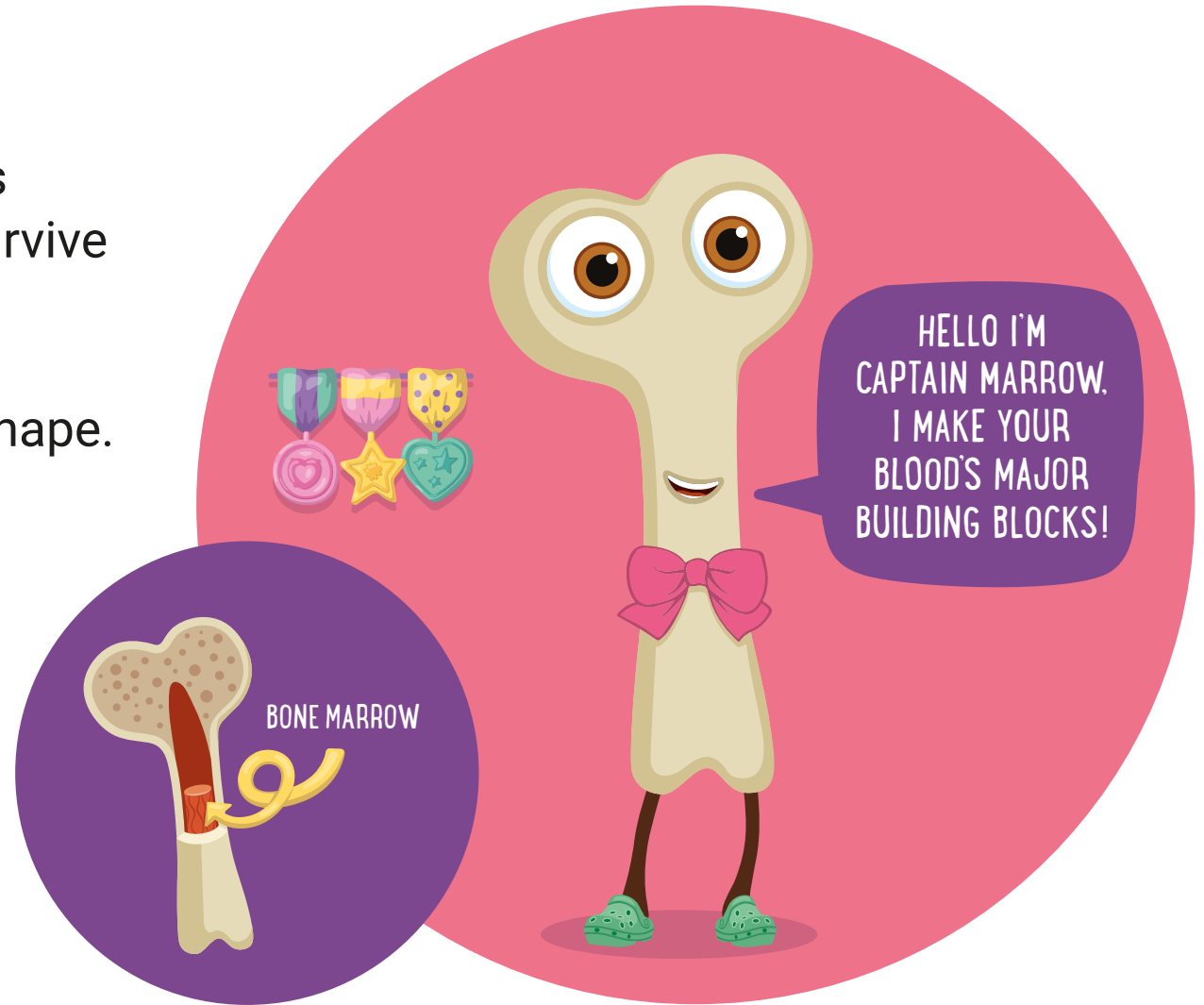
Let's meet our mighty organs...



