



IT'S WHAT'S INSIDE THAT COUNTS

THE MIGHTY EDUCATION PROGRAM  
**TOOLKIT 2: MIGHTY HABITS**  
LESSON PRESENTATION

FULL VERSION

IN PARTNERSHIP WITH



We can all be and do  
so many things...

What do you want to be one day?



One thing we can  
all be (even starting  
from today)...

**is more healthy!**



# What does 'healthy' mean to you?

Getting healthy isn't about looking good on the outside, it's about taking care of our bodies so that they can take care of us!



# Did you know? Our habits are either helping or hurting our health!

It's the small, often unseen choices  
that we make, that make the biggest  
difference in the end.

So let's discover five of the  
mightiest habits out there!



Who better to help  
us than our own body's  
mighty helpers?



# Meet the Orgamites!

These are the mighty 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**.

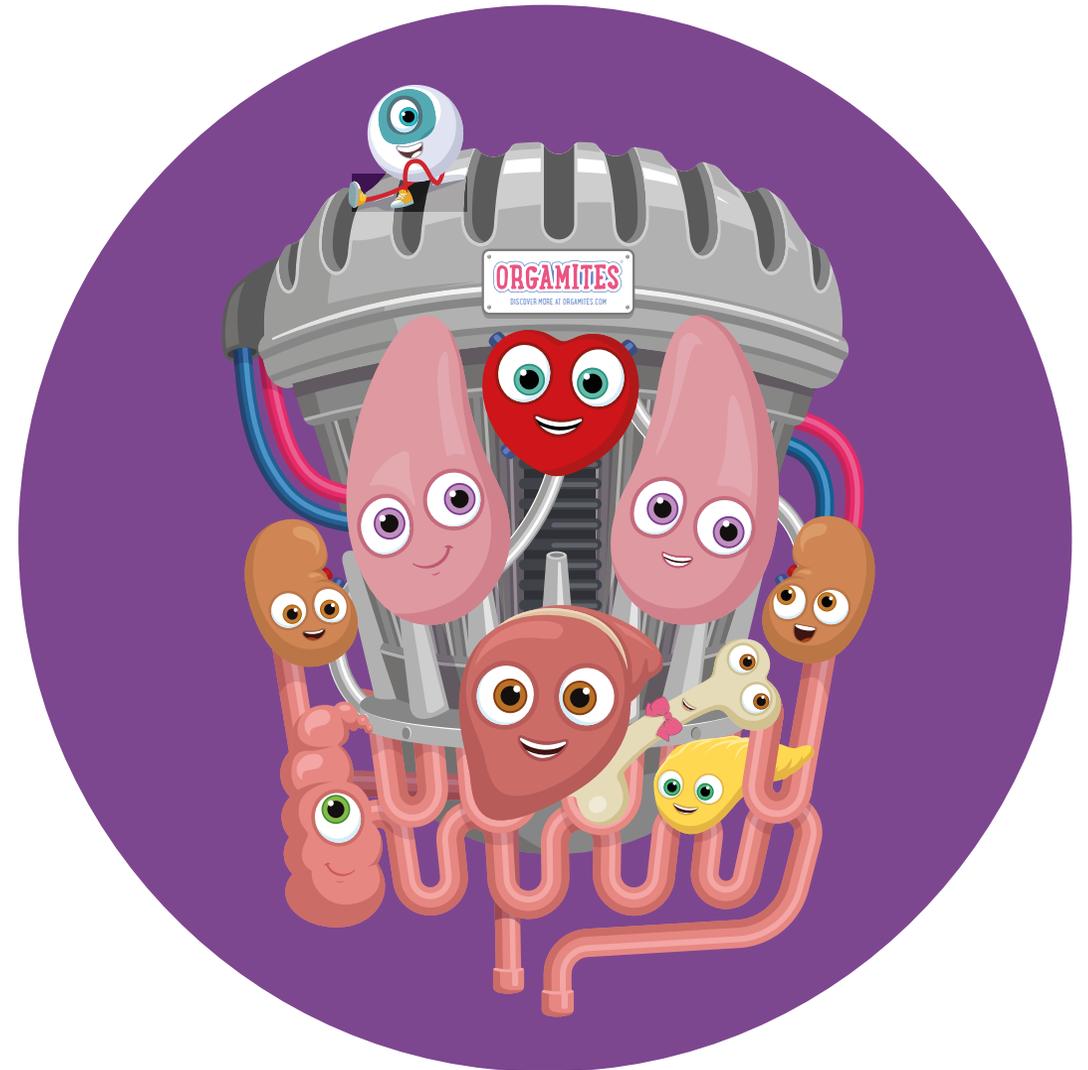


# What are organs?

Good question! Organs are the different working parts inside us. When they work like they should, our bodies work like well-oiled machines!

