

# ORGAMITES®

IT'S WHAT'S INSIDE THAT COUNTS

DISCOVER MORE AT [ORGAMITES.CA](http://ORGAMITES.CA)

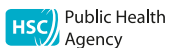
THE MIGHTY EDUCATION PROGRAM

## TOOLKIT 3: MIGHTY KIND

TEACHER OVERVIEW



IN PARTNERSHIP WITH



BLOOD  
PLASMA  
STEM CELLS  
ORGANS  
& TISSUES



# JOIN THE MIGHTY KIND MOVEMENT

Imagine how much better life would be if we all chose to be kinder... to ourselves, each other and the world we live in. That's the vision behind this particular Organites educational toolkit.

Started by the Organites, it's a growing movement of teachers, students and families who believe that enough small acts of kindness can make the biggest difference. **In fact, they can change the world!**

## 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.

## WHO ARE THE ORGANITES?

As the only health education program of its kind, the Organites are here to breathe new life into some of the most neglected life and death issues facing the next generation.

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

Created for kids from the age of 5 to 11, every Organites resource aims to close one or more of the major health gaps facing the younger generation (as identified by the World Health Organization) — inspiring kids everywhere to take better care of their health, each other, and the entire planet too

“Teaching kids to count is fine, but teaching them what counts is best.”  
- Bob Talbert.



## TOOLKIT 3: MIGHTY KIND!

Are you interested in growing kinder, community-minded kids, whilst also connecting more with your kids over some brilliant activities and shared conversations? This educational toolkit has been created to encourage and inspire kids to take better care of one another and the environment too.

### Free ready-to-go resources include:

- **Lesson Presentations**

We've created two versions. The Express Version is perfect for younger children and can be covered in a single lesson. The Full Version is ideal for all other age groups, and includes more insights and fun, interactive challenges for students looking to change the world by changing their habits! To make your job even easier, we've created supporting **Lesson Presentation Notes**.

- **Family Resources**

To get whole families and households freshly inspired to take better care of one another and the planet, this take-home booklet is jam-packed with amazing facts and really practical next steps.

- **Additional Teacher Resources**

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.



“ Thanks to the Organites, there's now an easy, age appropriate way to convey such an important, complex and difficult subject matter to young children in a relatable way. Parents and teachers feel more comfortable and empowered via these mighty yet fun characters. We're thrilled to be collaborating with them and including them in our 'giving to help others' education programme.”

- Jenny Ryan, Manager, Public Education

& Awareness Organ & Tissue Donation & Transplantation, Canadian Blood Services



## 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**—take your time to really explore each of the Organites' Mighty Kind Tips. You can do this by focusing on just one health tip per day/lesson, and putting the suggested tips and action steps into real-time live action!



## 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.

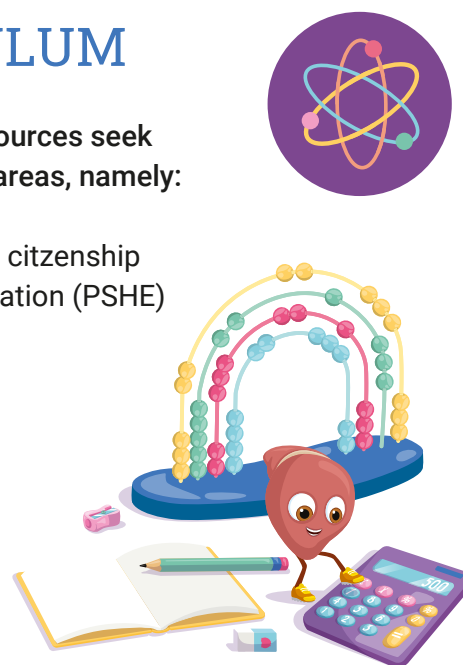
## COMPLEMENTING THE CURRICULUM

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
- 🍏 Physical education
- 💖 Relationship skills, inclusion and citizenship
- 💜 Personal, social and health education (PSHE)

**Some of the aspects covered include:**

- 💖 What the 'mighty organs' are (and why they're mighty)
- 💜 What organ donation is about
- 🍏 Recycling and plogging
- 💖 Lifecycling
- 🍏 Upcycling
- 💖 Why it's important to talk about organ donation



# 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](https://www.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



## MIGHTY FAQ

### Do we need to teach healthy habits?

Whilst students tend to be taught about the basic facts pertaining to their bodies, organs and health, there is often minimal space and time in the curriculum to truly engage with these topics in a way that can be easily applied to their day-to-day lives. Studies indicate that the sooner children form healthy habits, the more likely they are to stick with them and lead healthier lives into adulthood.