Meet Captain Marrow

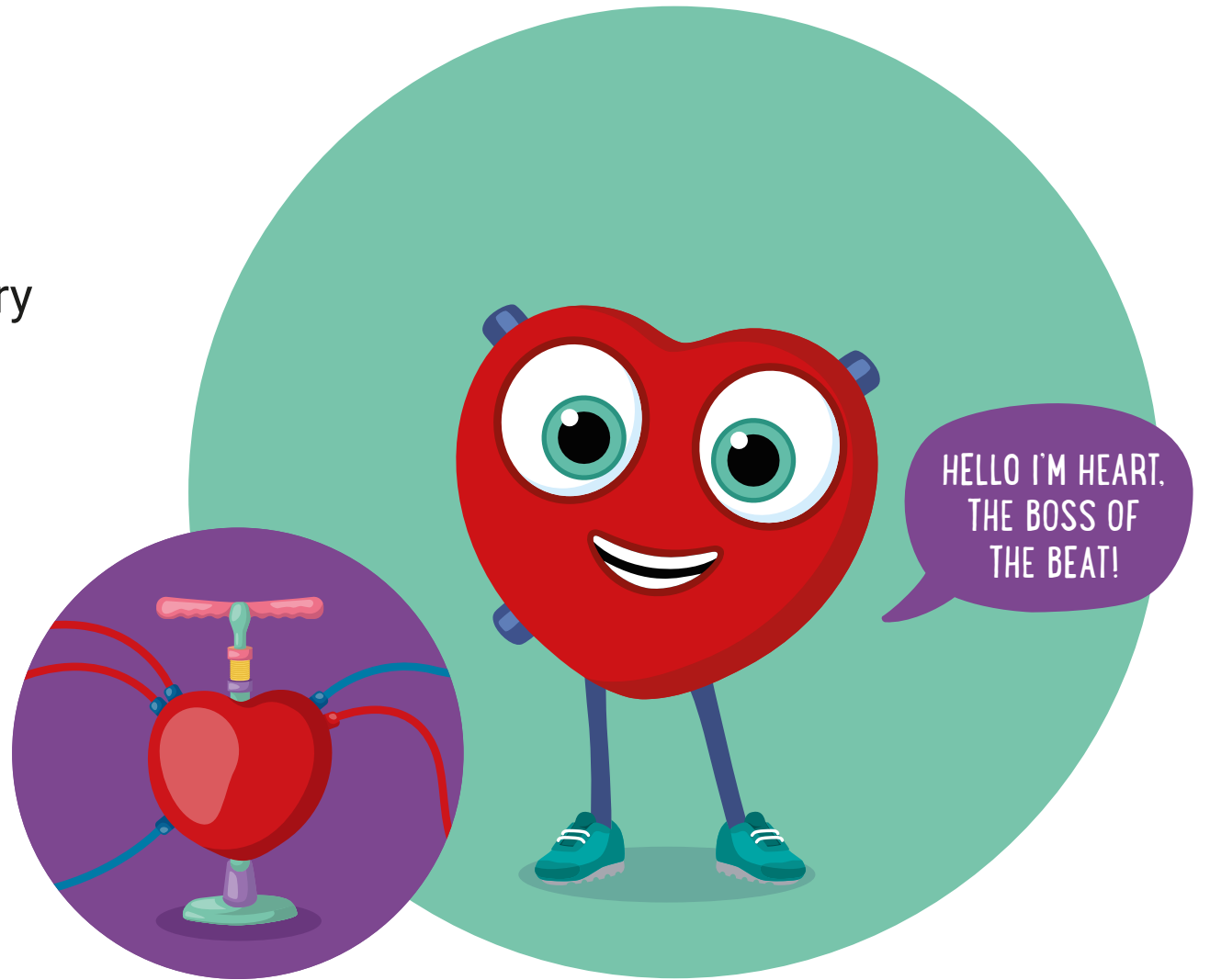
He sits right in the middle of your bones
—making the blood cells you need to survive
—about 500 billion new ones each day!

Bones hold us up and give our bodies shape.



