

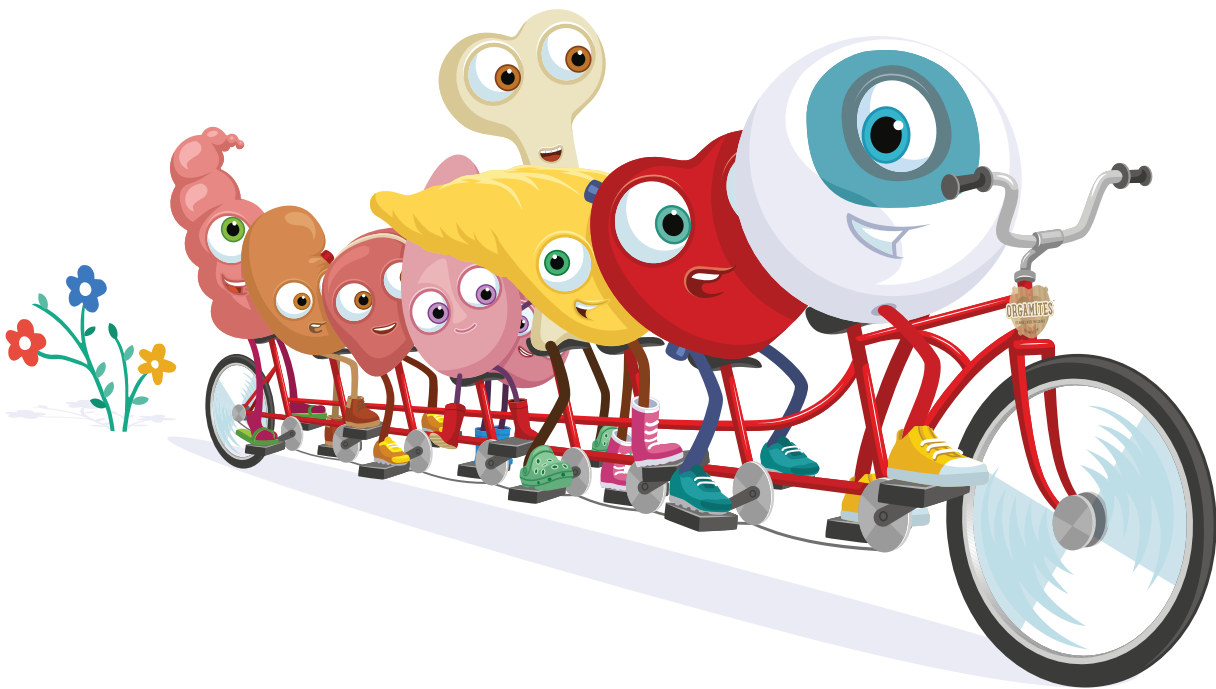
ORGAMITES™

EDUCATIONAL TOOLS

TOOLKIT 2: LET'S GET MIGHTY HEALTHY

Lesson Plan

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MEET THE ORGAMITES

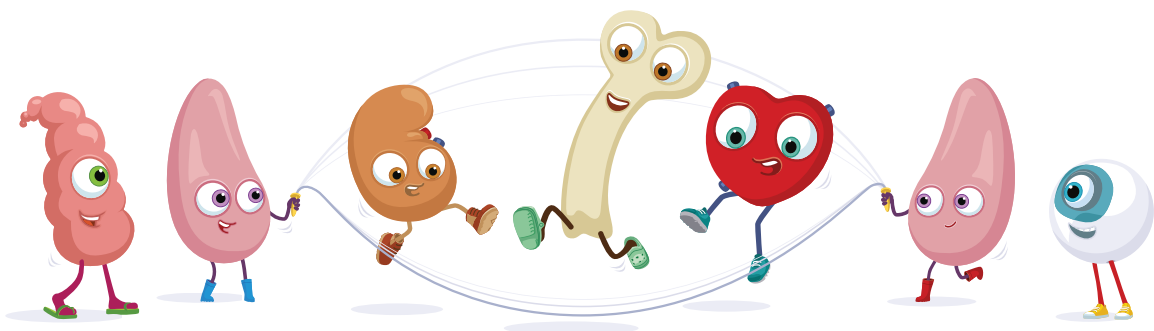
They're a team of 9 life-saving organs (led by Captain Marrow) found in every one of us.