**Your mighty organs (or Orgamites) are:**

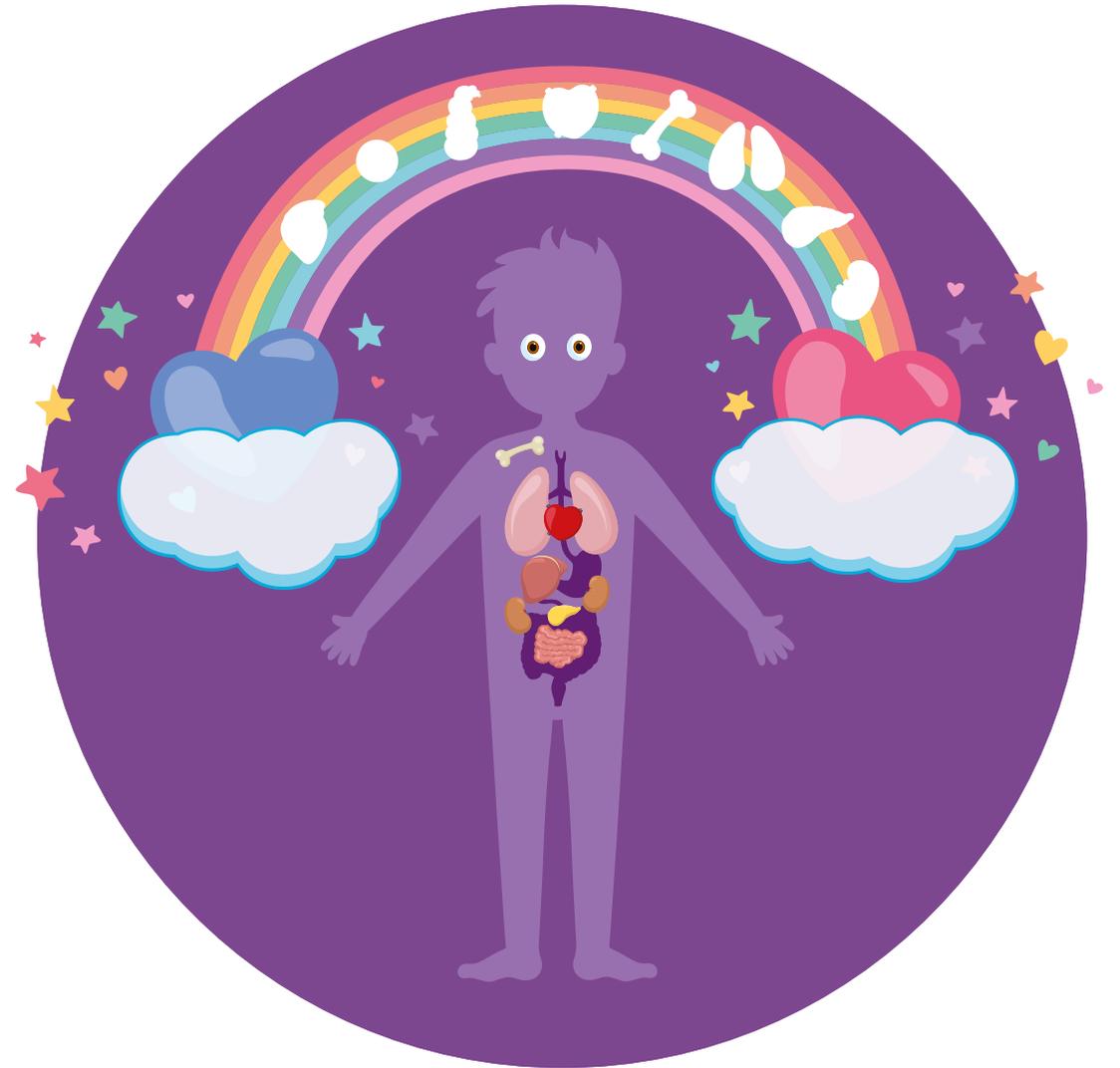
- Bone (Captain Marrow)
- Heart
- Liver
- Kidney
- Lungs (Left & Right)
- Eye (Cornea & Sclera)
- Small Bowel (Small Intestine)
- Pancreas



# Did you know?

There are around 4000 people on the organ transplant waitlist in Canada right now!

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



# If our organs are healthy and happy, we will be too!

To get mighty healthy, let's learn all we can about the Orgamites' **5 Mighty Habits**...



# 1 GET MOVING AND GROOVING!

## When we move more, we:

- Get stronger hearts and muscles.
- Feel less grumpy and more glad!
- Develop better sports skills.
- Feel more confident in what our bodies can do.
- Sleep better at night.
- Reduce our risk of getting diabetes, high blood pressure, heart attacks, and even cancer.

**Let's get moving and grooving right now!**



# Did you know?

There's no such thing as kiddie-sized exercise!

As your body grows and changes, you need more (not less) exercise than grown-ups!