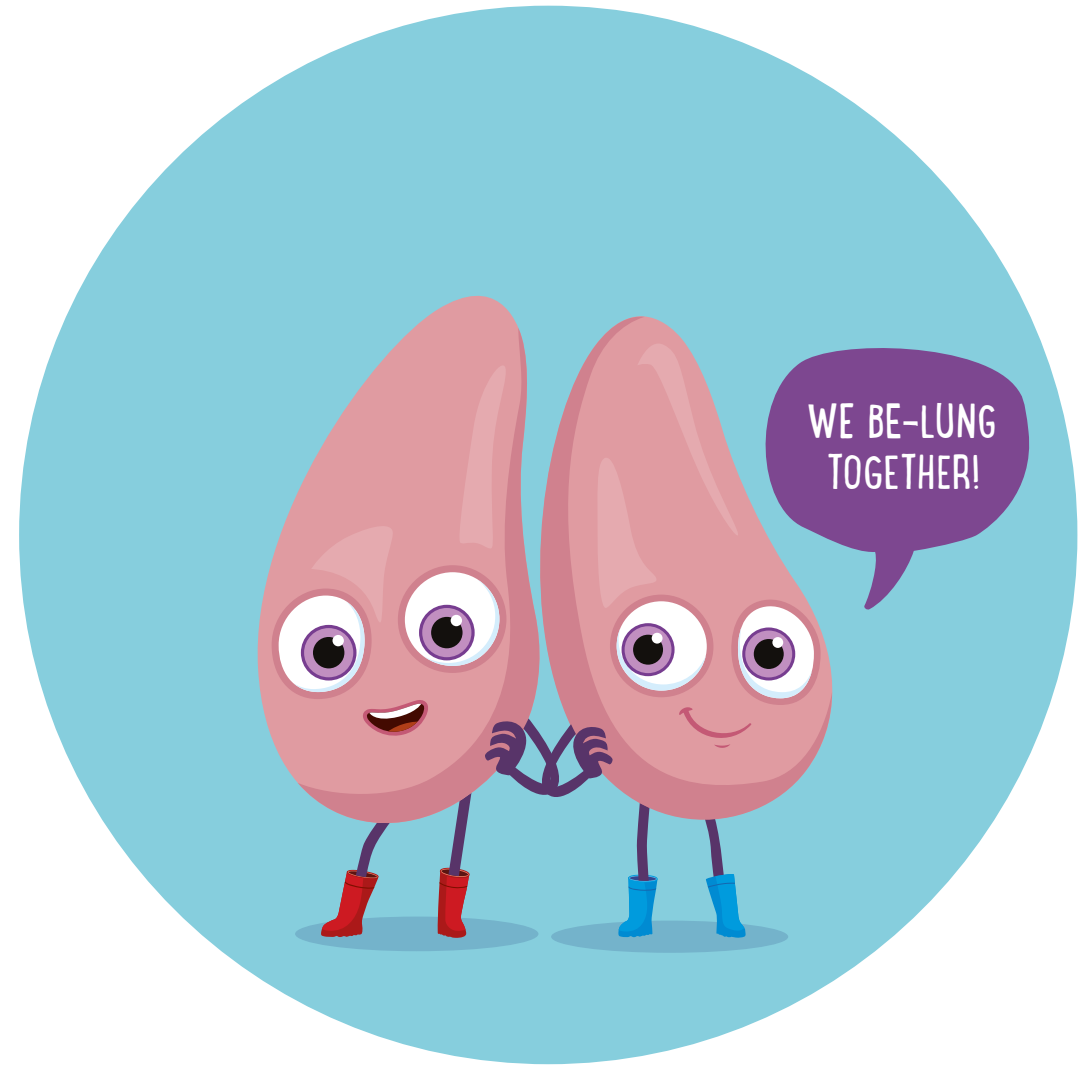
Meet Heart

Whether you're awake or asleep,
your heart never stops pumping blood
(filled with oxygen and nutrients) to every
part of your body.