### Why educate kids about organ donation?

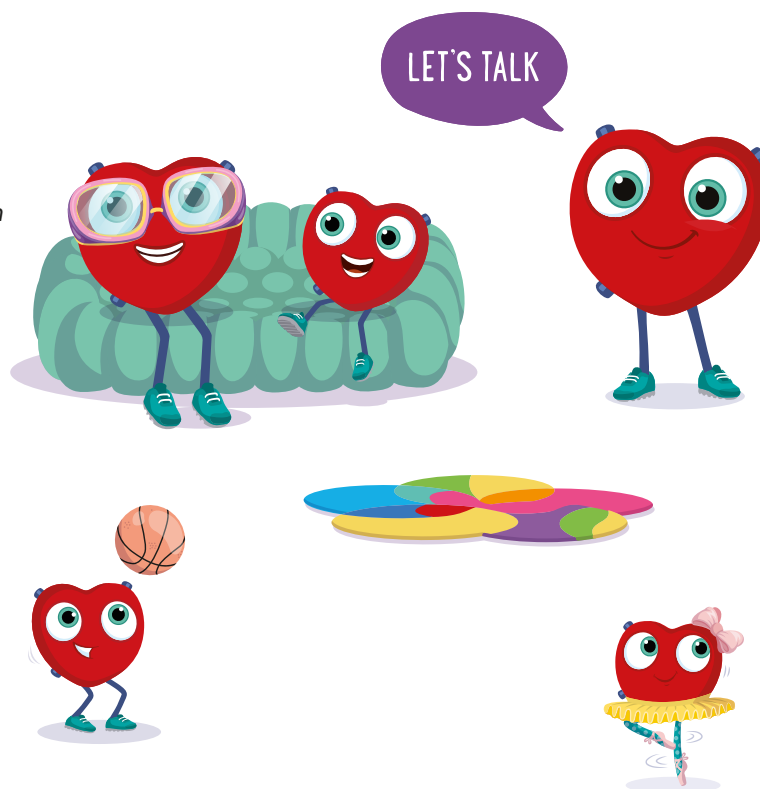
The majority of school-going children appreciate being made aware of organ donation and transplants, and yet the majority of teachers, parents and healthcare professionals feel that they lack the necessary information and resources to broach the subject. In every country the Orgamites educational tools and resources have so far been implemented in, 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 of your family members felt regarding organ donation can make these painful decisions simpler. Unfortunately, most Canadians have not had this conversation with their families. A family discussion in a safe, comfortable place is the best way for everyone to share their choices and learn together.

- “The worst possible time to make a decision about organ donation is in the ICU. We need to take the decision away from that environment and bring it to the classroom—giving kids the opportunity to openly learn about and discuss saving lives through organ donation. Educating young people is the way to change the world—important movements always start with younger generations.”
- Dr. William Wall, Transplant Surgeon,  
London Health Science Centre

- “The Orgamites have made my job so much easier. The resources provided are practical and engaging - they've quickly become firm favourites amongst my students.”
- Jacob Williams, Grade 2 Teacher





### 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.

### 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. 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?

Some organs can go from adults to child, but with some organs such as heart and lungs the size of the organs needs to match and so the donor and recipient need to be in a similar age bracket.

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

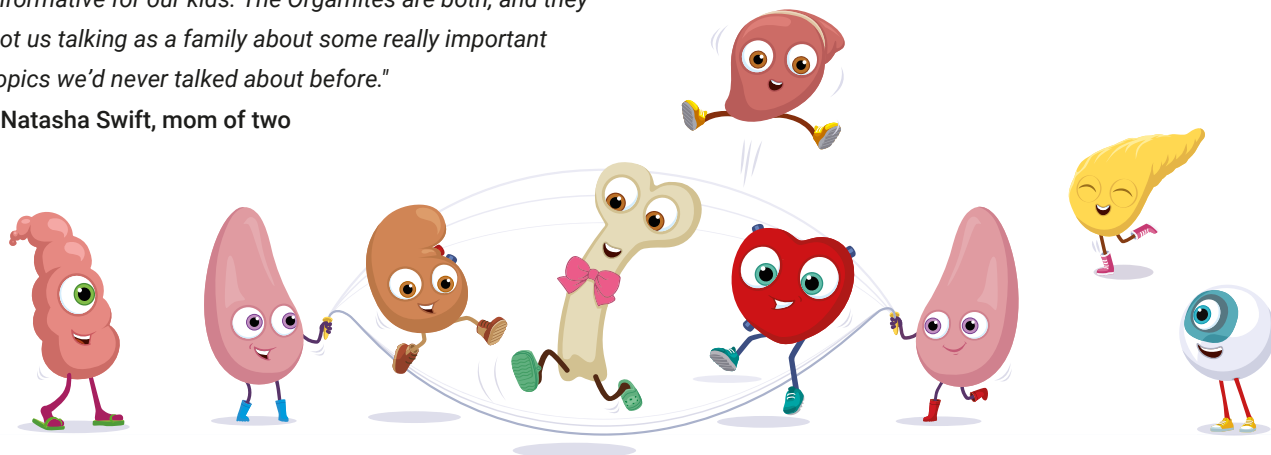
It is your choice. You can choose to donate some organs but not others.

