

ORGAMITES®

IT'S WHAT'S INSIDE THAT COUNTS

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THE MIGHTY EDUCATION PROGRAM
TOOLKIT 2: MIGHTY HABITS
LESSON PRESENTATIONS NOTES



IN PARTNERSHIP WITH



BLOOD
PLASMA
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& TISSUES



LESSON PRESENTATION SLIDES

EXPRESS VERSION and FULL VERSION

ORGANITES
THE MIGHTY HABITS PROGRAM
TOOLKIT 2: MIGHTY HABITS
LESSON PRESENTATION
EXPRESS VERSION

Who 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 our bodies need!

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

Meet the Organites!
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 Organites) are:
- Brain (Captain Marston)
- Liver
- Kidney
- Lungs (Luft's Right)
- Fat (Captain's Secret)
- Small Bowel (Small Intestine)
- Pancreas

If our organs are healthy and happy, we will be too!
To get mighty healthy, let's learn all we can about the Organites' Mighty Habits...
- **1. GET MOVING AND GROOVING!** - Get stronger, fitter and more flexible.
- **2. TAKE A BREAK FROM SCREENS!** - Feel less grumpy and more glad.
- **3. EAT GOOD FOOD!** - Stay better at night.
- **4. DRINK MORE WATER!** - There's nothing like a kiddie-sized exercise! As your body grows and changes, you need more (but less) exercise than when you were a kid!
- **5. RECHARGE ON SLEEP!** - Let's get moving and grooving right now!

2 TAKE A BREAK FROM SCREENS!
Why is too much screen time a very bad idea?
- When we stare at screens, we stop moving.
- Our organs (especially our lungs) get irritated.
- Our eyes, hearts and bones take strain too.
Do you know how much time you spend in front of screens each day? Is it your own private detective and start tracking these hours!

3 EAT GOOD FOOD!
What's so bad about junk food?
- It doesn't give us the fuel we need, but makes us crave more, and then leaves us hungrier sooner.
- It clogs up our digestive system, making it harder for our bowels, liver and kidney to do their job.
- 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: **eat the right food!**

4 DRINK MORE WATER!
Why is water the drink of champions?
- You're mostly made up of water! It's your main ingredient - 60% of you is 'wet'!
- It's what your body really needs. You can survive for weeks without food, but without water you wouldn't last long at all.
- We should all drink enough water, we make our organs' work a little easier, especially our kidneys.
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!
How do we get the very best rest?
- Make your bedrooms 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.
Kids like you should be getting about 10 hours of sleep every night.

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 pizza promise)
3. Be Mighty Proud (voice your choice for and why)

ORGANITES
OUR WORLD IS PRESENT, AND IT'S PERFECT FOR US.
We're mostly made up of water! It's our main ingredient - 60% of you is 'wet'!
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My body is made and it's perfect for me. To be healthy, it's all about the choices I make to look after it so that it can take care of me.
And if one day, those parts don't work, you can learn how to help them get better.
After all, it's our bodies that make the difference. We're all beautiful and precious. It's what's inside that counts!

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1 GET MOVING AND GROOVING!
When we move more, we:
- Get stronger, fitter and more flexible.
- 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!

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HOW TO USE THIS RESOURCE

These notes are an optional supplement to the 'Mighty Habits' Lesson Presentation. They provide additional facts and helpful info that teachers can use to make their lesson even more memorable. Whether you choose to cover the content in a single lesson, or spread it over several lessons, the following content will equip you to make the content as memorable as it is critical.

There are two versions of the 'Teacher Lesson Presentation': 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 why each habit is important, and how to put it into practice.

COVER OF EACH VERSION

(SLIDE 1)



Please note: The below notes refer to the FULL VERSION slides. However, the content below is easy to adapt should you wish to use the shorter EXPRESS VERSION.

GENERAL INTRODUCTION

(SLIDES 2 – 4)

The concept of health is introduced over slides 1 – 3. To make the lesson as interactive and participative as possible, pause whenever there is a question on the slide to ask your class what they think, making time to hear several answers and opinions.