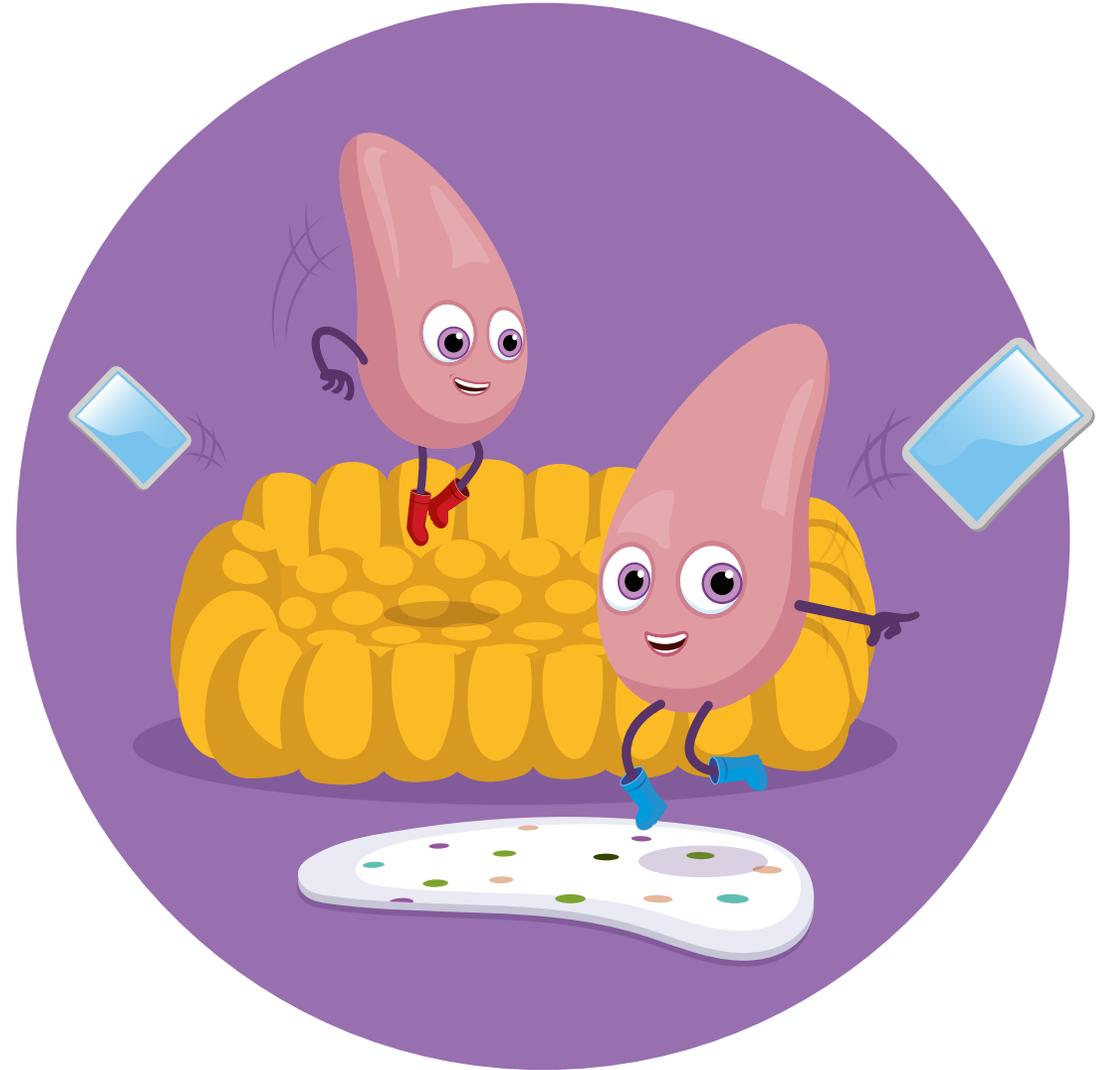
This is because it's only when you're active that your bones, heart and lungs are strengthened and develop like they should.