Meet the Lungs

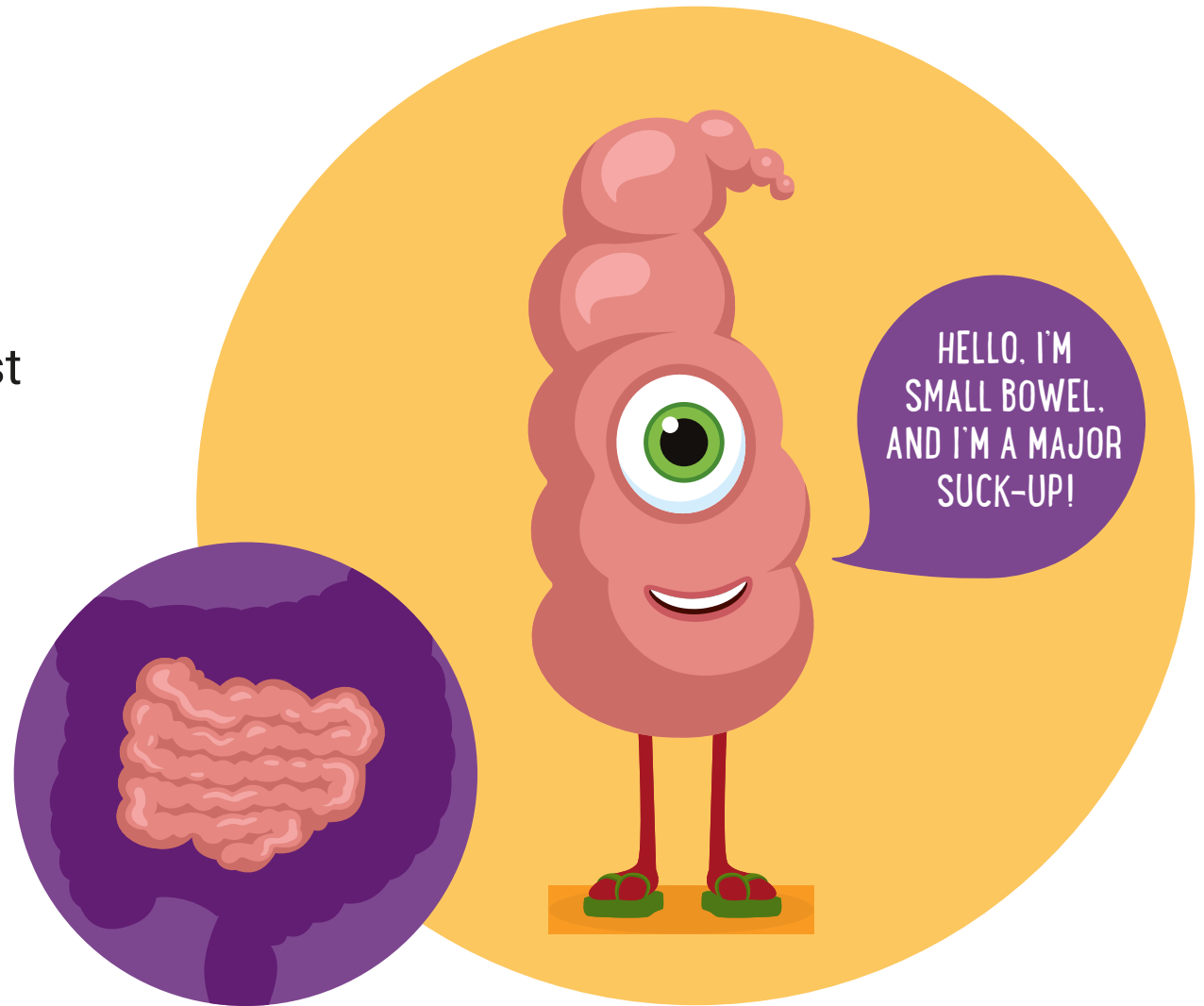
They take the oxygen you breathe in and move it into your bloodstream (so it can get to all the cells that really need it).



Meet Small Bowel

It's a very bendy, very long and very squishy pipe connecting your stomach to your large intestine. Along the way, Small Bowel absorbs (or sucks up) most of the nutrients in your food.