THE MIGHTY ORGANS AND ORGAN DONATION

(SLIDES 5 – 10)

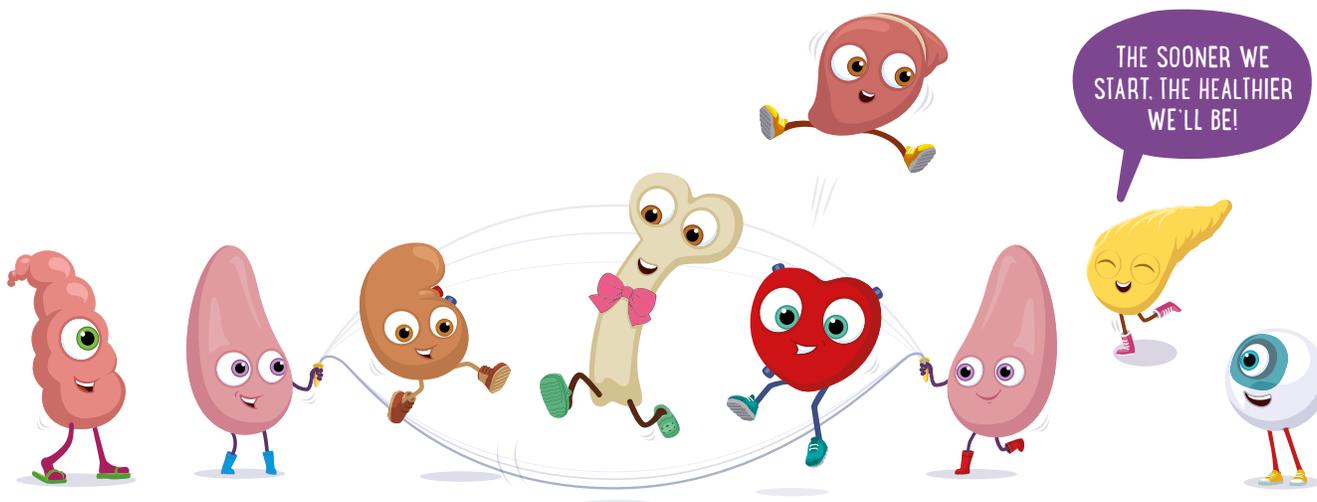
Slides 4-7 briefly introduce our organs in general, and the mighty organs in particular. Also known as the Organites, these are the organs most needed for organ donation and transplantation.

Slides 7-8 briefly elaborate on the concepts of organ donation and transplantation, and the need for it within your own country.

Slide 9 seeks to link the health of our organs to our overall health, reminding students that the sooner they start to adopt the following healthy habits, the stronger, healthier and happier they (and their mighty organs) will feel.

There are **5 Mighty Habits** in total. Each tip includes inspiring facts about its importance, as well as practical steps showing how to help create the habits necessary to embrace this tip into one's lifestyle.

<p>Who better to help us get mighty healthy than our own body's mighty helpers?</p>  <p><small>Organites® is an organ donation education and awareness programme created by Roydon Turner. Creative and production by All Good Co. CIC (AllGoodCo.org) ©Copyright 2016. All rights reserved. TK2: PRESENTATION NOTES</small></p>	<p>Meet the Organites!</p> <p>These are the mighty organs most needed for organ donations and transplantations.</p>  <p><small>Organites® is an organ donation education and awareness programme created by Roydon Turner. Creative and production by All Good Co. CIC (AllGoodCo.org) ©Copyright 2016. All rights reserved. TK2: PRESENTATION NOTES</small></p>	<p>What are organs?</p> <p>Good question! Organs are the different working parts inside us.</p> <p>When they work like they should, our bodies work like well-oiled machines!</p>  <p><small>Organites® is an organ donation education and awareness programme created by Roydon Turner. Creative and production by All Good Co. CIC (AllGoodCo.org) ©Copyright 2016. All rights reserved. TK2: PRESENTATION NOTES</small></p>
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1 GET GROOVING AND MOVING!

(SLIDES 11 – 12)

Moving our bodies and working our muscles by dancing or running around aren't just fun things to do – they're very important for our development and health too!

How much activity do kids really need?

Children should be getting 60 minutes of activity each day, including at least three sessions of vigorous physical activity (of 20 minutes or more) every week. Physical Education (PE) at school is a good start, but children need more than just that.



