

# ORGAMITES®

IT'S WHAT'S INSIDE THAT COUNTS

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

THE MIGHTY EDUCATION PROGRAM  
**TOOLKIT 2: MIGHTY HABITS**  
TEACHER OVERVIEW



IN PARTNERSHIP WITH



# OUR HABITS DETERMINE OUR HEALTH

It's the small, often unseen choices that we make, that make the biggest difference in the end. When it comes to our health, this couldn't be more true. The earlier in life we start forming healthy habits, the greater the chance they'll stick – and we'll live longer, healthier, happier lives as a result. Helping you to empower the kids in your classroom to lead healthier lives is our passion and purpose.

## WHY TEACH KIDS ABOUT HEALTHY HABITS?

According to the World Health Organization, there are several major crises facing the next generation. Most are health-related. Solving them starts with education, and all of us (teachers, healthcare professionals, policy makers, parents and guardians) working together for the good of kids everywhere.

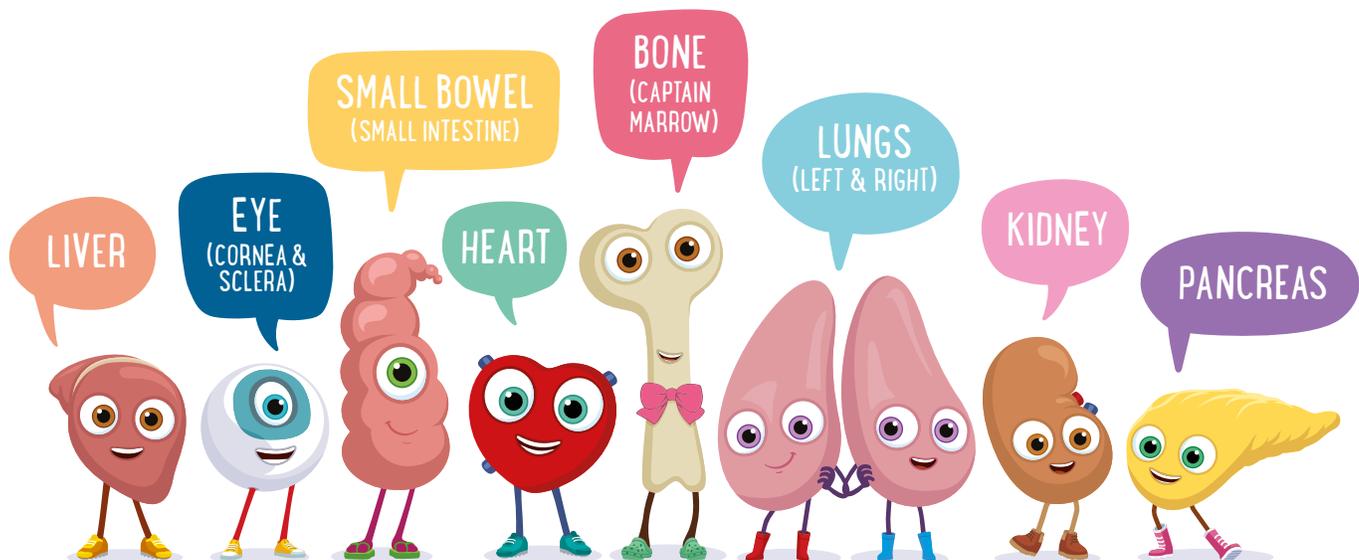
## WHY TEACH CHILDREN ABOUT ORGAN DONATION?

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 ORGAMITES?

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

A team of nine life-saving organs found in each one of us, the Orgamites 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 Orgamites 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.



## TOOLKIT 2: MIGHTY HABITS!

Introducing the most important, need-to-know healthy habits out there. Embedded with research-backed insights on how to create and keep habits, we'll help you guide the kids under your care toward a lifetime of healthy living.

Your students will also learn how the health of their organs directly impacts their overall health. .

### 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 about each health tip and how to really apply it to one's life. Interwoven throughout this version, you'll find a number of fun, optional challenges and class activities. To make your job even easier, we've created supporting **Lesson Presentation Notes**.



- **Family Resources**

To get whole families and households freshly inspired toward starting healthier habits, send this booklet home to all parents and guardians on the day you introduce the Orgamites to your class (you can print it or email it to them). Not only does it introduce the Orgamites, it outlines the Orgamites' Mighty Habits, and gives families fun, practical challenges to try too.



- **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.