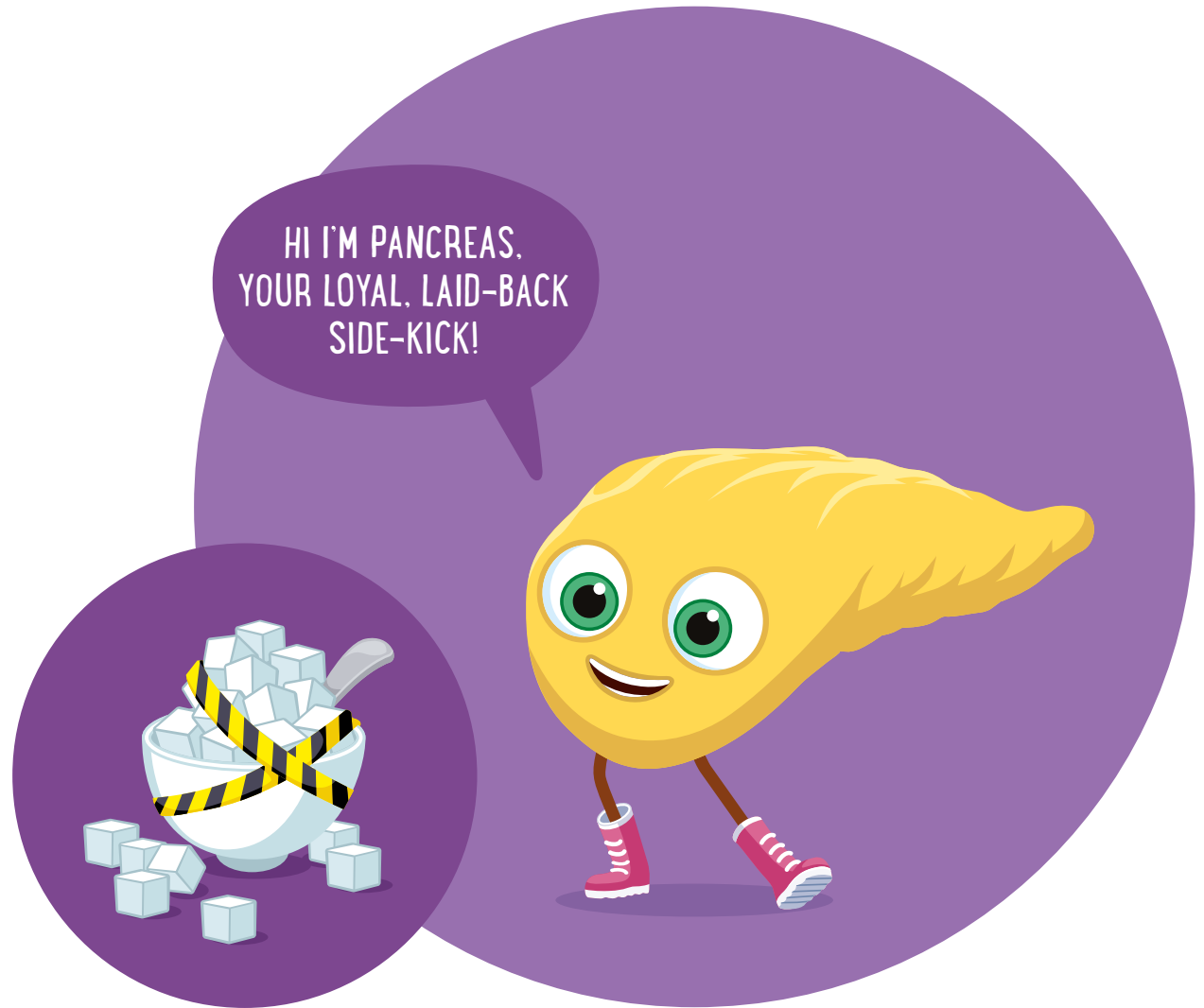
Small Bowel is often called Small Intestine!



Meet Pancreas

This super shy superhero hides just behind your stomach, making digestive juices and checking that your blood sugar levels stay stable.

Please don't eat too many sugary, refined foods—they make your pancreas work too hard!