After introducing this tip, it's time to get those bodies really moving and grooving!

Some ideas:

Perhaps you could go for a class walk together, or put on some fun music and dance together... whatever you do, try to show how getting moving and grooving is the very opposite of boring.

Then after you've tired your students out, call everyone together and talk about how everyone is feeling... perhaps focus on one or two of the mighty organs – like the heart and lungs...

Can they feel their hearts beating faster?

How do they think their hearts feel about that? Happier definitely!

Can they see how their lungs are working extra hard now too – breathing more and more deeply?

Are any of their muscles burning a little? Which ones?

Do they think that's making them stronger? Definitely!

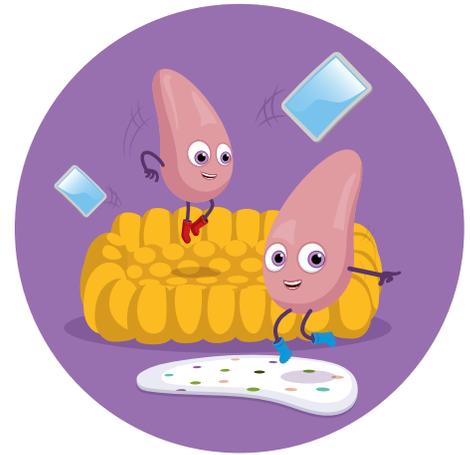
Think about it...

Can your students think about other ways to make this healthy tip become a habit? Here are a few suggestions from the Family Resource:

- Walk (instead of drive or take the bus) when you can.
- Play games like hide and seek, frisbee or tag instead of online games all the time.
- Regularly go to a park or local playground after school or on weekends.
- Take loads of dance breaks—in between studying, school lessons and series episodes!

2 TAKE A BREAK FROM SCREENS!

(SLIDES 13 – 14)



Although movies, games and apps can be wonderful supplements in our kids' lives, they make for very poor substitutes. They simply can't take the place of real-life connections.

Recent studies suggest that most kids spend more time staring at screens than they spend doing any other activity except sleeping - around eight hours per day!

Let's get practical

To illustrate just how hard it is on our organs to sit around all day while we watch screens, why not play a game called "Musical Chairs", 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 - if we force them to sit still while we stare at screens all day!

Hard stares

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!

In addition, students might be encouraged (via the take-home Family Resource) to start keeping a record of how much time they actually spend on screens. This may be something you want to pick up on during class a few days or weeks later – asking them to share their scores and best ideas to get off screens and into real life a little more!

Think about it...

Can your students think about other ways to make this healthy tip become a habit? Here are a few suggestions from the Family Resource:

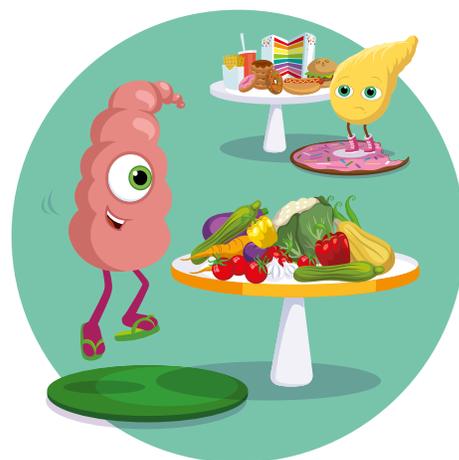
- Spend family and friendship time together that doesn't involve a screen. Take a walk in nature, huddle around mugs of hot chocolate, make pancakes, bring all the blankets and make a fort in the living room, camp under the stars in your backyard, build a fire and toast marshmallows.
- Turn the TV off when you aren't actually watching it. Having it on in the background the whole time encourages you to watch it constantly.
- Have TV or screen-free days – it helps us to understand that life exists beyond screens.

3 EAT GOOD FOOD!

(SLIDES 15 – 16)

If you had a fancy car, you'd never pour mud into the fuel tank would you? Our bodies are far more amazing than any vehicle, so let's feed them with the right kind of fuel!

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.



What's in a label?

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.

