

ORGAMITES®

IT'S WHAT'S INSIDE THAT COUNTS

DISCOVER MORE AT ORGAMITES.CA

THE MIGHTY EDUCATION PROGRAM
TOOLKIT 1: MIGHTY ME
TEACHER OVERVIEW



IN PARTNERSHIP WITH



WE BELIEVE TEACHERS CAN CHANGE THE WORLD

If you're a teacher, you're already a hero in our books. But did you know that your class is full of undercover superheroes? Hiding in plain sight, every one of your students possesses a set of incredible organs. These magnificent parts not only keep them alive and healthy – but could save other lives one day too.

The problem is – hardly any kids know this.

As the only organ donation education and awareness programme of its kind, the Orgamites are here to change all that – breathing new life and lightness into organ donation education.

WHY TEACH CHILDREN ABOUT ORGAN DONATION?

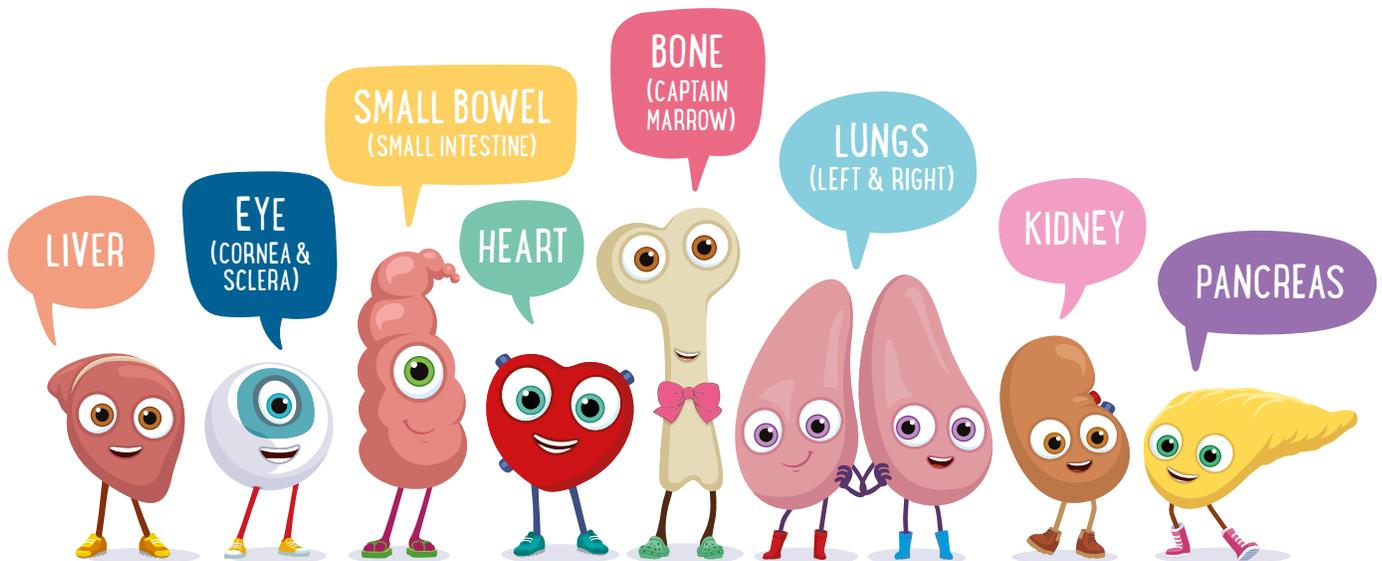
Around the world, there's a critical shortage of life-saving organs, especially for children. In fact, kids tend to wait two-and-a-half times longer than adults. Many die waiting. Only through widespread education and awareness initiatives can we hope to decrease waiting lists and save lives. That's where you come in.

Together with our tried-and-tested educational resources, you can help us turn back the tide, one class at a time.

WHO ARE THE ORGAMITES?

A team of nine life-saving organs found in each one of us, the Orgamites are known as the 'mighty organs' because they represent the organs most needed for donation and transplantation.

Through an ever-growing range of fun, educational resources (geared toward children ages 5 to 11), the Orgamites are on a mission to inspire and equip more students, teachers and families everywhere to talk more about organ donation and to take better care of their bodies, each other, and our world.