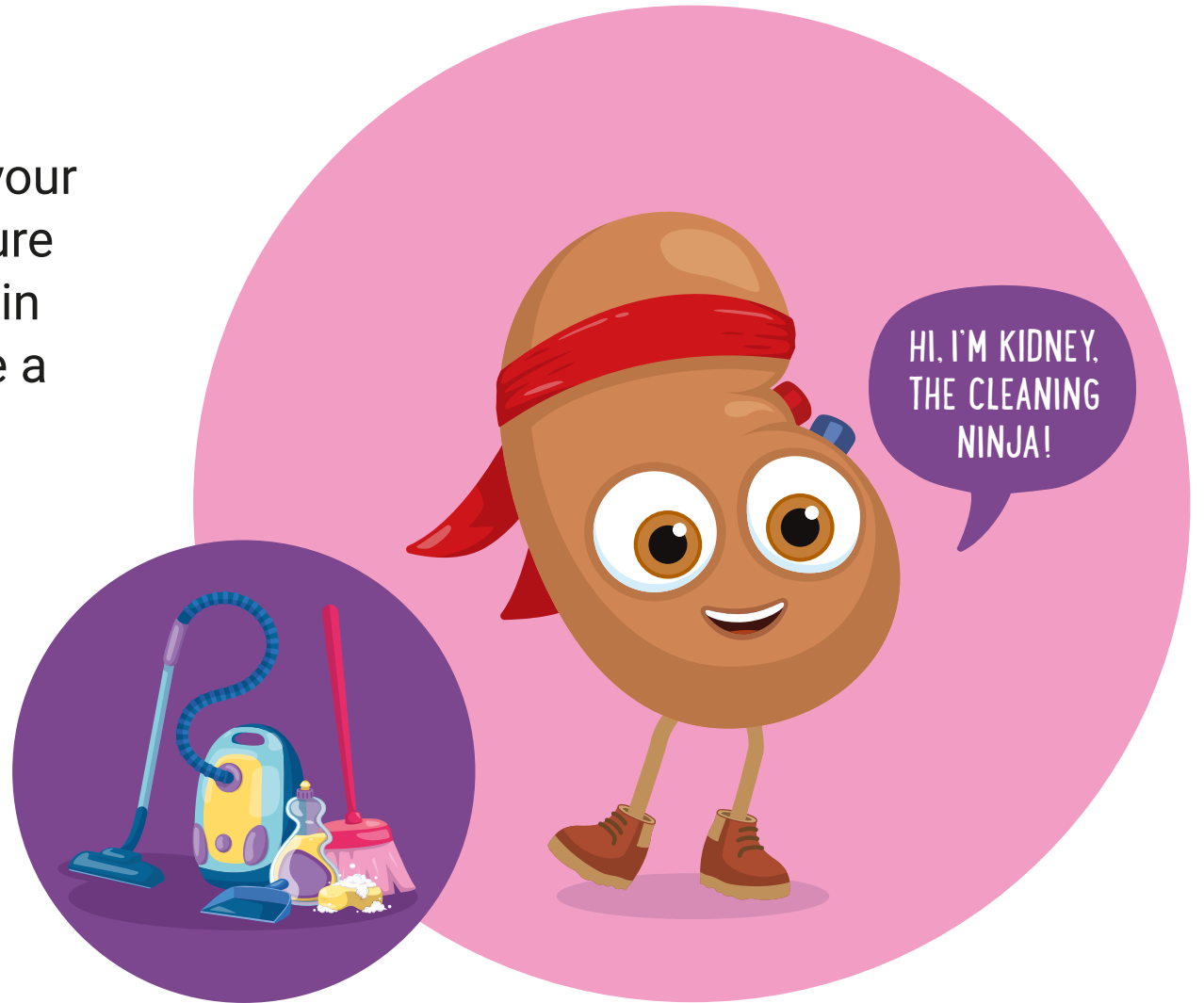
Meet Liver

As one of the busiest organs in your body, Liver has over 500 jobs to do! He cleans your blood, builds up your energy stores, helps your kidneys slow down and encourages your bowels to speed up.