## 2 TAKE A BREAK FROM SCREENS!

### Why is too much screen time a very bad idea?

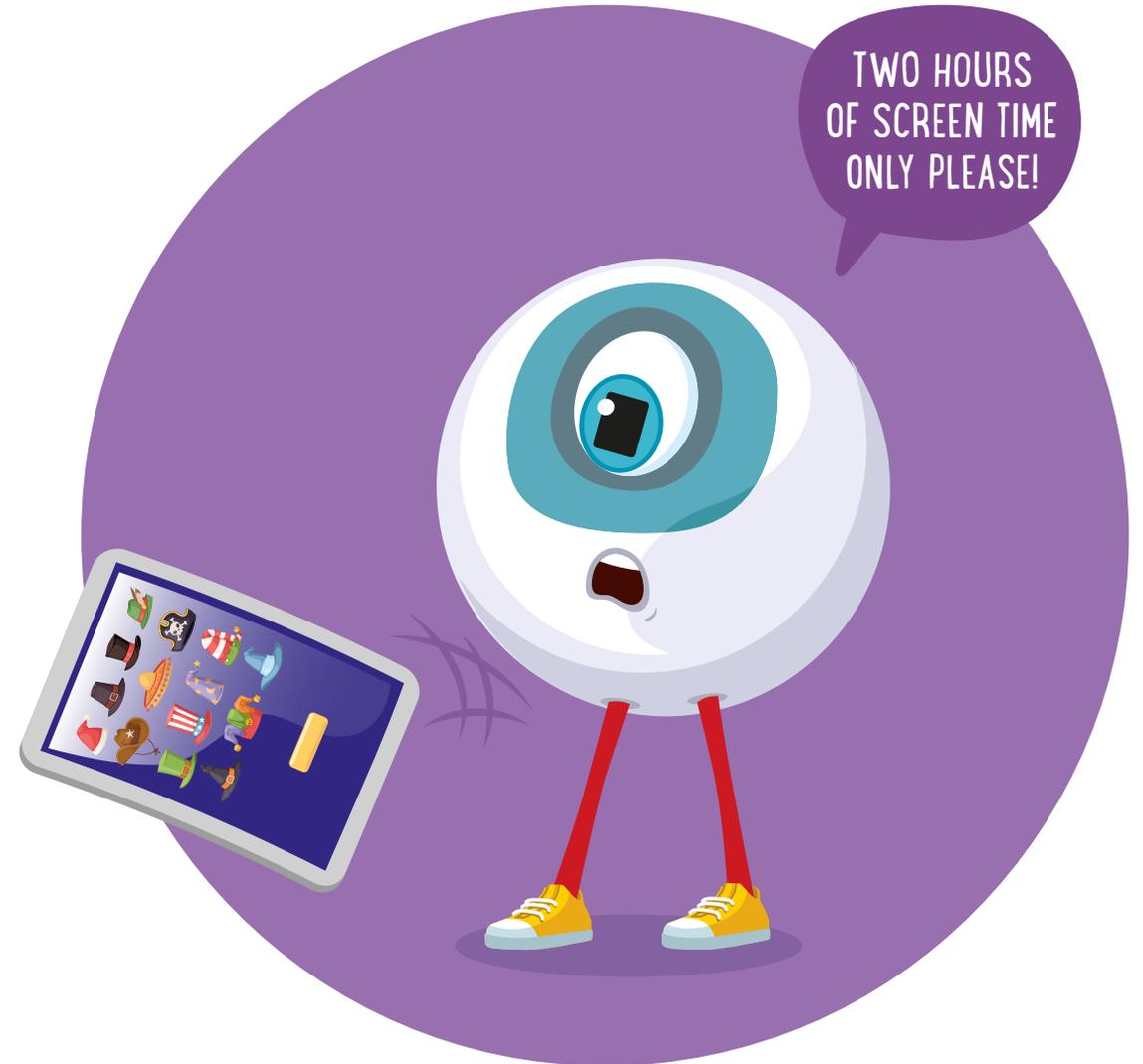
- When we stare at screens, we tend to stop moving.
- Our organs (especially our lungs) get squashed when we're slouched on the couch.
- Our eyes, hearts and bones take strain too.
- If we snack on unhealthy foods while we're sitting, we make it harder for our small bowel, pancreas, kidneys and liver to do their jobs properly.



# Did you know?

Most kids spend more time staring at screens than they spend doing any other activity except sleeping - around eight hours per day!

Do you know how much time you spend in front of screens most days? Be your own private detective and start tracking those hours!