TOOLKIT 1: MIGHTY ME!

During this lesson (or series of lessons), your students will learn all about their vital and mighty organs, whilst also being introduced to the concept of organ donation. Why do children need to know about their mighty organs? Because education is the first step to transformation. Empowering kids to really appreciate their bodies and better understand how/why/where everything goes is crucial to them getting equipped to take better care of their health. In addition, this knowledge is the first step in effectively addressing organ donation and health concerns.

Free ready-to-go resources include:

• Lesson Presentations

We've created two versions. The Express Version is perfect for younger children (Key Stage 1) and can be covered in a single lesson. The Full Version is ideal for all other age groups, and includes more insights about each organ and how to keep them healthy. At the end of this version, you'll also find a number of optional reflection questions, case studies and stories you can chat through with your class. To make your job even easier, we've created supporting **Lesson Presentation Notes**.

• 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).

• Additional Teacher Resources

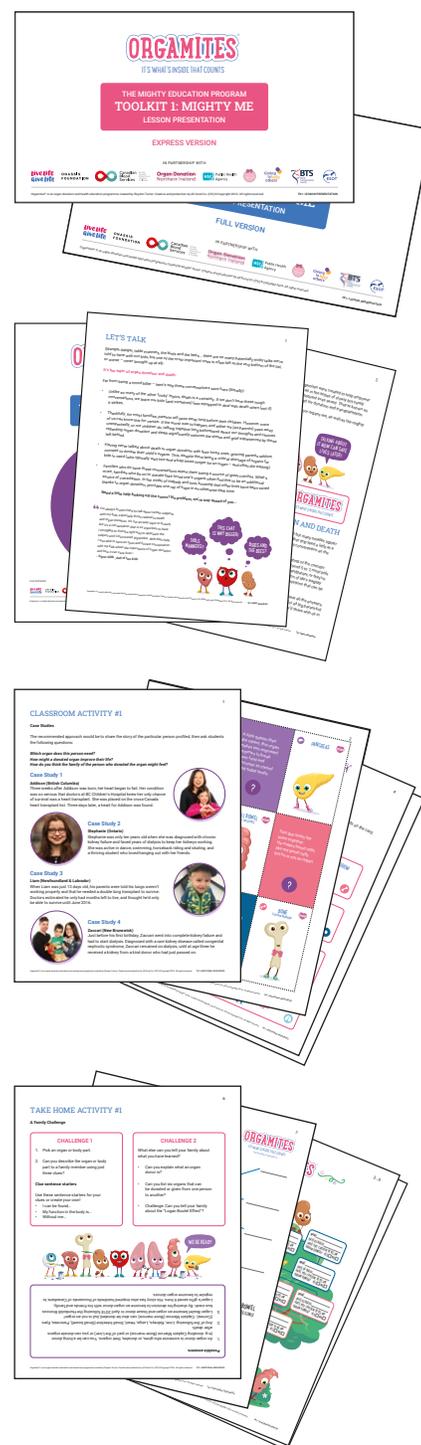
Case Studies, Classroom and Take Home Activities, Colouring-in Sheets and Classroom Posters and other teaching aids are available to further drive the message home. Choose any or all of them, print them out or upload them onto your whiteboard.

• Mighty Pledge Certificate and Classroom Poster

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

• 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).



PICK YOUR PACE

The speedy way—covering the entire lesson in one go with the help of our Lesson Presentation Notes and a few of our Additional Teacher Resources – **or**,

The really sticky way—taking your time to really explore with your class the functions of each mighty organ. You may want to focus on one organ per day/lesson, and supplement the Lesson Presentation with our interactive (and very entertaining) object lessons.



TOP TIP FOR TEACHERS

Make time to talk: Talking about organ donation helps us to honour one another's choices. No matter which pace you choose, be sure to allocate a little time to recap and reflect on what has been covered in the lesson. Let students share some of their own thoughts and impressions. When teaching about organ donation, focus on the positivity of 'giving a gift', and the difference a transplant can make to a recipient's life. Try to keep the conversation light, positive and non-judgmental. Encourage students to chat about their choices at home, with their parents or guardians.