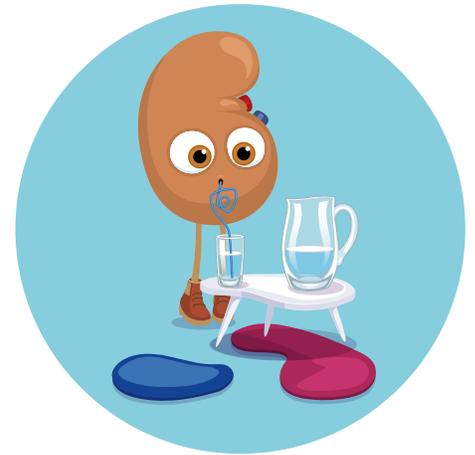
Think about it...

Can your students think about other ways to make this healthy tip become a habit? Here are a few suggestions from the Family Resource:

- Make sure you're getting at least five portions of fruit and vegetables every day, plus plenty of whole grains and a little lean protein.
- Learn to read labels. Sugar is everywhere but it has a lot of sneaky spy names. Sucrose, glucose, fructose, dextrose, and syrup are all different names for undercover sugar. Labels list in order of how much is in the product, so if sugar is one of the first ingredients, that means it is one of the main ingredients.
- Ditch the sugary breakfast cereals.

4 DRINK MORE WATER!

(SLIDES 17 – 18)



Tea, coffee, juices, sodas and fizzy drinks all compete for our thirst's attention but only one choice stands way above them all. When we don't drink enough water, our organs really struggle.

Sadly, many people (including kids) are dehydrated and don't even know it. Symptoms include dry skin, dark coloured urine, heartburn, headaches, constipation and tiredness. It's time to get drinking more water and loving it too!

Let's get practical

Toast to health! As a fun activity, why not create a 'water bar' in your class? You'll need a few jugs or refillable water containers. Encourage students to bring something healthy to flavour the water... slices of lemon, strawberries or blueberries, sprigs of mint, sticks of cucumber, etc. 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.

Bottle the joy! Encourage students to bring their own reusable water bottles to school. Every child could then be encouraged to decorate their water bottles, and keep them with them at all times (even while they work at their desks).

Lead by example. Show your students that you prioritise staying hydrated by keeping a water bottle on your desk and taking sips throughout the day. Integrate water breaks into your daily routine, allowing students to take a few minutes to drink water and refill their water bottles during designated times, and especially during physical education classes, outdoor play, or any other sports activities.

Think about it...

Can your students think about other ways to make this healthy tip become a habit? Here are a few suggestions from the Family Resource:

- Start to track how much water you usually drink every day.
- To increase your water intake, start each day with a glass of water and drink at least one glass of water with each meal.
- Use an eco-friendly straw when you drink water to make it a little more fun!

5 RECHARGE ON SLEEP

(SLIDES 19 – 20)

How much sleep do we need? For adults, seven to eight hours sleep per night is recommended, but children need even more - around ten hours per night for primary school children, and nine hours per night for teenagers.

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 affects the quality of their next day.

Talk about the results and their experience after the week is up, or every morning during the 'experiment'.

You could ask them:

How much sleep did you get last night?

How do you feel now?

Let's get practical

- During parent-teacher meetings or conferences, take the opportunity to discuss the importance of sleep and its impact on a child's academic performance and behaviour. Offer suggestions on creating a conducive sleep environment at home and establishing consistent bedtime routines.
- Integrate sleep education into the curriculum elsewhere by discussing the importance of sleep during health or wellness lessons. Include topics such as the benefits of adequate sleep, the impact of technology on sleep, and strategies for creating a healthy sleep routine.
- Offer tips to parents on creating a sleep-friendly environment at home. Discuss the importance of a cool, dark, and quiet bedroom and suggest practical solutions such as using blackout curtains, white noise machines, or soft lighting to promote better sleep.

Think about it...

Can your students think about other ways to make this healthy tip become a habit? Here are a few suggestions from the Family Resource:

- Turn off the TV two hours before bed. Staring at a screen stops the production of melatonin, the sleep hormone.
- Turn down the temperature. People sleep best at around 21°C (or 70°F).
- No fizzy drinks or coffee in the evening. Especially not for kids.
- Take a warm bath or shower just before bed.