## PICK YOUR PACE

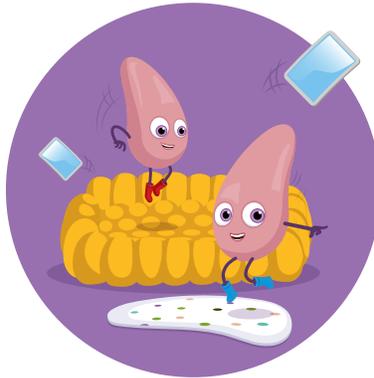
**The speedy way**—covering the entire lesson in one go with the help of our Lesson Presentation Notes and a few of our Additional Teaching Resources **or**,

**The really sticky way**—take your time to really explore each of the Orgamites' Mighty Healthy 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!

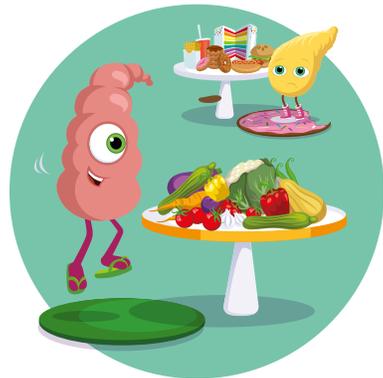
# THE ORGAMITES' MIGHTY HEALTHY TIPS ARE:



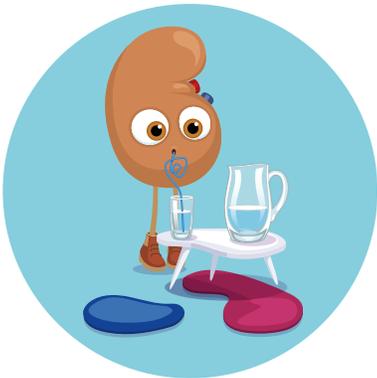
1. GET MOVING AND GROOVING!



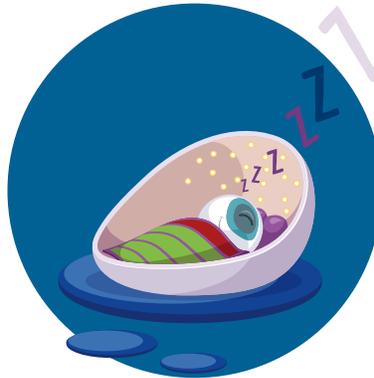
2. TAKE A BREAK FROM SCREENS!



4. EAT GOOD FOOD!



3. DRINK MORE WATER!

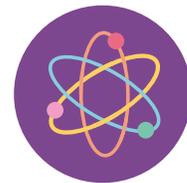


5. RECHARGE ON SLEEP!



FOR A MIGHTY HEALTHY LIFE!

## 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:

- Why and how to exercise more
- Why and how to spend less time on screens
- Why and how to eat healthier foods
- Why and how to drink more water
- Why and how to really prioritize sleep
- Fun facts about our mighty organs and organ donation



# TOP TIPS FOR TEACHERS

To give each of the Mighty Healthy Tips the best chance of making a big impression and hopefully becoming life-long habits, we suggest you add the following fun activities:

## 1. Get moving and grooving!

After introducing this tip, it's time to get those bodies really moving and grooving! Perhaps you could go for a class walk, or put on some fun music and dance together... whatever you do, try to show how getting moving is the opposite of boring. Then after you've tired your students out, call everyone together and talk about how everyone is feeling... can they feel their hearts beating faster? How do they think their hearts feel about that – happier yes! Can they see how their lungs are working extra hard now too – breathing more deeply? Are any of their muscles burning a little? Which ones? Do they think that's making them stronger? Definitely!

## 2. Take a break from screens!

To illustrate just how hard it is on our organs to sit around all day while we watch screens, why not play a game whereby you play music and dance around, but everyone has to freeze (stand totally still) when the music is turned off. Absolutely no movement is allowed. As soon as someone moves, they have to sit down. Continue until no one is left standing, then talk about how hard that was to do. That's how it feels for our organs too! You may want to also teach your class how to give their incredible eyes a break from screens. Although it's not true that our eyes will turn into squares if we're always staring at screens, too much screen time does put a strain on our eyes. When we do a few extra blinks and then look away to focus on something in the distance (not just right in front of us), it's like we give our eyes a mini holiday!



## 3. Eat good food!

By eating less junk food, and enjoying more good food – we can look after our organs the way they look after us. Most junk foods are highly processed, and full of either sugar, oil, salt, artificial flavourants and/or refined carbohydrates. Most kids don't know this, and don't know how to read labels on food packaging to check.