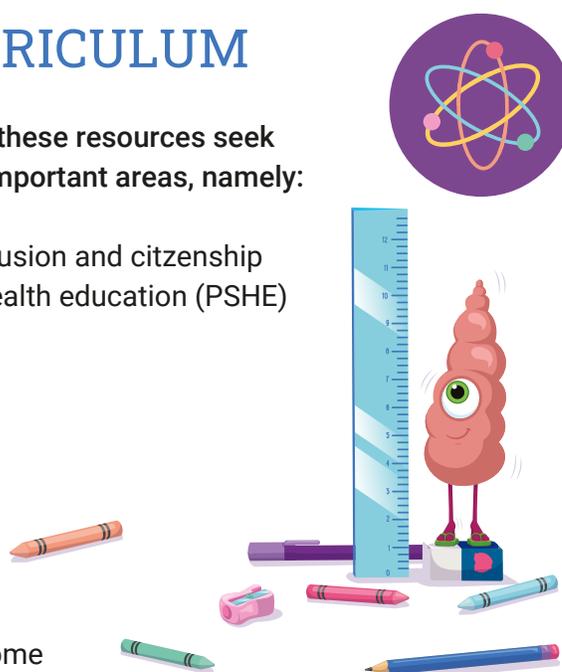
COMPLEMENTING THE CURRICULUM

Intended to enrich (not compete with) your curriculum, these resources seek to strengthen students' understanding in a number of important areas, namely:

- ♥ Science and biology
- ♥ Relationship skills, inclusion and citizenship
- ♥ Physical education
- ♥ Personal, social and health education (PSHE)

Some of the aspects covered include:

- ♥ The need-to-know facts about our organs in general
- ♥ What vital organs are (and why they're so vital)
- ♥ What the 'mighty organs' are
- ♥ How to keep our organs healthy
- ♥ What organ donation is
- ♥ Why it's important to talk about organ donation at home



MIGHTY TOOLS

Created in collaboration with teachers and healthcare professionals, all our educational toolkits aim to empower teachers with the very best tools so that they can inspire the next generation to not only know better, but live better too! Although self-standing, our toolkits sequentially build upon one another:

Toolkit 1: MIGHTY ME

Do your students know just how incredible their bodies really are? Let's start by looking under the hood, discovering where our mighty organs are, why they're amazing and what each part really does. We'll also introduce kids to the concept of organ donation.



Toolkit 2: MIGHTY HABITS

We've created the ultimate list of healthy habits all kids everywhere need to know. Combined with research-backed insights on how to form habits, we'll show you how to guide the kids under your care toward a lifetime of healthy living.



Toolkit 3: MIGHTY KIND

Anything healthy grows and brings life to others. That's why we move beyond just looking at ourselves in this toolkit, to showing how we can work together to make the world a healthier, happier place. Anchored in practical activities everyone can do - we demonstrate what/why/how kindness can change the world.



Stop the clocks!

We've initiated a global awareness month—Orgtober (Organ Donation Education Month). Orgtober aims to increase education and awareness by getting more schools involved, starting with all primary schools. The greater the number of schools, the greater the number of students and families impacted, leading to a greater potential number of conversations and subsequent lives saved! If you haven't already, download your free toolkits and resources today at: Orgamites.ca.

“When I went looking for elementary-level educational materials about organ donation, at that time I couldn't find any. It's important to teach kids about citizenship and altruism. Organ donation is not just about death, it's part of a medical treatment. Let's treat it the same way as the topic of blood donation; the idea of giving and helping other people.”

- Bernie Boulet, Grade 2 Teacher and mom of Logan Boulet, Alberta, Canada



OUR MIGHTY APPROACH

Created to help kids everywhere take better care of their health, each other, and the entire planet, the Orgamites' range of educational toolkits is unlike any other.

They inform!

Of course, knowledge is power – so we provide loads of it (all science-backed, medically verified and packaged for kids), but our educational resources don't stop there.

They inspire!

If we're aiming to motivate kids to live mighty, we must captivate their imaginations, not bore them to death! Instilling students with more awe and wonder (about their bodies and the world and people around them) is foundational to our approach.

They empower!

To embolden kids to not just know better, but live better, every Orgamites resource is anchored in fun challenges and practical action steps that lead to incremental improvements and personal ownership.