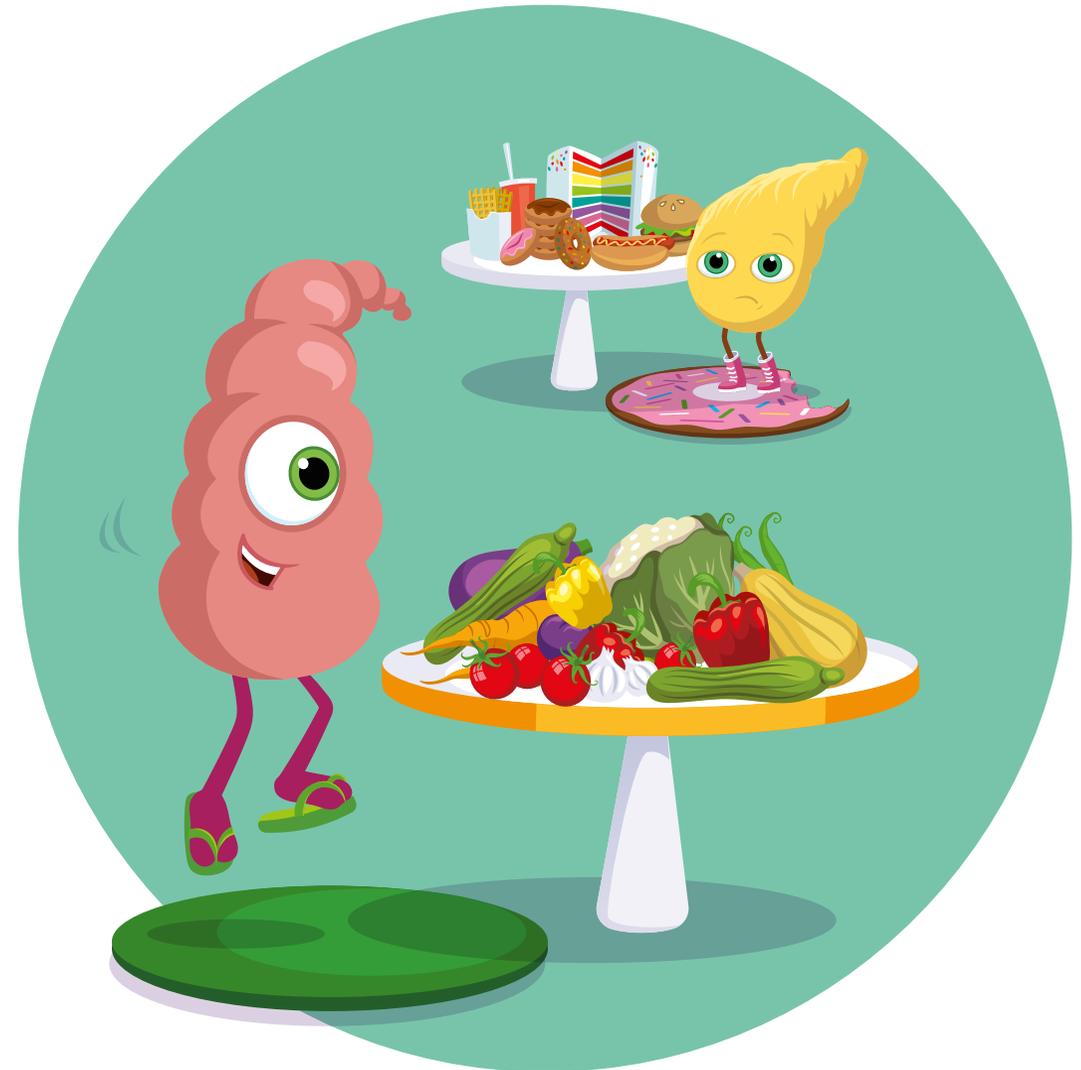
### 3 EAT GOOD FOOD!

#### What's so bad about junk food?

- Processed sugars contain no nutritious elements, vitamins or minerals.
- While not giving us the fuel we need, it still makes us crave more, and then leaves us hungrier sooner.
- It clogs up our digestive system, making it harder for our bowels to do their job while affecting the liver and kidneys too.
- It sends our blood sugar levels on a rollercoaster and can make it harder to concentrate and learn in class.

**Fuel your body like a super car:**

**say no to junk food!**



# Did you know?

Over the last 300 years, the average person's intake of sugar has skyrocketed from nearly 2kg a year to almost 100kg!

That's fifty times more sugar for our poor pancreas to process!



## 4 DRINK MORE WATER!

### Why is water the drink of champions?

- You're mainly made up of water! It's your main ingredient—60% of you in fact!
- It's what your body really needs. You can survive for weeks without food, but without water you wouldn't last very long at all.
- When we don't drink enough water, our organs have to work doubly hard, especially our kidneys.



# Did you know?

**Many people are dehydrated and they don't even know it!**

Symptoms include thirst, dry skin, dark coloured urine, heartburn, headaches, constipation and tiredness.

**Drink at least 6 glasses of water every day. This will help keep all your organs happy, healthy and just the right amount of squishy!**