Why not ask your students to bring in a few food wrappers to school, then perhaps in smaller groups, get them to read the listed ingredients and discover what's lurking inside some of their favourite snacks. Let them know that sugar is often disguised with other names: sucrose, glucose, fructose, dextrose, and syrup are all different names for sugar. You could also bring in a little mathematics: measuring which foods have the most preservatives, or the least sugar, which snacks are healthier and which ones should just be for special occasions.

## 4. Drink more water!

Let's get drinking more water and loving it too! Every child could be encouraged to decorate their water bottle, and also be able to have it with them at all times (even while they work at their desks). As a fun, memorable activity, why not create a fun 'water bar' at school? You'll need a few jugs or refillable water containers with taps.

Encourage the children to bring something healthy to flavour the water... slices of lemon, strawberries or blueberries, sprigs of mint, sticks of cucumber, etc. Set up different 'flavours' of water based on different additions, and then perhaps get kids to perform a 'blind tasting'... without knowing which water comes from which jug, they must guess what was added to their water just by tasting it.

### Recharge on sleep!

This one's harder to practice at school! To make sure everyone is recharging on sleep, why not set your students the challenge of going to bed and waking up at exactly the same time for 7 nights in a row (weekends included).

Research has shown that this helps their body clock to reset if they were out of sync before. Encourage them to keep a record of how much sleep they've gotten every night over this week, and to see for themselves how much the amount of sleep they get affects the quality of their next day. Talk about the results and their experience after the week is up.

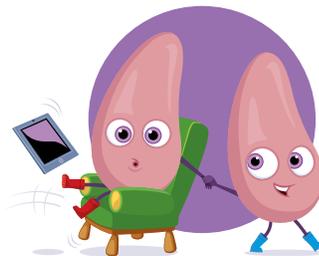
### All together now!

After you've taught through all five, take a minute to ask the students if they can remember all five Mighty Healthy Tips. Ask them which of the five they would like to focus on getting right first, or most. You may want to play a game whereby you shout out a number (1-5) and they have to do the mime action of that particular tip - for example pretending to drink water if you shout out '4', or lying down to sleep if you shout out '5'. Switch it up, and do the actions yourself – asking them to guess which tip you're miming to!

“ Educating children about their organs and how to keep healthy was an unexpected highlight of the term! The lessons and resources provided by the Orgamites went deeper than simply providing information, they offered inspiration, light-hearted fun and loads of opportunities for meaningful discussions.”  
- Gregory Hex, Primary School Teacher



“ 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



“ Far from being a difficult subject to broach - the Orgamites have swept into our school bringing light, laughter and a gentle touch to the topic of organ donation.”  
- Kate Johnston, Grade 1 Teacher



# 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](http://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 (long before it is really necessary) is the best way for everyone to share their choices and learn together.

“ Directly affected by the devastating impact of a family member in need of a transplant, at a very young age I decided to become a scientist. Today, I am here to use my voice and skills to support one of the most exciting and heart-warming projects I have ever encountered, the Orgamites! Education, compassion and generosity are taught through this educational programme, to make our world better for us, and our children!”  
- Dr. Eva Tsaousidou, Postdoctoral Research Associate, Harvard T.H. Chan School of Public Health



### 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, 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?

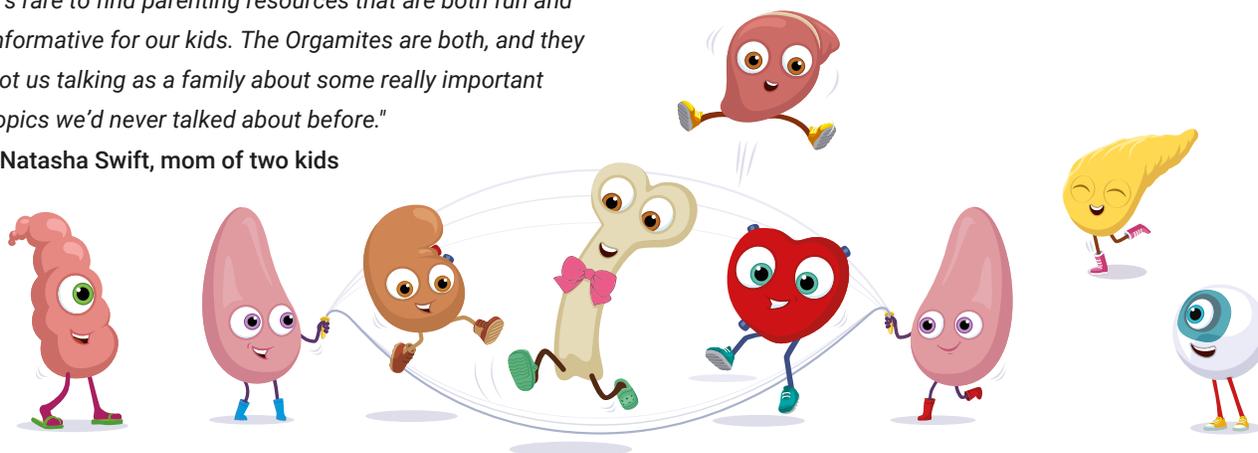
It is your choice. You can choose to donate some organs but not others.