They're FREE!

We believe that all kids everywhere deserve a fighting chance of a brighter future. That's why we're committed to delivering world-class resources for every school, at no cost.

They really work!

Just like the hidden veggies in every mum's spaghetti bolognese, all the important stuff is in there, but the kids won't see it coming! Never competing with existing curriculums, Orgamites' resources aim to rather complement them – filling in the major health and social education gaps to help avert some of the the most significant crises of our time.



SAVE THE DATE!

Orgtober, formerly known as October, is our annual 'Organ Donation Education Month,' a month of activities, activations, and events all dedicated to promoting organ donation education among children, teachers, and families the world over.

By highlighting the importance of organ donation and encouraging more people to consider organ donation, we hope to create a worldwide movement that will impact generations to come and save countless lives too. [Go to Orgamites.com](https://www.orgamites.com)



MIGHTY FAQ

Why educate kids about organ donation?

The majority of school-going children appreciate being made aware of organ donation and transplants, and yet the majority of teachers, parents and healthcare professionals feel that they lack the necessary information and resources to broach the subject. In every country where the Orgamites educational tools and resources have so far been implemented, the feedback has been consistently positive. This kind of multi-pronged, long-term approach is slowly but surely increasing the amount of organs donated, decreasing the long waiting lists, adding to the number of lives saved, and ultimately, making organ donation the accepted norm.

Why are there family resources for kids to take home?

These have been specifically created to inform parents, allay any fears they may have, and equip them to have more conversations with their children at home. In Canada, family members are asked to make the decisions about organ donation at the end-of-life. Knowing how each member of your family feels regarding organ donation can make these painful decisions far simpler and less stressful. Unfortunately, most Canadians have not had this conversation with their families. A family discussion in a safe, comfortable place (long before there's any pressing need) is the best way for everyone to share their choices and learn together.

Are there sensitivities around the topic?

These resources have been developed in partnership with teachers and experts to be age-appropriate and spark a positive discussion around organ donation and transplants. Please check the slides before using them with your class, so that you are aware of any material that may be sensitive for a particular student. Be especially aware of any instances of children in your class who have been recently bereaved. Adaptations may need to be made to the lesson or the timing of any related projects to accommodate this.

“ I hadn't anticipated how much my class would want to engage on the subject until the Orgamites arrived at our classroom door! Together, with the resources provided, we've learnt all about our organs, then how to stay really healthy, and next up: we'll be joining the Orgamites on their 'Mighty Kind Movement' - making the world a better, kinder place - one classroom at a time. We can't wait!”

- Kyrie Card, Head Teacher

“ What I love about the Orgamites is the message that underpins everything they do: that it's what's on the inside that really counts. It's a message that I'm thrilled to see taking root in my class now too. Thank you Orgamites!”

- Jennifer Vincent, Grade 2 Teacher



What about different faiths?

Most religions in Canada fully support the principle of organ and tissue donation as a life-saving gift - and also support the principle of blood, organ and stem cell (bone marrow) transplantation. They accept that organ donation is a matter of personal choice. As do we. Individuals and some other religious groups may, however, have different views.

What can be donated?

The following can be donated after death: heart, lungs, kidneys, liver, pancreas, small bowel (small intestine) and tissues which include bone, eyes (cornea), skin, tendons, heart valves and arteries. Living donors can donate a kidney or part of their liver, bone marrow and stem cells, blood and plasma. Where a child is involved, living donors are normally a close relative with parents being the most common donors.

Can children and adults donate organs to one another?

While some organs can be donated regardless of the age and size of the donor and recipient, other organs (like the heart and lungs) need to be a certain size, and therefore require that donor and recipient are in a similar age bracket. Sadly, children tend to wait two-and-a-half times longer for organs due to this fact.

