

# ORGAMITES®

IT'S WHAT'S INSIDE THAT COUNTS

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THE MIGHTY EDUCATION PROGRAM

## TOOLKIT 3: MIGHTY KIND

LESSON PRESENTATION NOTES



IN PARTNERSHIP WITH



BLOOD  
PLASMA  
STEM CELLS  
ORGANS  
& TISSUES



## LESSON PRESENTATION SLIDES

## EXPRESS VERSION and FULL VERSION

**ORGANISMES**  
TOOLKIT'S MIGHTY KIND  
LARGE VERSION

THE MIGHTY KINDA ARE HERE!  
TOOLKIT'S MIGHTY KIND  
LARGE VERSION

ORGANISMES

In a world where we can be anything, imagine how much better life would be if we all choose to be... **KIND!**

Can you think of the last time someone was very kind to you? Who was it and what did they do?

All over the globe, there's a growing movement of people who believe (like the Organismes) that enough small acts of kindness can make the biggest difference.

In fact, they can change the world!

It's called **THE MIGHTY KIND MOVEMENT** – and you're all involved!

Organismes to the rescue!

The Organismes are a group of nine friendly alien friends who are here to help you be a better person. Including they represent the organes most needed for a healthy and happy planet.

Reduce!

To join the Organismes on their mission to save the world's limited natural goods, you first have to **Reduce** your own impact. You don't have to be a carbon hero, or a tech guru, or a genius. A better thought... You just have to be the part of the change you want to see in the world!

What's the Mighty Kind Movement all about?

We have something up to the problems we face in the world, but instead of feeling like we're overwhelmed, we can... **DO IT!**

Organismes are helping us create a better world.

These kinds of things!

To get organes kind, let's learn all we can from the Organismes' 5 Mighty Kind Keys.

Are you ready to change the world?

**1. REDUCE AND REUSE**

Reduce means to cut back on the amount of stuff we generate.

Reuse means to find a way to use things that otherwise would be thrown away.

• There are many materials in the world. How many are there in the trash?

• At least 8 billion of people in the world are using plastic. It's the most common garbage in the world.

**2. RECYCLE**

Recycling is the process of turning waste materials into new products and objects.

A lot of things that end up in the trash can be recycled. Making things out of old things is better than throwing them away.

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A lot of things that

**ORGANIMATES**  
STANDARD FEATURES

THE MIGHTY 5 EDUCATION PROGRAM  
**TOOLKIT 3 MIGHTY KIND**  
CLASSROOM VERSION

Full Version

1. How the toolkit works

2. How the toolkit works

3. How the toolkit works

4. How the toolkit works

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24. How the toolkit works

# HOW TO USE THIS RESOURCE

These notes are an optional supplement to the **'Mighty Kind'** toolkit 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)

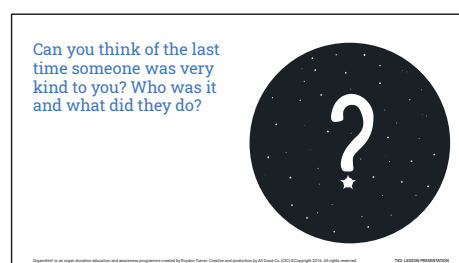


**Please note: The below notes refer to the **FULL VERSION** slides. However, the content below is easy to adapt should you wish to use the shorter **EXPRESS VERSION**.**

## GENERAL INTRODUCTION

(SLIDES 2 – 4)

The concept of kindness 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.



# INTRODUCING THE MIGHTY KIND MOVEMENT AND OUR MIGHTY ORGANS

(SLIDES 5 – 9)

Slides 5-9 briefly introduce the Mighty Kind Movement and who is behind it.

It's a growing, global movement of people from all walks of life and ages who believe that small acts of kindness really can change the world – and they're proving it.

Launched by the Organmites, Slide 6 explains who they are and what they represent.

Slides 7-9 then elaborates on what this movement looks like practically: small but mighty ways to make a real difference.

There are **5 Mighty Kind Keys** in particular that we will spend the rest of this lesson looking at a little closer...

It's called  
**THE MIGHTY KIND  
MOVEMENT**  
– and you're all invited!



**Organmites to the rescue!**

The Organmites are a team of nine life-saving organs found in everyone, they're known as the 'mighty organs' because they represent the organs most needed for donation and transplantation.