### 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, children (the specific age dependent on the province) requires parental consent when registering as organ donors. So ultimately, parents of minors always have the final legal say for their children. 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.

“It's rare to find parenting resources that are both fun and informative for our kids. The Orgamites are both, and they got us talking as a family about some really important topics we'd never talked about before.”

- Natasha Swift, mom of two



### 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.

Around the world, there’s a critical shortage of life-saving organs, especially for children. Many die waiting. Only through widespread education and awareness initiatives can we hope to decrease waiting lists and save lives.

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

For any questions or to share your Organmites art with us, please write to [info@organmites.ca](mailto:info@organmites.ca)

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

*The Organmites programme 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 Organmites 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)




[Organmites.ca](https://www.organmites.ca)



 EXCELLENCE IN EDUCATION

IT'S WHAT'S INSIDE THAT COUNTS





AGES 3-11

## TOOLKIT 1: MIGHTY ME

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

**ORGAMITES**  
MIGHTY EDUCATION PROGRAM  
DISCOVER MORE AT [ORGAMITES.CA](http://ORGAMITES.CA)

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AGES 3-11

## TOOLKIT 2: MIGHTY HABITS

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

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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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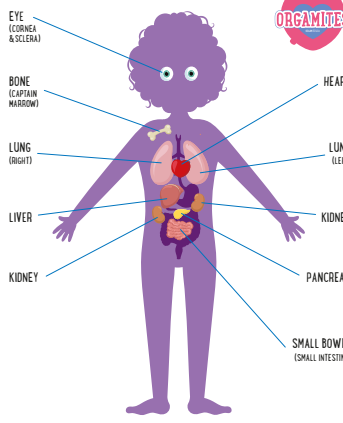
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**ORGAMITES**




KNOW YOUR MIGHTY PARTS (OFF BY HEART)



 

MIGHTY HABIT 1

## GET MOVING & GROOVING!



**ORGAMITES**  
MIGHTY EDUCATION PROGRAM  
DISCOVER MORE AT [ORGAMITES.CA](http://ORGAMITES.CA)

## HOW YOU CAN HELP OTHERS STAY HEALTHY

**WASH YOUR HANDS**  
Wash hands regularly, 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!

MAKE YOUR PLEDGE WITH A PRIVATE PHRASE

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MIGHTY EDUCATION PROGRAM  
DISCOVER MORE AT [ORGAMITES.CA](http://ORGAMITES.CA)

## THE 5 MIGHTY HABITS FROM THE ORGAMITES

1. GET MOVING AND GROOVING! + 2. TAKE A BREAK FROM SCREENS!

3. DRINK MORE WATER!

4. EAT MORE GOOD FOOD!

5. RECHARGE ON SLEEP!

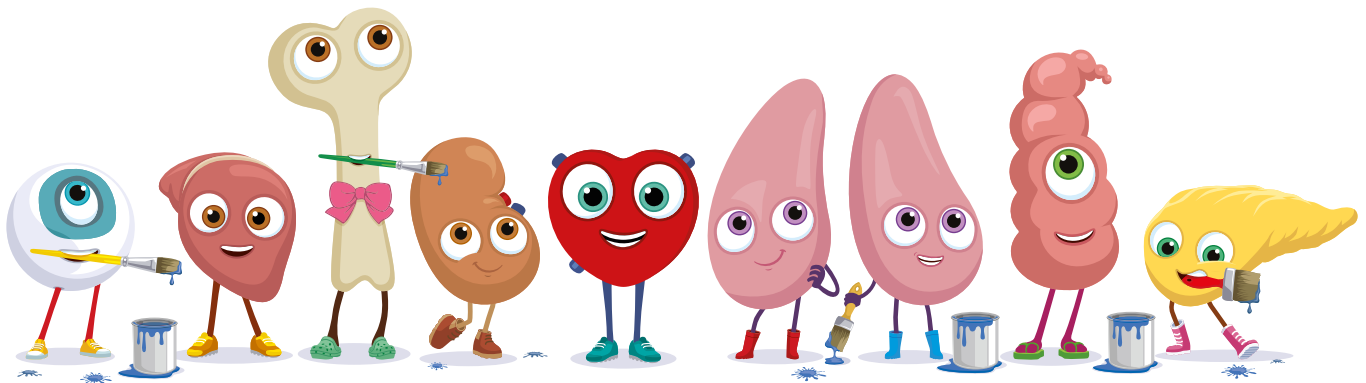
= A MIGHTY HEALTHY LIFE!

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