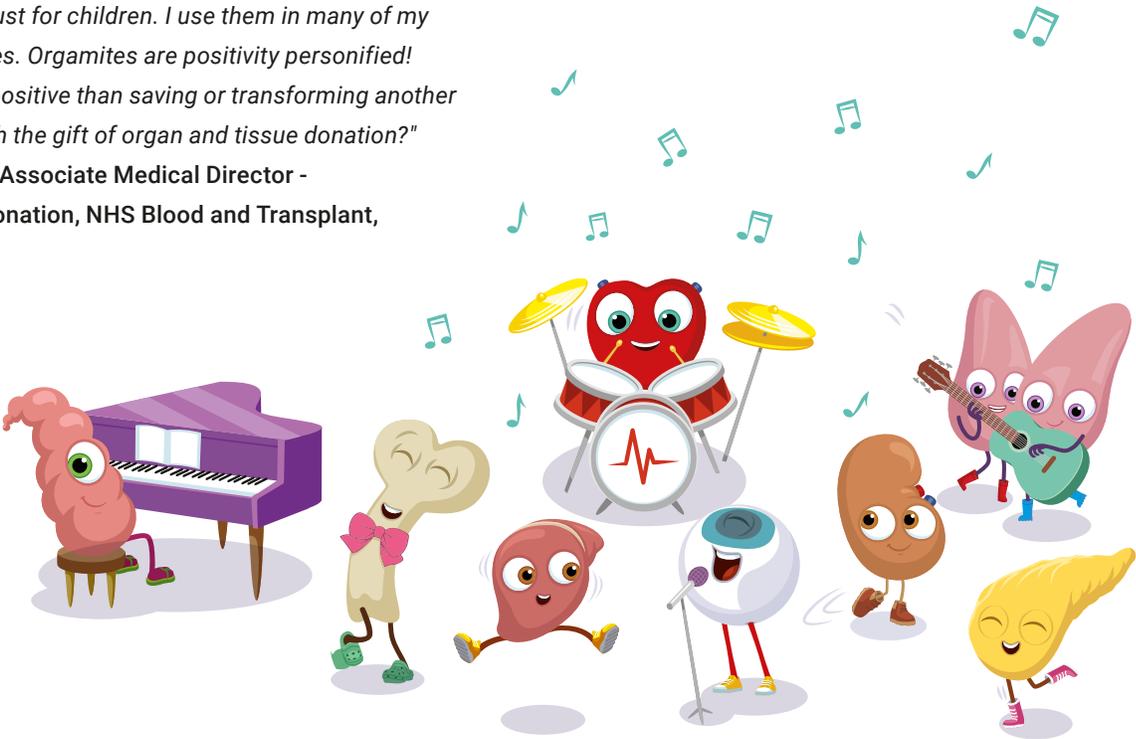
If you are an organ donor, do you have to donate all your organs?

It is your choice . You can choose to donate some organs but not others.

Are there any age limits for organ donation?

Passing on the ultimate gift of life isn't restricted to any age category. In fact, the oldest donor on record was 104! While there is no age limit, parents of minors have the final legal say. And of course, the decision about whether some or all organs or tissue are suitable for transplant is always made by medical specialists at the time of donation.

“ *Orgamites are not just for children. I use them in many of my international lectures. Orgamites are positivity personified! What can be more positive than saving or transforming another person's life through the gift of organ and tissue donation?*”
- Dr. Dale Gardiner, Associate Medical Director -
Deceased Organ Donation, NHS Blood and Transplant,
United Kingdom



What is the organ donation situation in our country?

Currently, there are around 4,000 people on the transplant waiting list in Canada and every day someone dies while waiting for an organ transplant. Children tend to wait two-and-a-half times longer than adults. In most provinces, people must register their decision about organ and tissue donation with their provincial organ and tissue donor registry. However, as of January 2021, Nova Scotia became the first jurisdiction in North America to adopt a “deemed consent or opt-out model.”

This means:

- Nova Scotians still have a choice if they want to be an organ donor or not when they pass on.
- They can choose to opt in or opt out by recording a decision on their provincial registry.
- A potential donor’s family will still be consulted about organ donation and that’s why it’s important for families to have talked about donation.
- Any questions about the process will be addressed, including how faith, beliefs or culture will be respected.

For more FAQ please visit [Orgamites.ca](https://www.orgamites.ca)

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.

To download additional Orgamites educational tools and resources, please visit [Orgamites.ca](https://www.orgamites.ca).

The Orgamites Mighty Education Program is brought to you by All Good Co. in partnership with Canadian Blood Services. Our mighty thanks go to all teachers, parents, and healthcare professionals for taking part in this program.