**Relax!**

To join the Organmites on their mission to make the world a better, kinder place, you don't have to hand over any organs!

You don't have to be a certain age, or look a certain way, or think a certain thought...

You just have to want to be part of the change you want to see in the world!



**What's the Mighty Kind Movement all about?**

It's about waking up to the problems we face in the world, but instead of letting them overwhelm us:

Finding small, but mighty ways to make a real difference.



**These kinds of things!**

To get mighty kind, let's learn all we can from the Organmites' 5 Mighty Kind Keys.

Are you ready to change the world?





# 1 REDUCE AND REUSE

(SLIDES 10 – 12)

**Over 300 million tons of plastic is produced every year, with around 8.8 million tons of it finding its way into the oceans.**

It's now estimated that by 2050, there will be more plastic in the ocean than fish, and there's already more microplastic in the ocean than there are stars in the Milky Way.

Of course, none of us created these plastics, but our demand for them did. That's why it's up to each and every one of us to radically reduce our demand, and reuse what we can.

**Here are some additional points to discuss with these slides:**

- Talk through the impact of single-use items and brainstorming alternatives.
- Think through ways to reduce packaging waste, such as buying items in bulk or using reusable containers.
- Discussing the benefits of borrowing or sharing items with others instead of buying new ones.

**These topics can help young students understand the importance of reducing waste, reusing items, and adopting sustainable practices in their daily lives.**

## MIGHTY CHALLENGE #1: PLASTIC PILE-UP

As a memorable extension exercise to really drive the message home, why not encourage your students to collect all the single-use plastic they use over the next few days or week.

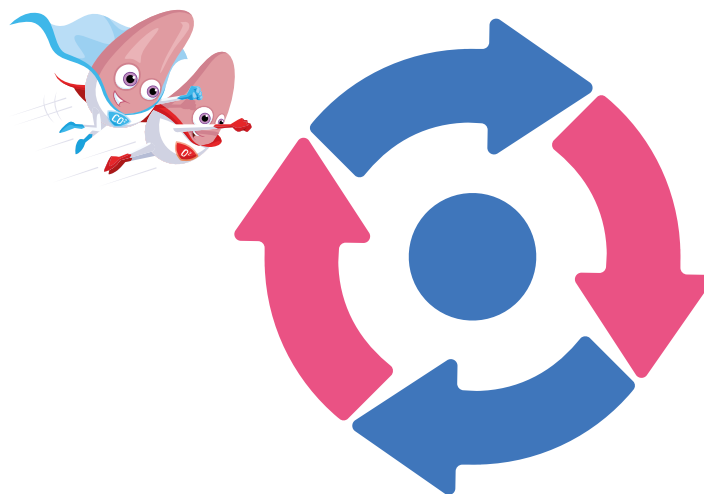
Single-use plastic refers to any plastic that packages the products you buy or eat and is not able to be reused. Food wrappers, water bottles, straws, take-away plastic utensils, other forms of packaging – everything. Ask students to make sure everything is clean and dry before they bring it to school.

When everyone's plastic has been brought to school, look through the kinds of plastic you've collectively collected, and ask:

- *What are some of the common culprits?*
- *Are there any solutions you can think of together to reduce your plastic use into the future?*
- *Are there any businesses you could write to or contact that you think use too much plastic in their packaging?*

This simple activity has helped hundreds of others to 'wake up' to the sheer amount of plastic they are responsible for. The sheer amount - collected over such a short amount of time - acts as a stark visual reminder of how much waste and plastic we tend to accumulate.

Over the next two Mighty Kind Steps and associated challenges, we will show you (and your students) how to really make a difference—starting with this very pile!



## 2 RECYCLE

(SLIDES 13 – 16)

**When we do buy plastic that we need to throw away, let's do it responsibly.**

**Recycling is the process of converting waste materials into new materials and objects.**

A lot of things that end up in bins and eventually landfills, rubbish dumps and our oceans could have been recycled.

In fact, only 9% of all plastic ever produced has been recycled!

**Here are some additional points to discuss with these slides:**

- Look deeper into the process of recycling and how materials are transformed into new products.
- Talk through how to practically sort and separate recyclable items at home, school, and in the community.
- Discuss the benefits of recycling, such as conserving natural resources and reducing landfill waste.

