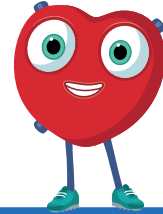


# ORGAMITES™

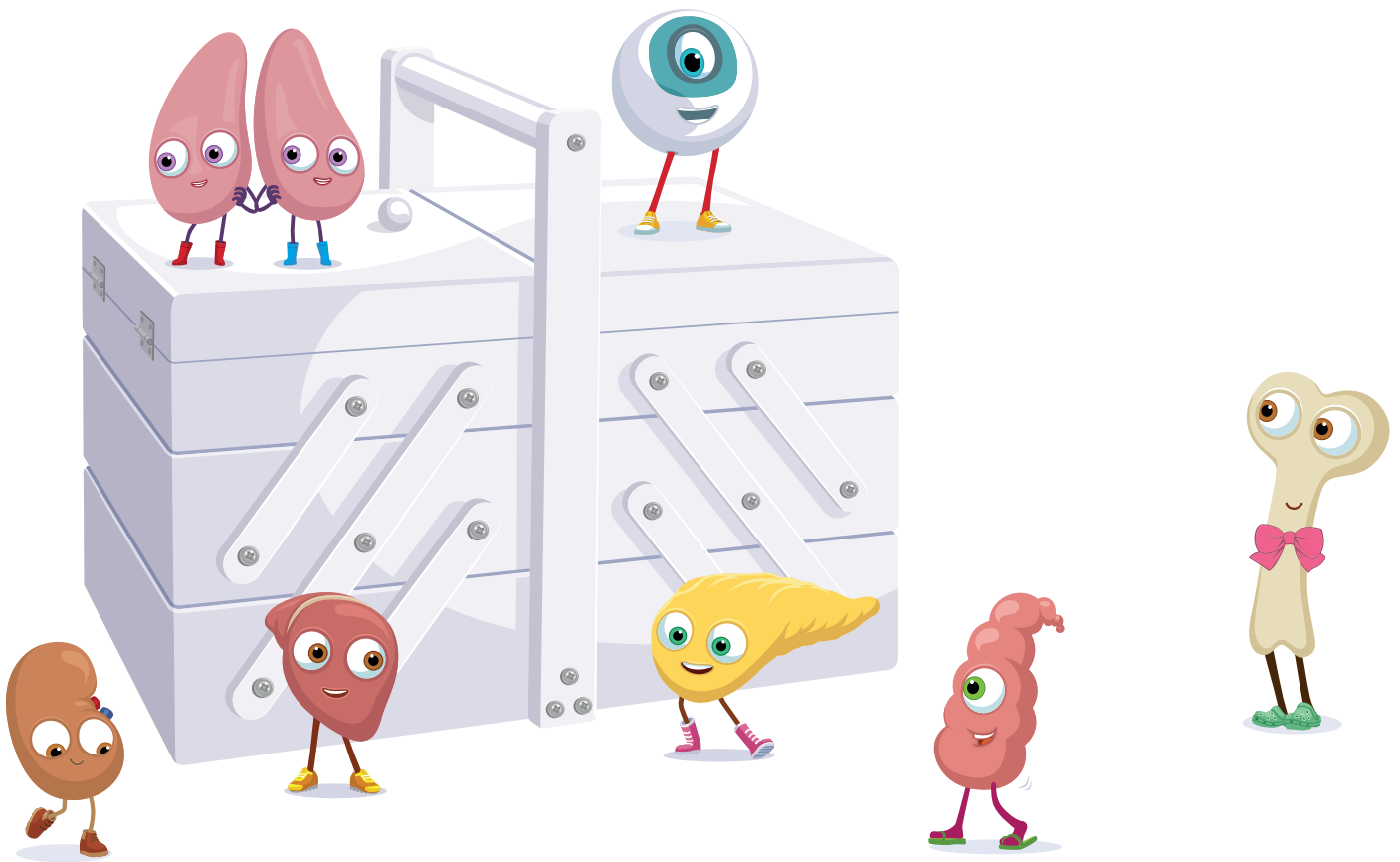
EDUCATIONAL TOOLS



## TOOLKIT 1: MEET YOUR MIGHTY ORGANS

Teacher Resources #1-6: Classroom & Take-Home

Discover more educational tools and resources at [Orgamites.ca](http://Orgamites.ca)



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# TOOLKIT 1: MEET YOUR MIGHTY ORGANS

Teacher Resource #1: Scenario Cards

IT'S WHAT'S  
INSIDE THAT  
COUNTS



## SELMA

Selma has an eye condition. It started just before she had her daughter. She would wake up in the mornings with misty vision. After a few years Selma's eyesight got worse. She found it very difficult to see and where before she could see colours, now she can only see grey.