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)



[Orgamites.ca](https://www.orgamites.ca)




IT'S WHATS INSIDE THAT COUNTS

AGES 3-11

TOOLKIT 1: MIGHTY ME

AGE-APPROPRIATE INFO AND AWE-INSPIRING FACTS ABOUT THE ORGANS INSIDE ALL OF US.

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MIGHTY EDUCATION PROGRAM
DISCOVER MORE AT ORGAMITES.CA





IT'S WHATS INSIDE THAT COUNTS

AGES 3-11

TOOLKIT 2: MIGHTY HABITS

EMPOWERING KIDS TO BETTER APPRECIATE THEIR ORGANS AND TAKE GOOD CARE OF THEM.

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IT'S WHATS INSIDE THAT COUNTS

AGES 3-11

TOOLKIT 3: MIGHTY KIND

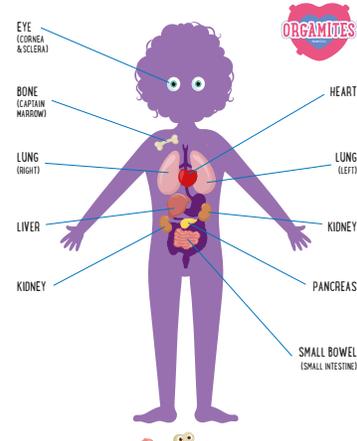
ENLISTING KIDS TO LOOK OUT FOR OTHERS AND TAKE BETTER CARE OF THE PLANET

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ORGAMITES

Labels: EYE (CORNEA & SCLERA), BONE (CAPTAIN MARROW), LUNG (RIGHT), LIVER, KIDNEY, HEART, LUNG (LEFT), KIDNEY, PANCREAS, SMALL BOWEL (SMALL INTESTINE)

KNOW YOUR MIGHTY PARTS (OFF BY)



MIGHTY HABIT 1

GET MOVING & GROOVING!



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HOW YOU CAN HELP OTHERS STAY HEALTHY



WASH YOUR HANDS
Wash hands thoroughly, with soap and warm water, for at least 20 seconds while singing the ABCs.



HAND SANITIZE AS A BACK UP
If soap and water are not available, the next best option is hand sanitizer.



DON'T TOUCH YOUR FACE BEFORE WASHING YOUR HANDS



SNEEZE INTO A TISSUE OR YOUR ELBOW IF YOU DON'T HAVE ONE



IT'S GOOD TO LEAVE A LITTLE SPACE WHEN YOU'RE UNWELL

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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 honor 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!

MADE YOUR PLEDGE WITH A MIGHTY PLEDGE? 

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MIGHTY EDUCATION PROGRAM
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THE 5 MIGHTY HABITS FROM THE ORGAMITES