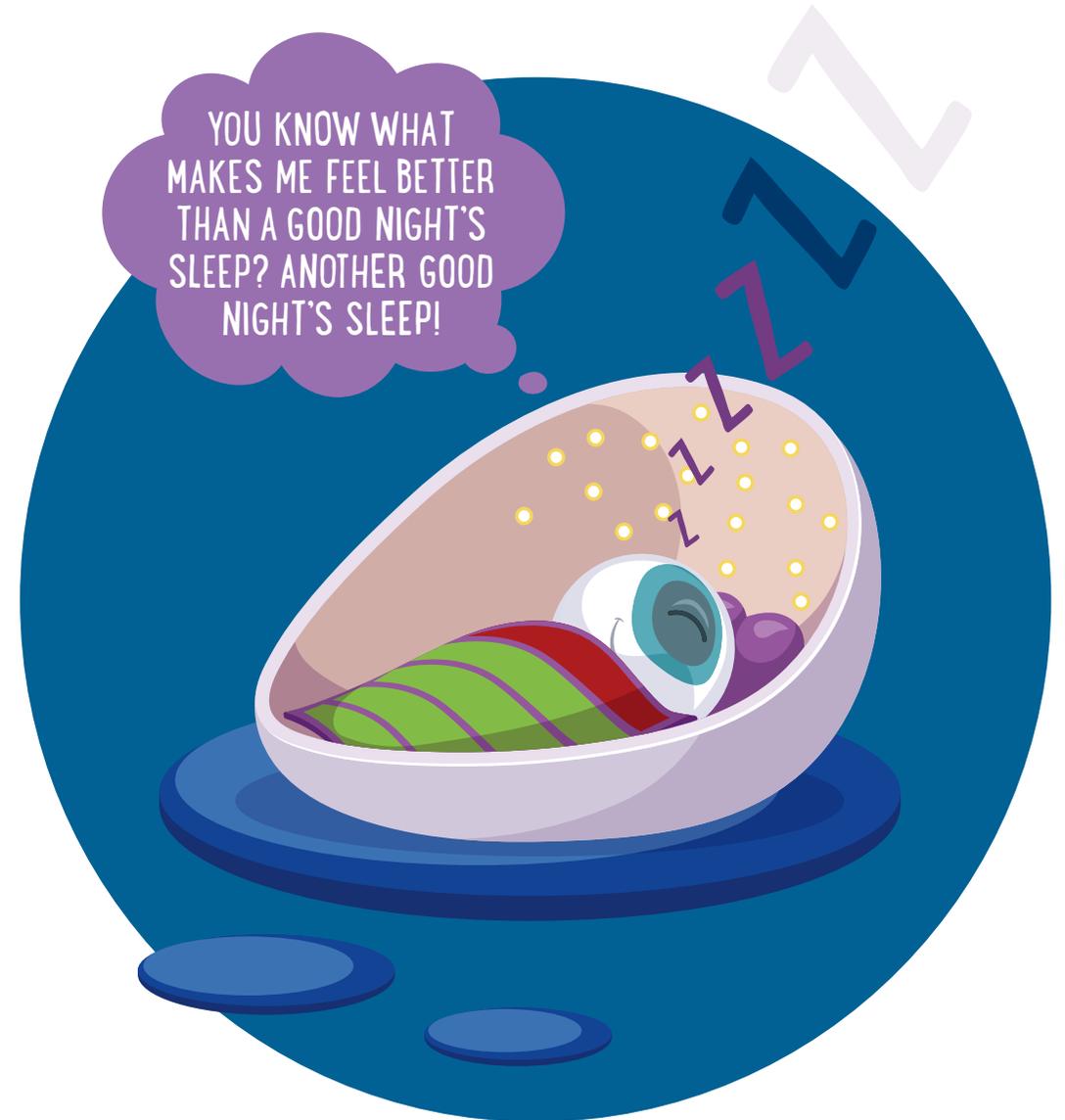


## 5 RECHARGE ON SLEEP!

**A good night's sleep recharges us for the day ahead.**

**Here's how to get the very best rest:**

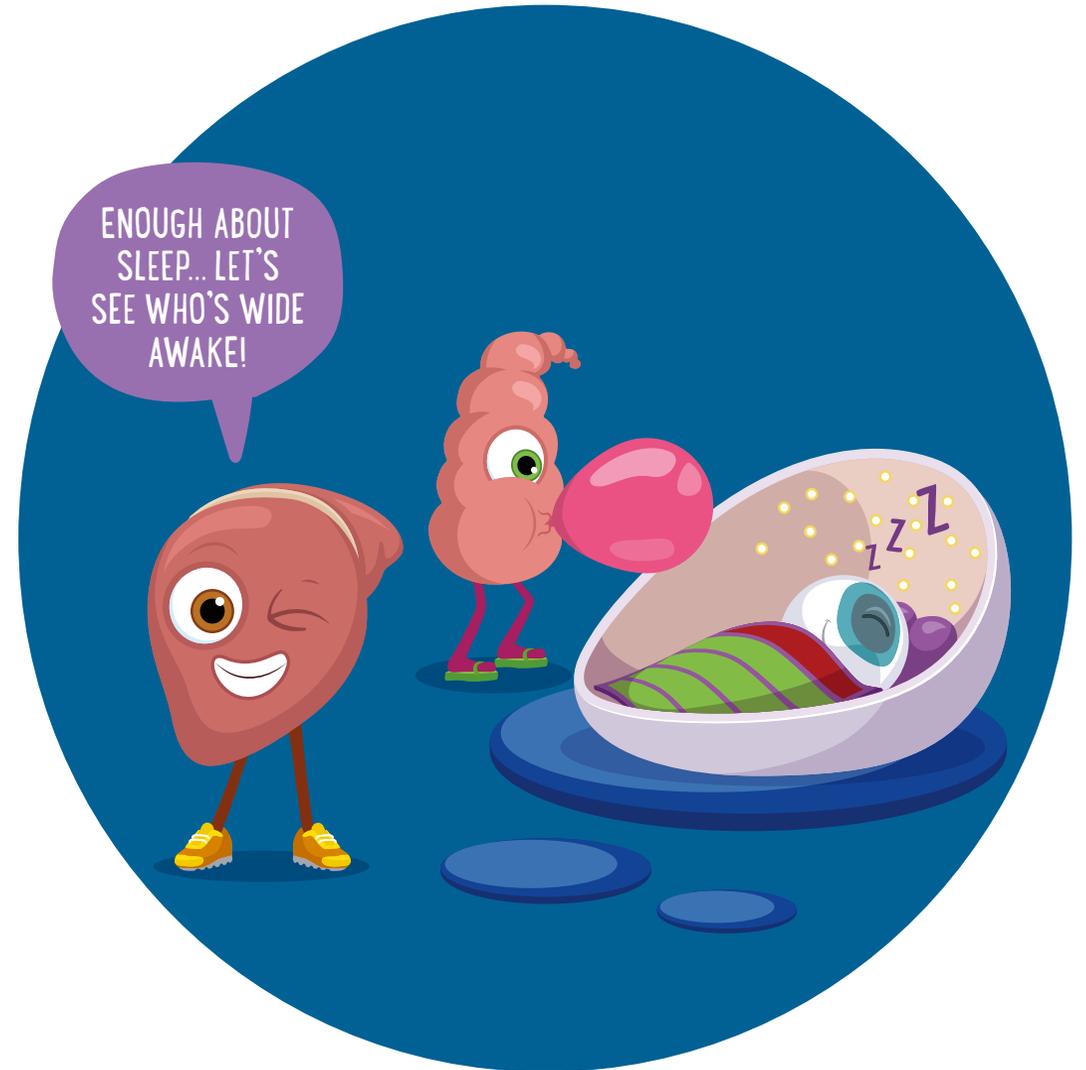
- Make your bedroom as dark as possible.