## ALEX

Alex was born with a serious kidney disease which means his blood is not able to clean itself. He misses school three days a week to spend time in the hospital having a treatment called 'dialysis'. This is when a machine cleans a person's blood because their kidney can't. It takes a few hours and leaves Alex feeling tired and sometimes sore.

## ANNA

Anna has too many white blood cells in her blood. She gets tired out easily and gets lots of infections, which can make her ill and means she often has to rest and stay in bed.

Anna was at college and was training to be a professional dancer, but she has had to stop while she has her treatment.

## JAY

Jay's body is not able to absorb enough nutrients from food. He was put onto a drip, which sends special fluids straight into his blood. The fluid contains all the nutrients he needs, like protein, carbohydrates and vitamins.

Sadly, having the drip led to more problems and now Jay is waiting for an organ transplant to save his life.

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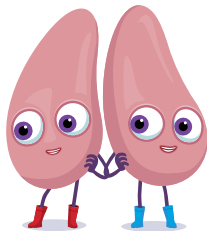


# TOOLKIT 1: MEET YOUR MIGHTY ORGANS

Teacher Resource #2: Matching Cards



PANCREAS



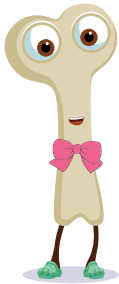
LUNGS



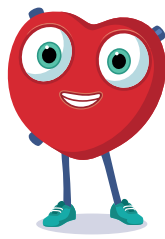
SMALL BOWEL  
(SMALL INTESTINE)



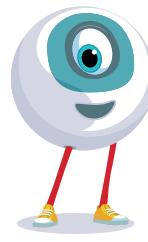
KIDNEY



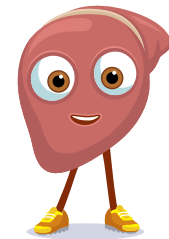
CAPTAIN MARROW  
(BONE MARROW)



HEART



EYE



LIVER

Always busy, this organ has more than 200 different functions! Most importantly, she cleans or filters the blood.

Small, but long, this organ measures roughly 6m end to end! He is always thinking about food and absorbs the nutrients from what we eat and drink.

A little quieter than the others, this organ makes two important substances – enzymes to break down food and hormones to control blood sugar levels.

Most people have two of these bean-shaped organs. They focus on cleaning and their most important job is filtering waste products from the blood.

Observant, this ball-shaped organ lets in light and sends messages to our brain, which allow us to see.

These organs always stick together. They transport oxygen from the air you breathe into your bloodstream and take away carbon dioxide when you breathe out.

This organ does everything with a steady rhythm. He acts as a powerful pump to move blood around the body.

This guy holds the team together. He makes blood cells, like red blood cells but he is not an organ.

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# TOOLKIT 1: MEET YOUR MIGHTY ORGANS

Teacher Resource #2: Matching Cards



PANCREAS

A little quieter than the others, this organ makes two important substances – enzymes to break down food and hormones to control blood sugar levels.



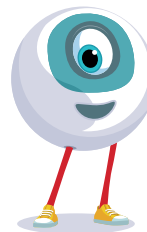
SMALL BOWEL  
(SMALL INTESTINE)

Small, but long, this organ measures roughly 6m end to end! He is always thinking about food and absorbs the nutrients from what we eat and drink.



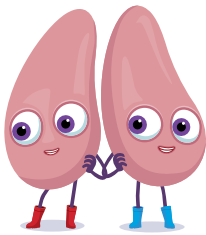
CAPTAIN MARROW  
(BONE MARROW)

This guy holds the team together. He makes blood cells, like red blood cells but he is not an organ.



EYE

Observant, this ball-shaped organ lets in light and sends messages to our brain, which allow us to see.



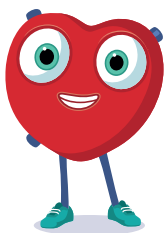
LUNGS

These organs always stick together. They transport oxygen from the air you breathe into your bloodstream and take away carbon dioxide when you breathe out.



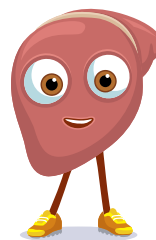
KIDNEY

Most people have two of these bean-shaped organs. They focus on cleaning and their most important job is filtering waste products from the blood.



HEART

This organ does everything with a steady rhythm. He acts as a powerful pump to move blood around the body.



LIVER

Always busy, this organ has more than 200 different functions! Most importantly, she cleans or filters the blood.

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# TOOLKIT 1: MEET YOUR MIGHTY ORGANS

Teacher Resource #3: Word Game

## Can you choose an organ or body part to describe to your partner?

You must describe your chosen body part without using the name of the body part or the words on the card.