ALL TOGETHER NOW!

(SLIDES 20-22)

After you've taught through all five of the **5 Mighty Healthy Tips**, take a minute to ask the students if they can remember them all.

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 health tip - for example pretending to drink water if you shout out '4', or lying down to sleep if you shout out '5'. Switch up, and do the actions yourself – asking them to guess which tip you're miming!

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.

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Can remember all 5 Mighty Habits?

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The 5 Mighty Habits are:

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4. Drink more water!
5. Recharge on sleep!

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

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NEXT STEPS

(SLIDE 23 - 25)

Now equipped with lots of inspiring tips and insights into both their health and organ donation, these slides seek to offer students a clear, simple and practical way forward.

The Mighty Pledge is completely optional. It is a call to all to be kinder to ourselves, other people and the planet we all share. Consider making it together, and even displaying it somewhere in your classroom.

Why voice your choice? Because sometimes a person will have chosen to donate their organs but their family don't know about their choice and so their organs don't end up being donated. Only a third of adults have shared their organ donation choice with their family - and and far fewer kids!. That's why it's really important for people to continue to talk about their choice with those closest to them, so that their family can honour that choice.

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)

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ORGANITES
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!

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ALWAYS REMEMBER

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WHAT NEXT?

For the rest of the lesson, teachers have access to a variety of 'Additional Teacher Resources' to enhance the learning experience and drive the message home: Classroom and Take Home Activities, Colouring-in Sheets and Classroom Posters and other teaching aids. Choose any or all of them, print them out or upload them onto your whiteboard.

Family Resources

To encourage families to take control of their health, please send this important resource, essentially a 'Mighty Habits Booklet,' to all parents and guardians on the same day you introduce this topic to your class (you can print it or email it to them).

Mighty Pledge Certificate and Classroom Poster

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

Have you discovered Toolkits 1 and 3?

Although self-standing, our toolkits sequentially build upon one another. **Toolkit 1: 'Mighty Me'** empowers students and their families to learn all about their vital and mighty organs, whilst being introduced to the concept of organ donation. **Toolkit 3: 'Mighty Kind'** seeks to show people how powerful their small, individual choices can be—inspiring them to change the world through kindness.

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

YOUR INPUT MAKES A BIG IMPACT!

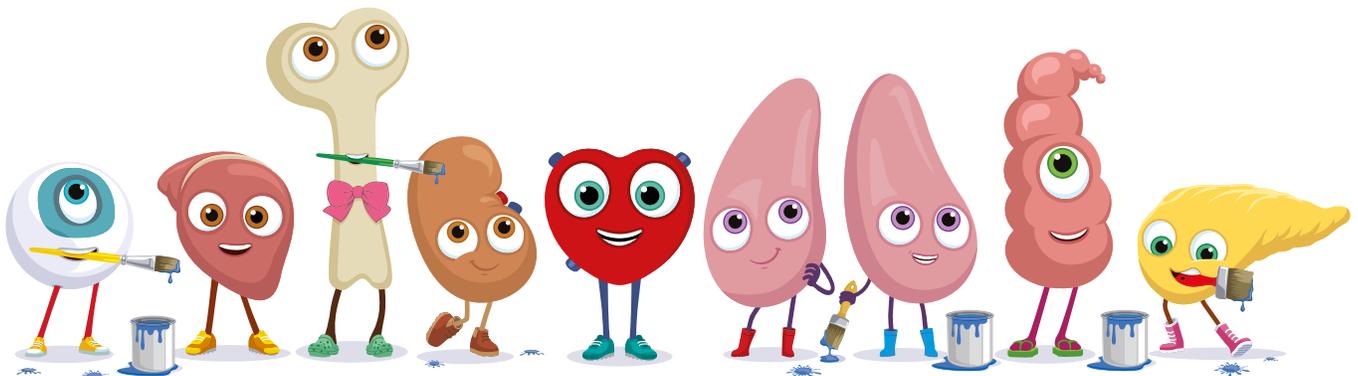
If you've introduced the Orgamites to your classroom, we'd love to know how it's going. Please use our feedback form on the 'Resources Hub' page on our website, and please encourage as many other teachers, students and parents to do so too. Don't forget to...

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)



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