- Stick to a regular bedtime.
- Avoid looking at screens before bed.
- No fizzy drinks or coffee in the evening.
- Take a warm bath or shower just before bed.
- Make sure you're getting enough exercise in the day.



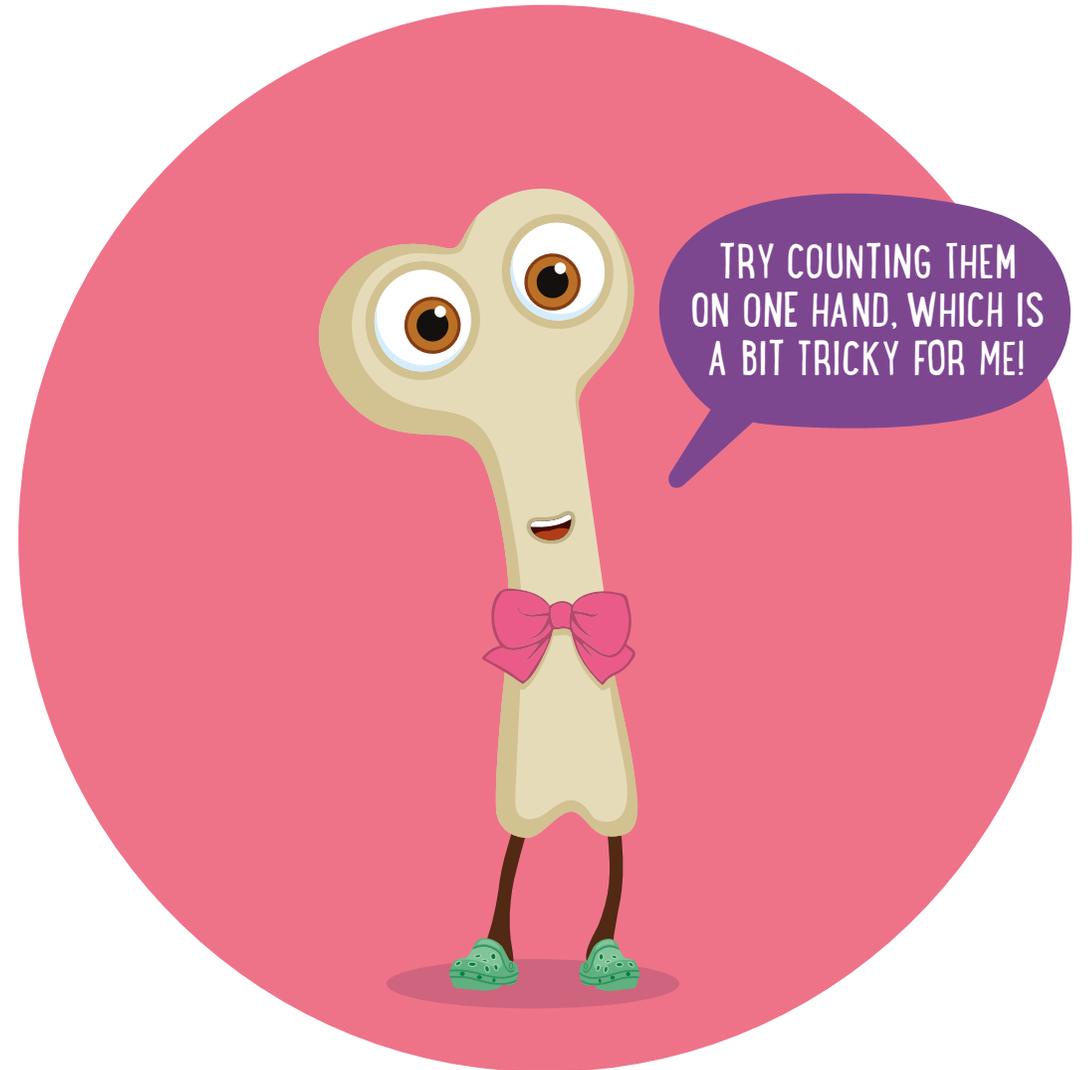
# Did you know?