Choose your difficulty level: **Hard / Harder**

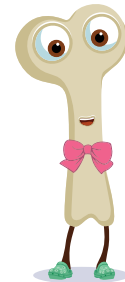
**SMALL  
BOWEL**

small intestine  
long  
food



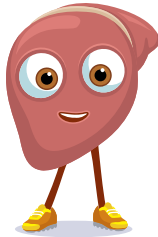
**CAPTAIN  
MARROW  
(BONE MARROW)**

squidgy  
blood



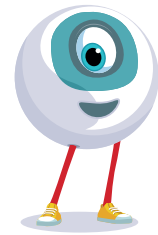
**LIVER**

belly  
digestion



**EYE**

see  
cornea  
vision



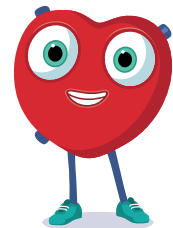
**PANCREAS**

food  
small



**HEART**

blood  
pump  
beat



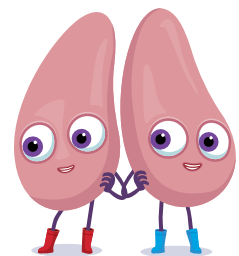
**KIDNEY**

clean  
tummy  
bean-shaped



**LUNGS**

breath  
chest  
oxygen



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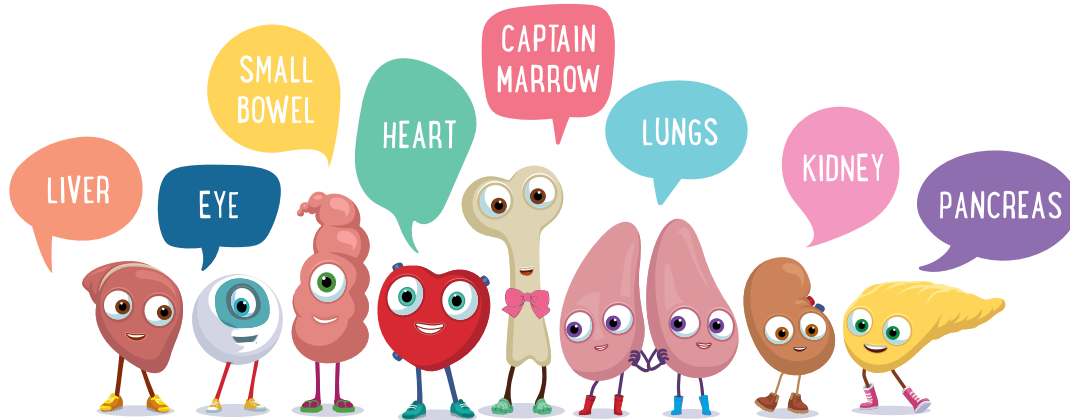
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# TOOLKIT 1: MEET YOUR MIGHTY ORGANS

Teacher Resource #4: Homework Sheet



## CHALLENGE 1

1. Pick an organ or body part
2. Can you describe the organ or body part to a family member using just three clues?

### Clue sentence starters

Use these sentence starters for your clues or create your own!

- I can be found...
- My function in the body is...
- Without me, ...

## CHALLENGE 2

1. What else can you tell your family about what you have learned?

- Can you explain what an organ donor is?
- Can you list six organs that can be donated or given from one person to another?
- **Challenge:** Can you tell your family about the "Logan Boulet Effect"?

### Possible answers

1. An organ donor is someone who gives, or donates, their organs. You can be a living donor (e.g. donating Captain Marrow (Bone marrow) or part of the Liver) or you can donate organs after death.
2. Any of the following: Liver, Kidneys, Lungs, Heart, Small Intestine (Small bowel), Pancreas, Eyes (Cornea), Captain Marrow (Bone marrow) can also be donated, but is not an organ!
3. Logan Boulet became an organ and tissue donor in April 2018 following the Humboldt Broncos bus crash. By sharing his decision to become an organ donor with his friends and family, Logan's gifts saved 6 lives. His story has also inspired hundreds of thousands of Canadians to register to become organ donors.

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# TOOLKIT 1: MEET YOUR MIGHTY ORGANS

Teacher Resources #5: Having The Talk At Home

## At school we have been talking about:

- 1 Organs and the amazing things they do
- 2 Organ donation and the positive, life-saving impact it can have.

Find out what we have been learning at [learn.organtissuedonation.ca](http://learn.organtissuedonation.ca) or [orgamites.ca](http://orgamites.ca)

## WHY HAVE THE TALK AT HOME?

The truth is there are rarely enough organs available for those in need, and part of the reason for this is that not enough people are talking to their loved ones about organ donation.