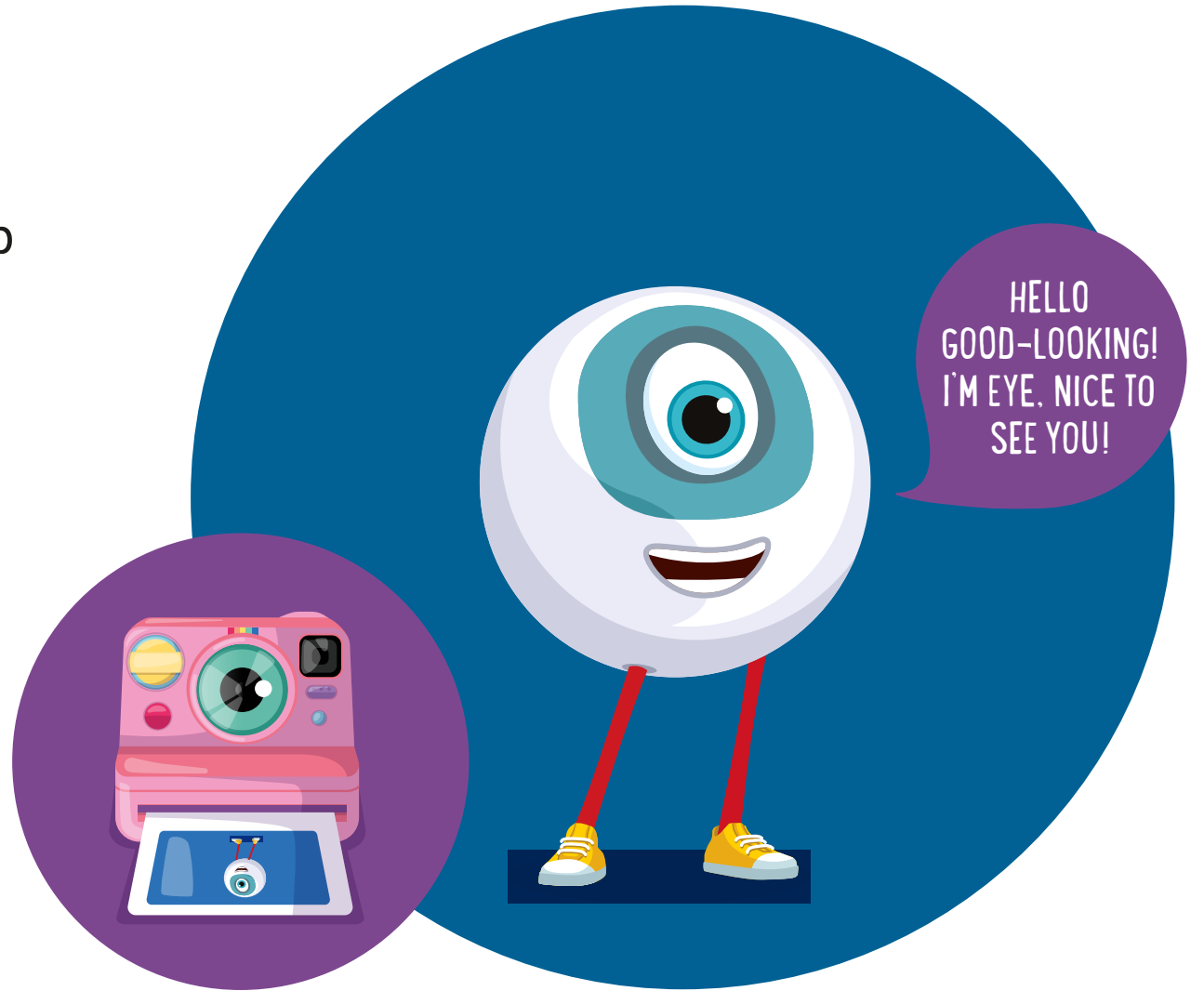
Meet Kidney

Apart from kicking all the waste out of your bloodstream, your kidneys also make sure you have just the right amount of water in your body. Otherwise, you'd swell up like a puffer fish or shrivel up like a prune!