**These topics can help children understand the importance of recycling, its positive impact on the environment, and how they can actively participate in recycling efforts in their daily lives.**

### **MIGHTY CHALLENGE #2: RECYCLE CITY!**

Let's now look through all that plastic we've collected and see what we can recycle!

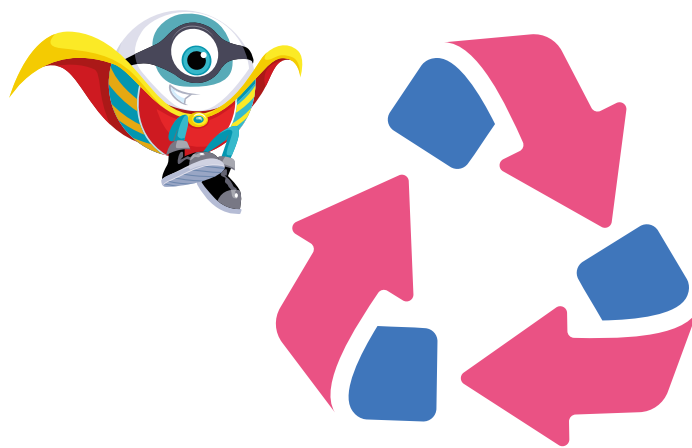
Look closer at the recycling symbol. It was first invented in 1970, by a person called Gary Anderson, and it's now almost as well known as McDonald's twin arches and Nike's famous swoosh!

It has also been adapted on most packaging items, and a number has been added to the middle of it. The number in the triangle tells us the type of plastic and how easy it is to recycle. The higher the number, the harder it is to recycle. As a basic rule, try to avoid, or greatly reduce your purchasing of any products with a recycling number higher than 3.

*Can your students break into groups and hunt down this logo (or similar) on the products they collected in the plastic pile-up?*

*Create piles of similar products (that share the same recycling level), and a pile of things that either don't have a recycling logo or are not recyclable - we'll come back to these in a future challenge!*

*If possible, involve the students themselves in helping to take your collected and sorted recyclable products to the nearest recycling depot bins.*





### 3 UPCYCLE!

(SLIDES 17 – 18)

**Upcycling is the process of reusing or repurposing objects that otherwise would be thrown away.**

Often, this is done using items that can't be recycled and the end results can be beautiful.

Our clothing and furniture can also be upcycled – when we buy vintage clothes that someone else no longer needs, or hand down an old pair of jeans that someone else can repurpose, or sand down or repair a second-hand piece of furniture - we're upcycling. And when we're upcycling, things are looking up for our planet too!



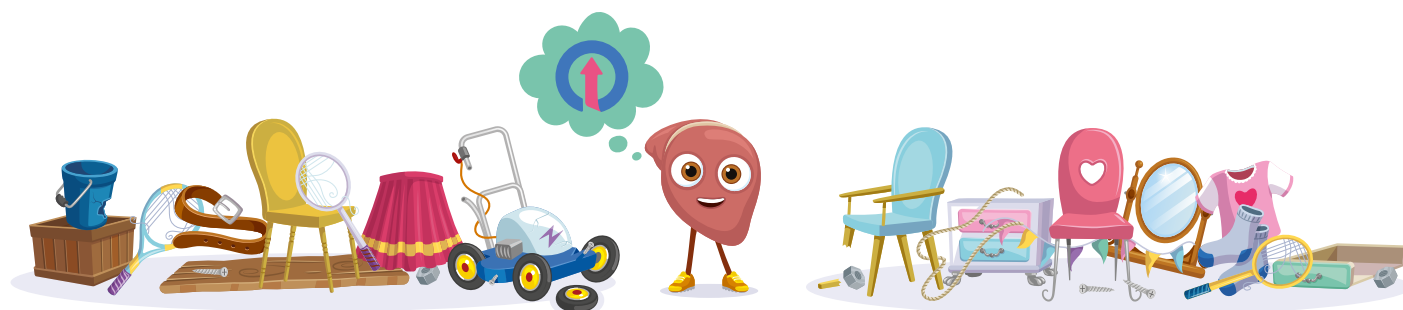
**Here are some additional points to discuss with these slides:**

- Discuss the concept of upcycling and how it differs from recycling.
- Consider other fun class activities that demonstrate upcycling, such as turning old t-shirts into tote bags or using glass jars as plant pots.
- Encouraging students to come up with their own upcycling ideas and sharing them with the class.
- Brainstorming ways to repurpose or upcycle items that would otherwise be thrown away.
- Encourage the connection between upcycling and personal style, such as creating unique fashion accessories.
- Encourage students to showcase their upcycled creations in a class exhibition or share them with the school community.