Canadian Blood Services and the Orgamites want to help families talk about how amazing organ donation can be so that:

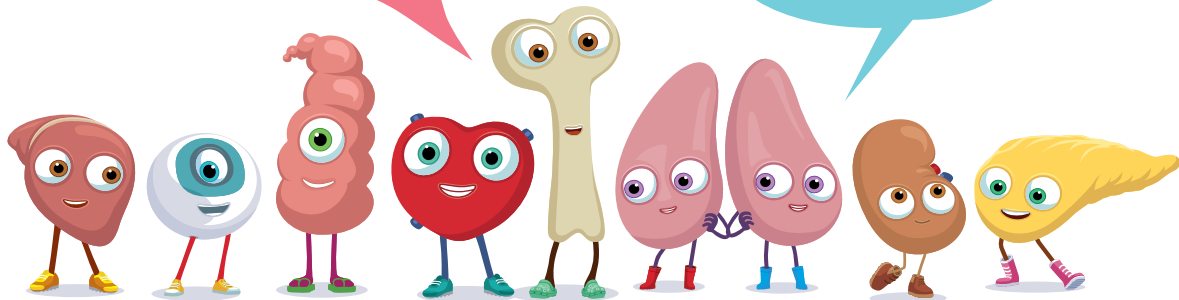
- more people will choose to be donors – life-saving superheroes,
- more families will understand and honour each other's wishes,
- the next generation will understand the power of organ donation and it will become normal.

## Meet The Orgamites

They are on a mission to get more people talking about organ donation.

ASK YOUR CHILD WHAT THEY HAVE BEEN LEARNING ABOUT ORGAN DONATION AND SHARE YOUR THOUGHTS WITH THE WHOLE FAMILY.

A SIMPLE TALK NOW CAN SAVE LIVES LATER



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# TOOLKIT 1: MEET YOUR MIGHTY ORGANS

— Teacher Resources #5: Having The Talk At Home —

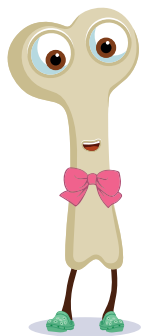
## TIPS TO HELP HAVE THE TALK

Here are some tips to help you talk with your family about what you would like to happen to your organs.

- Include your whole family in the talk.
- Don't rush straight in to it, with anyone of any age.
- Don't force a member of the family to listen or talk about it.
- Look online together to find out the answers to any questions you have ([blood.ca/organs-tissues](http://blood.ca/organs-tissues))
- When you start the talk, be confident and positive – the other person will react to your emotions.
- Remember that organ donation can save or greatly transform lives.

### Some amazing facts to help get the conversation started:

- Around 4,000 people in Canada are waiting for an organ transplant.
- Around 9 in 10 people in Canada support organ donation, but...
- Just over 1/3 of adults have shared their choice with their family.
- Families are more likely to agree to donation if they know their loved one wanted to be an organ donor.



DID YOU KNOW?  
1 ORGAN DONOR CAN  
SAVE UP TO 8 LIVES

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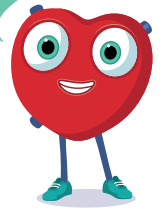




# TOOLKIT 1: MEET YOUR MIGHTY ORGANS

Teacher Resources 6: FAQs

IT'S WHATS  
INSIDE THAT  
COUNTS



## What is an organ transplant?

Doctors can sometimes perform a special operation called an organ transplant. This is when the doctors replace a failed or damaged organ with a healthier one. For this to happen, organs need to be given or donated by organ donors.

## What is organ donation?

Organ donation is giving a solid organ (like a lung) or tissue (like skin) to help someone who needs a transplant.

## Who can be an organ donor?

Everyone can join the Canadian Blood Services Register – there is no age limit and those with illnesses or long-term conditions can also sign up to be donors. Specialist healthcare professionals decide in each individual case whether a person's organs and tissue are suitable for donation.

## What can be donated?

The heart, lungs, kidneys, liver, eyes (corneas), pancreas, small intestine (small bowel) and tissues (including skin, bone and tendons) can all be donated.

## 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.

## Why do I need to share my decision with my family?

If you die in circumstances where you are able to donate, your family will still be asked about organ donation. This is why it is so important to share your choice with your family, whatever you decide – to help make sure your choice is honoured.

## Does my religion support organ donation?

Most religions in Canada fully support the principle of organ and tissue donation as a life-saving gift. All accept that organ donation is a matter of personal choice. As do we. Individuals and some other religious groups may, however, have different views.

## Organ and Tissue Donation in Canada

In most provinces, people must register their decision about organ and tissue donation with their provincial organ and tissue donor registry.

No matter where you live, whatever you decide, tell your family and friends to help ensure your decision is honoured.

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

To find learning resources for all ages, visit [learn.organtissuedonation.ca](http://learn.organtissuedonation.ca)

For more info on the Organites, please visit [www.orgamites.ca](http://www.orgamites.ca)

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