1. GET MOVING AND GROOVING!



2. TAKE A BREAK FROM SCREENS!



4. EAT MORE GOOD FOOD!



3. DRINK MORE WATER!



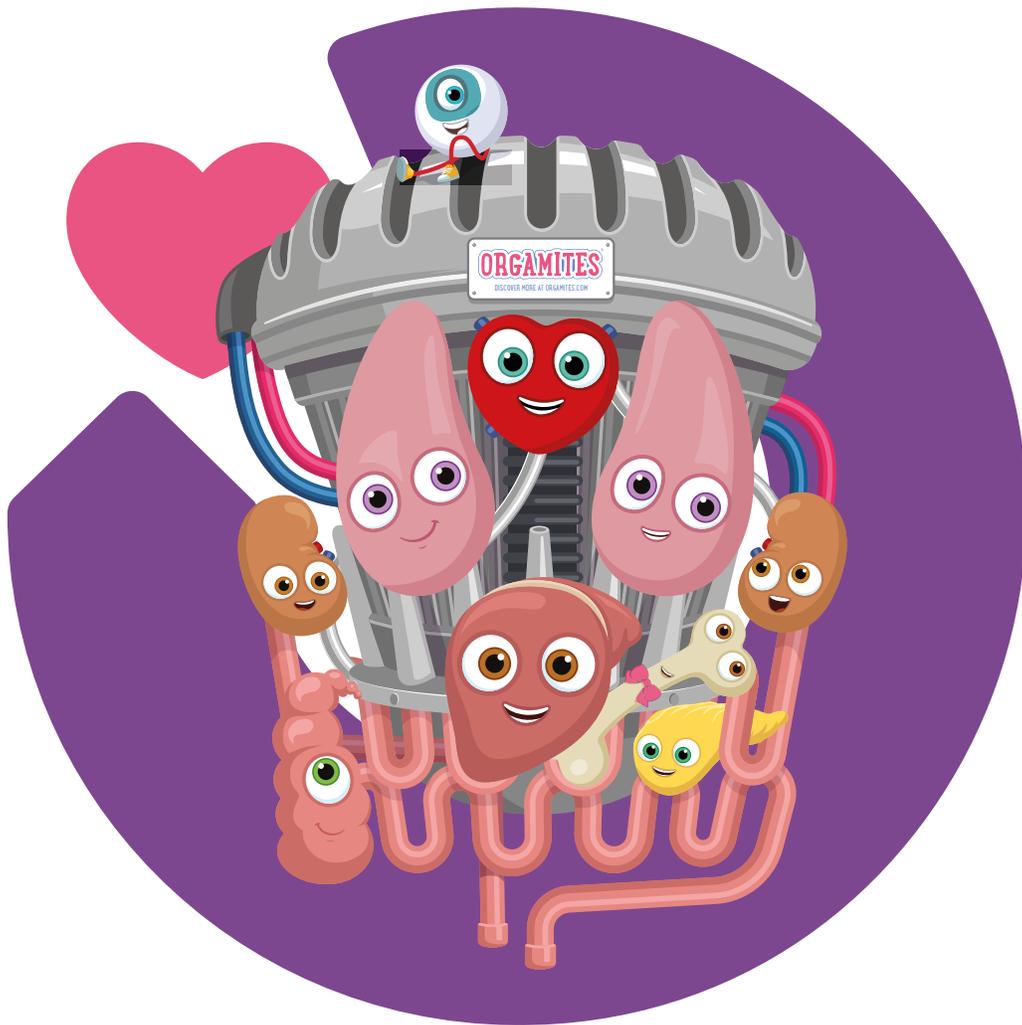
5. RECHARGE ON SLEEP!

A MIGHTY HEALTHY LIFE!

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Download your free poters today from Orgamites.ca



START YOUR ENGINES

Orgtober

ORGAN DONATION EDUCATION MONTH

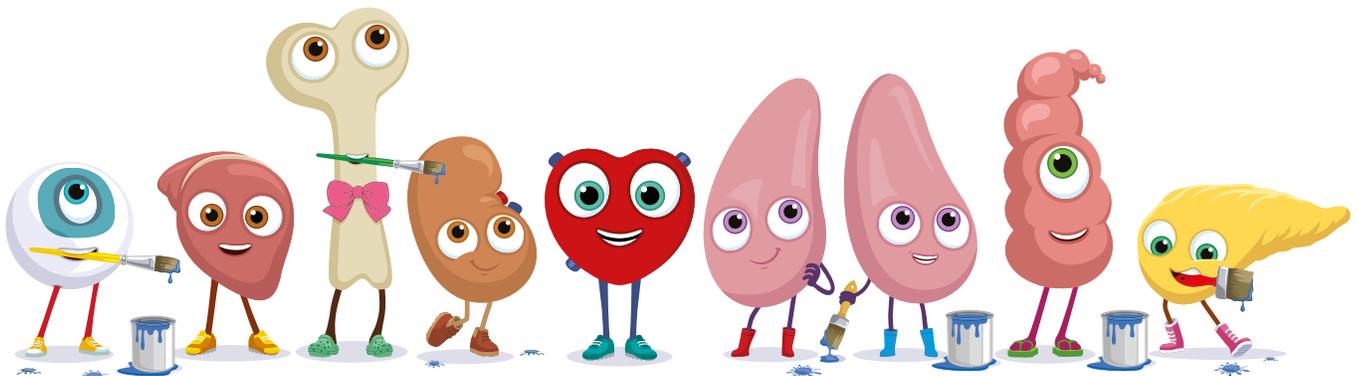
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IN PARTNERSHIP WITH



**Canadian
Blood
Services**

BLOOD
PLASMA
STEM CELLS
ORGANS
& TISSUES