**These topics can help children develop an understanding of upcycling as a sustainable practice and inspire them to explore their creativity while repurposing items in innovative ways.**

#### **MIGHTY CHALLENGE #3: LET'S UPCYCLE!**

Using the remaining pile of un-recyclable products, a little glue, paint and some imagination, get your students upcycling and loving it too!

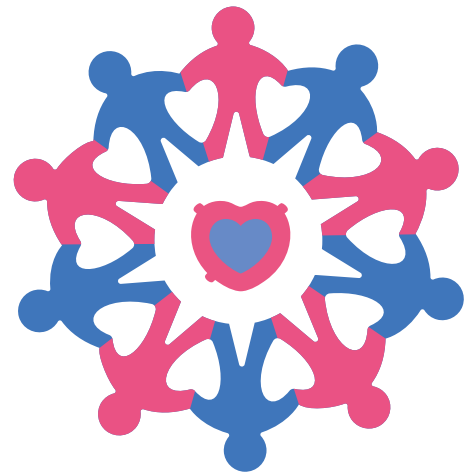


## 4 LIFECYCLE!

(SLIDES 19 – 21)

This section of the presentation explores the concept of organ donation within the bigger picture of the lifecycle. It shows how organ donation is really a form of **upcycling**—repurposing something very special when it is no longer of use to its original owner.

Slides 20 and 21 then go on to explore the positive aspects of organ donation, as well as the huge need, highlighting that it is a very kind thing to choose to do.



**Here are some additional points to discuss with these slides:**

- Consider this statement as a class: "If upcycling is all about repurposing things we no longer need, and putting them to better use – then organ donation is the ultimate kind of upcycling." Do you agree or disagree?
- Does your class know that the Organites actually represent the most needed organs for transplants? Remind them of this fact, and perhaps look at each mighty organ (what it does, and where it is). For additional info and loads of resources regarding this and organ donation, please look at Toolkit 1: 'Mighty Me'.
- Discuss why we need to talk about organ donation more: there is a huge shortage of organs, owing to the fact that few people talk about it before it's too late.

**These activities and conversations help to highlight the importance of talking about organ donation – bringing this unique act of kindness much closer to home.**

### **MIGHTY CHALLENGE #4: LET'S MAKE ECOBRICKS**

1. Take a clean, dry and empty soda bottle and pop all the dry plastic waste you've been collecting inside the bottle.
2. You may need to cut up any large plastic into smaller bits.
3. Twist all the waste into the plastic bottle.
4. Squash it down as tightly as you can with a stick or the back of a wooden spoon.
5. Keep doing this until the contents are jam-packed inside. When it's well and truly packed to the brim, put the lid back on and you're done!

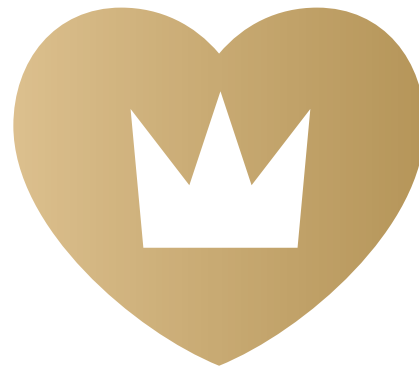
**EcoBricks are a wonderful way to upcycle and honour the concept of lifecycling—taking one of the world's biggest problems and transforming it into building blocks for a brighter future!**



## 5 BE KINDER!

(SLIDE 22)

**This step seeks to highlight the message that we shouldn't just do kind things, but be kind people. Let's make it our mission to leave whatever place we enter a little better, cleaner and kinder.**



Slide 22 lists a few practical ways to live this out.