Kids like you should be getting about 10 hours of sleep every night.

**Melatonin is your body's very own homemade sleeping potion!** It's made by the smallest organ in your body: the pineal gland which lives in your brain.



# Who can remember all 5 Mighty Habits?



# The 5 Mighty Habits are:

1. Get moving and grooving!
2. Take a break from screens!
3. Eat good food!
4. Drink more water!
5. Recharge on sleep!

Can you think of any other ways to stay mighty healthy?



# 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®

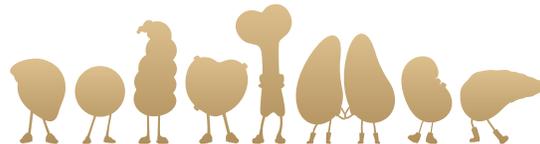
## MIGHTY PLEDGE

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.

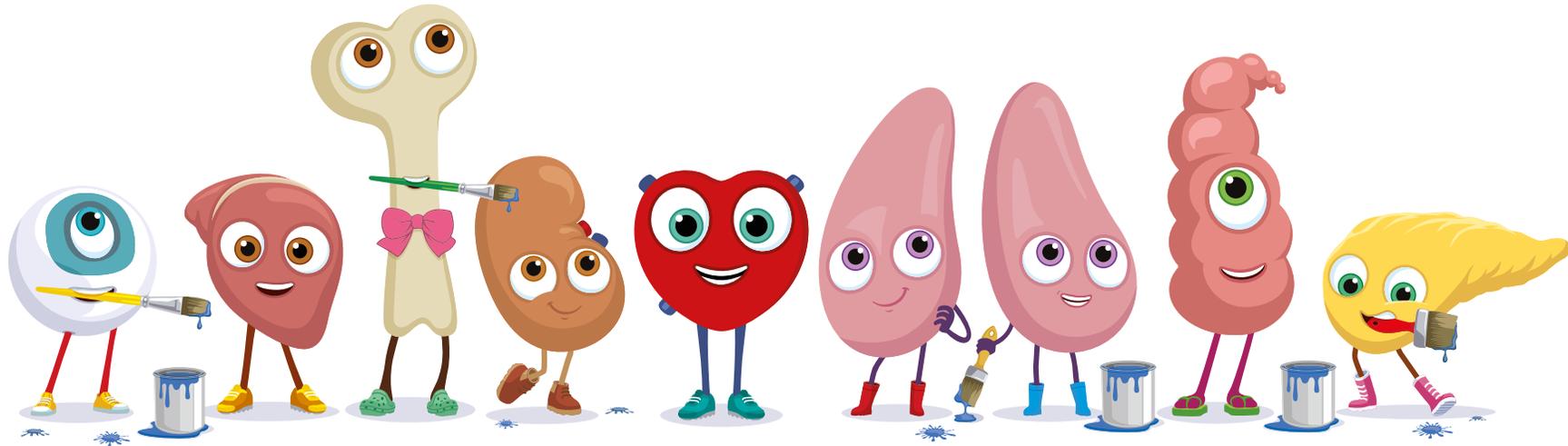
My body is mine and it's perfect for me  
I'm thankful for it, I'm as proud as can be.  
I pledge to look after it and to be kind to each part  
From my head to my toes, from my kidneys to heart.

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!





For more toolkits, resources  
and object lessons visit us at  
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