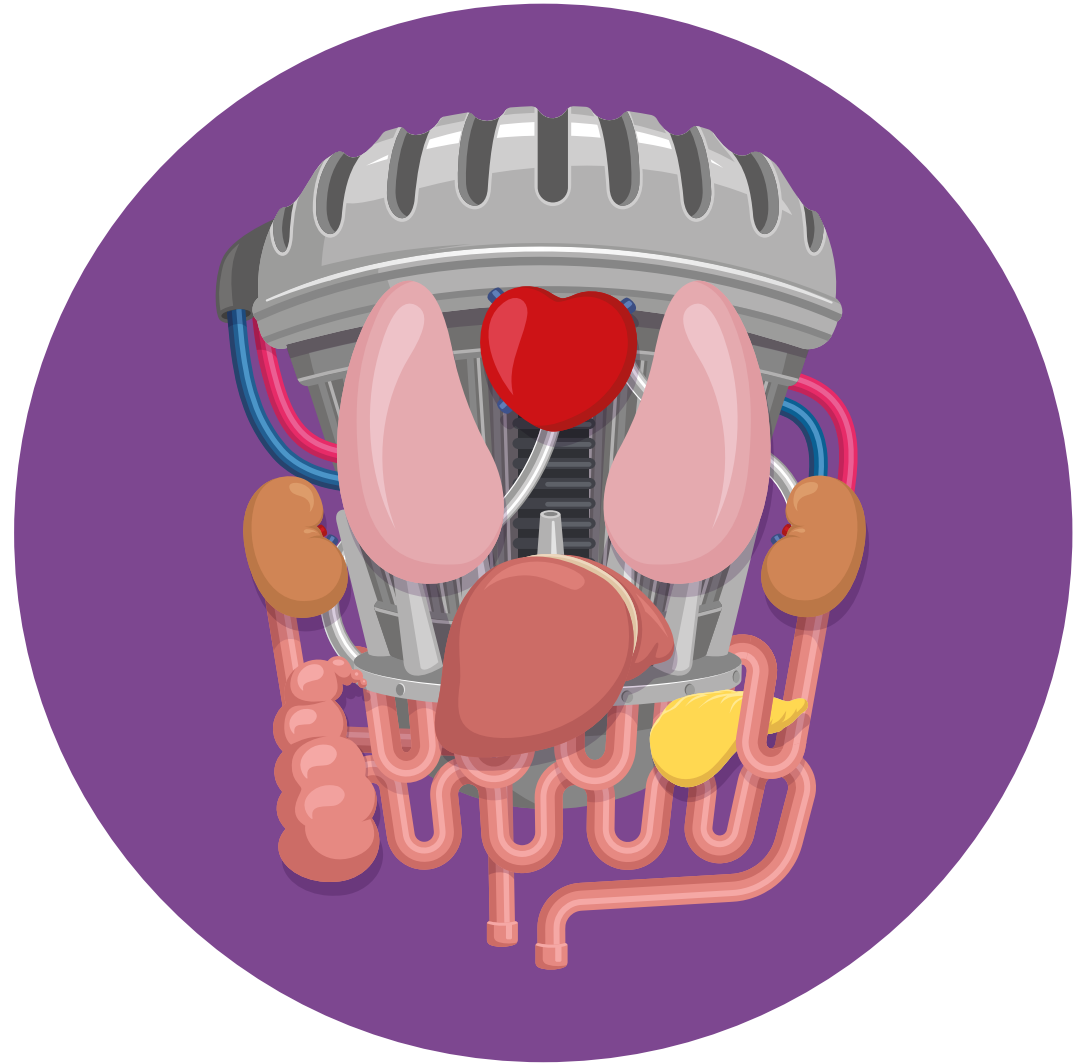
Meet Eye

Like a super-advanced (and very slippery) camera, your eyes are made up of more than two million different parts that work together so that you can see.



Let's do a quick recap!

1. Can you name your vital organs?
2. Can you name your mighty organs?
3. Why might someone choose to donate their organs?
4. Why might someone choose not to donate their organs?
5. Why is it important to talk with your family about your choices around organ donation?



So what have we learnt today?

We are all made up of some pretty mighty organs!

We're all the same inside!

And in the end, it's what's on the inside that really counts!



What next?



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 far and wide)





ORGAMITES®

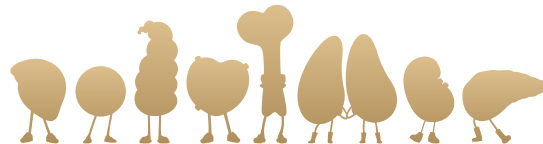
MIGHTY PLEDGE

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.

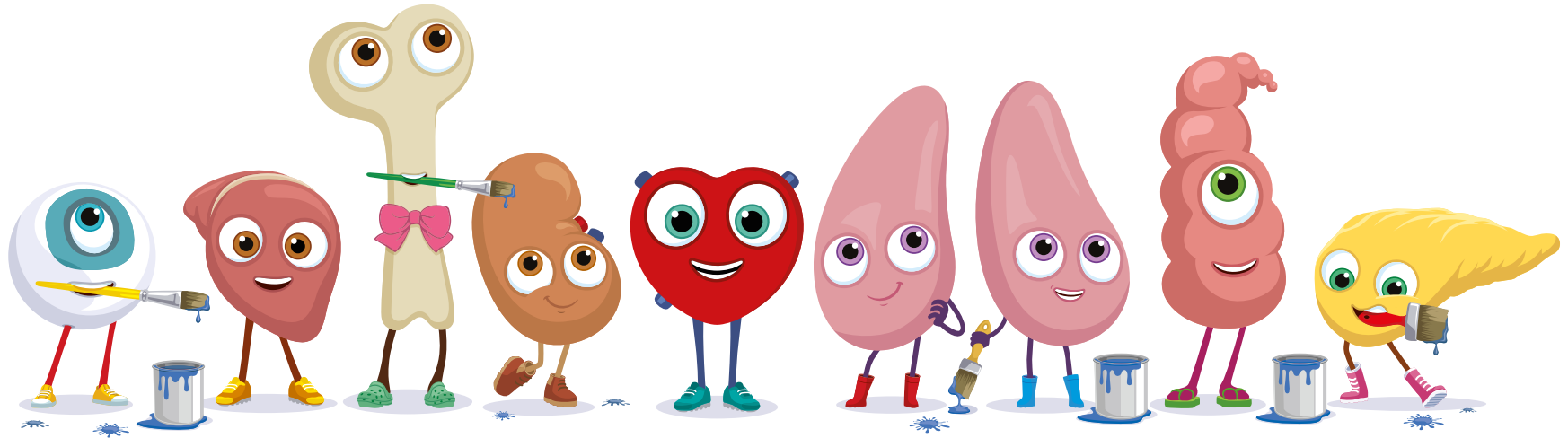
My body is mine and it's perfect for me
I'm thankful for it, I'm as proud as can be.
I pledge to look after it and to be kind to each part
From my head to my toes, from my kidneys to heart.

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 our looks or clever tricks that astound...
We're all beautiful and precious -
it's what's inside that counts!



ALWAYS REMEMBER

IT'S WHAT'S INSIDE THAT COUNTS!





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