**Can your students add to this list and think of more ways to be kinder?**

- Hold the door open for someone.
- Share your toys or books with others.
- Say "please" and "thank you" when interacting with others.
- Help a classmate with their schoolwork or homework.
- Help someone carry their belongings or groceries.
- Offer to help someone with a task.
- Invite a new classmate to play or join a game.
- Include everyone in group activities or games during break time.
- Share your snacks or lunch with someone who forgot theirs.
- Plant flowers or trees to beautify a shared outdoor space.
- Help set the table or prepare a meal at home.
- Collect and donate gently used clothes or toys to those in need.
- Write a thank-you letter to a teacher, coach, or community helper.
- Offer to do a chore or task for a family member without being asked.
- Make a handmade gift for a grandparent or family member.
- Offer to share your umbrella with someone on a rainy day.
- Help a friend or classmate who is feeling sad or left out.

**These ideas provide young children with various ways to practice kindness and engage in acts of kindness towards others, promoting empathy, compassion, and a positive impact in society at large.**

### **MIGHTY CHALLENGE #5: KINDNESS TAKES COURAGE**

At the beginning of our journey, we spoke about how kindness takes courage. Why not encourage your class to be a little bold and ask their families about their own choices – regarding recycling, upcycling, and lifecycling too.

Why not also consider making the Mighty Pledge together (on Slide 26), and after that – sharing your choice far and wide (if you're mighty proud that is) so that more and more people can join our movement of kindness.

# ALL TOGETHER NOW!

(SLIDES 23-24)

After you've taught through all five of the **5 Mighty Kind Keys**, 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.

Who can remember the 5 Mighty Kind Keys to making the world a better place?



The 5 Mighty Kind Keys

1. We can Reduce and Reuse
2. We can Recycle
3. We can Upcycle
4. We can Lifecycle
5. We can Be Kinder

Can you think of any other ways we can all make a big difference?



## NEXT STEPS

(SLIDE 25 - 27)

Now equipped with lots of inspiring steps and insights, 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 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)



**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!





## 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 Kind 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 2?

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 2: 'Mighty Habits'** offers the best information available on how to practically live a healthy life (at any age).

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

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

To download additional Organites educational tools and resources, please visit [Organites.ca](https://organites.ca)

## YOUR INPUT MAKES A BIG IMPACT!

If you've introduced the Organites 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)

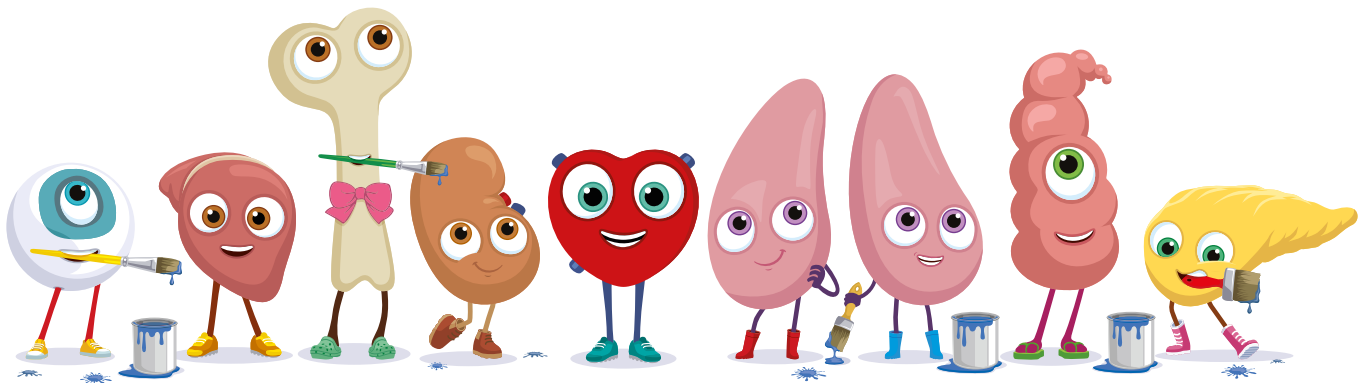


**3. Be Mighty Proud** (voice your choice wide and far)



[Organites.ca](https://organites.ca)

# IT'S WHAT'S INSIDE THAT COUNTS!



IN PARTNERSHIP WITH



**Canadian  
Blood  
Services**

BLOOD  
PLASMA  
STEM CELLS  
ORGANS  
& TISSUES