### 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, 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 kids



## 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.

To find out more, visit: [blood.ca/organs-tissues](https://blood.ca/organs-tissues)

If you enjoyed these resources, there’s even more in store! The Orgamites have a wide range of additional toolkits and education resources. To find them visit: [Orgamites.ca](https://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)



[Orgamites.ca](https://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.

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

**ORGAMITES**  
MIGHTY EDUCATION PROGRAM  
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IT'S WHATS INSIDE THAT COUNTS

AGES 3-11

### TOOLKIT 3: MIGHTY KIND

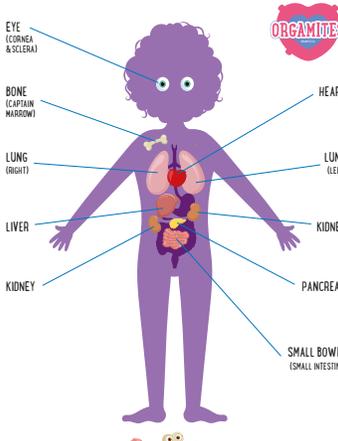
ENLISTING KIDS TO LOOK OUT FOR OTHERS AND TAKE BETTER CARE OF THE PLANET.

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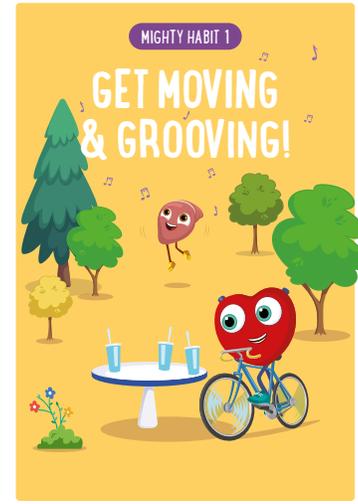
**ORGAMITES**

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 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? 

**ORGAMITES**  
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### THE 5 MIGHTY HABITS FROM THE ORGAMITES



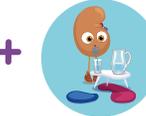
1. GET MOVING AND GROOVING!



2. TAKE A BREAK FROM SCREENS!



4. EAT MORE GOOD FOOD!



3. DRINK MORE WATER!



5. RECHARGE ON SLEEP!

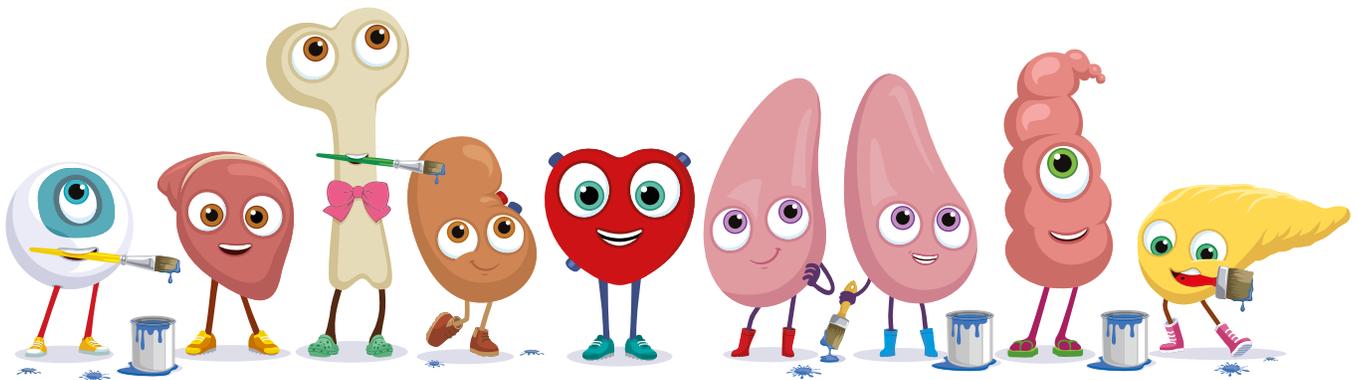
**A MIGHTY HEALTHY LIFE!**

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IN PARTNERSHIP WITH



**Canadian  
Blood  
Services**

BLOOD  
PLASMA  
STEM CELLS  
ORGANS  
& TISSUES