They're known as the "mighty organs" because they represent the most-donated parts of the body. These lovable characters help kids to connect with and appreciate the roles of their organs, while learning what organ donation and transplantation is all about. The Orgamites also inspire children to live healthier, show more compassion for others, and be more environmentally aware.

Consisting of an ever-growing range of fun, educational tools and resources – our hope is that more parents, teachers and healthcare practitioners can be empowered to have more conversations with more children, all in the hopes of changing the way people of all ages view their mighty organs and organ donation, and thereby increasing the amount of organs donated and the number of subsequent lives saved.

Every tool created has been designed in such a way as to empower you with the ideal, most informative and exciting resources to equip and educate the children in your care.

Join in the conversation @MightyOrgamites [f](#) [@](#) [t](#). Please tag us, we'd love to share all your mighty artwork #MightyOrgamites To download our educational tools and resources please visit: Orgamites.ca



INTRODUCTION

Getting healthy isn't just about looking good on the outside, it's about looking after our organs on the inside so that we can feel better and stronger, and live longer too!

We all want to live long, healthy lives, don't we? So the sooner we start looking after our health, the better!

Testimonials

I had a voice and a classroom, but I didn't have the resources.

I wanted to share my son's story with my class on Green Shirt Day to encourage family discussions about registering as an organ and tissue donor. But 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, Lethbridge, Alberta, Canada

Educating young people is the way to change the world.

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 and give kids the opportunity to openly learn about and discuss saving lives through organ donation. Educating young people is the way to change the world – just like what we are seeing with climate change, diversity, equality and social justice – important movements start with younger generations."

Dr. William Wall

Transplant Surgeon (Retired)

London Health Science Centre, London Ontario, Canada



So why should we try to get Mighty Healthy?

Can you think of any reasons? Here are just a few:

- When our bodies are healthy, we feel happier.
- When our bodies are healthy, we get less sick.
- When our bodies are strong and healthy, they can do more cool stuff for us (like run faster, jump higher, play longer)!
- And, when our bodies are healthy, our organs are happier too.

As the Orgamites always say:

It's what's inside that counts!

After all - it's no good just taking care of how we look on the outside... we need to look after what's inside of us so we can stay healthy (and happy too).

That's where the Orgamites fit in – they're a team of mighty organs that are inside all of our bodies right now!

What are organs, you ask?

Good question! Organs are the different working parts inside us. They each have a job to do and when they work like they were designed to, they make our bodies work like well-oiled machines!

The mighty organs, also known as the Orgamites, are a team of 9 life-saving organs (led by Captain Marrow) that represent the most-donated parts of the body.

Now let's take a closer look at our very first tip to getting mighty healthy ... are you ready? Let's go:

The Orgamites' mighty healthy tip #1

1 GET MOVING!



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

There are so many reasons why we should get moving more often... here are just a few:

- Moving helps develop heart fitness, muscle strength, and flexibility too.
- Moving and exercising sharpens our skills and can make us more confident in our bodies and what they can do.
- Exercising even has a way of turning our frowns upside down!
- It helps us sleep better at night,
- Regular exercise also reduces our risk of getting diabetes, high blood pressure, heart attacks, and even cancer.

Did you know? There's actually no such thing as kiddie-sized exercise? As your body grows and changes, you actually need more (not less) exercise than grown-ups! Wow! This is because it's only when you're active that your bones, heart and lungs are strengthened and develop like they should.

And speaking of moving, do you know which is the fastest moving organ in your body?

It's the eye! Your eye muscle is the fastest reacting muscle in the your whole body – contracting in less than 1/100th of a second! On top of that nifty lens speed, a blink usually lasts for just 100 milliseconds! And over you lifetime, you'll probably blink no less than 4.2 MILLION times!

Good job, eyes!

Now let's get the rest of us moving!

TOP TIPS FOR TEACHERS

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 is the opposite of boring.

After you've tired your students out, perhaps you want to 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 definitely! Can they see how their lungs are working extra hard now too – breathing more and more deeply? That makes those organs feel really good. Are any of their muscles burning a little? Which ones? Do they think that's making them stronger? Definitely!

Family Super Challenge

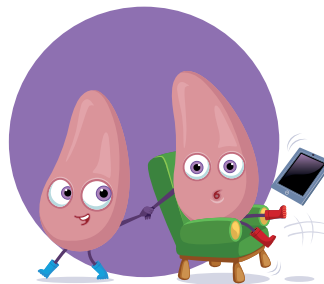
Ask kids to try and get their families to start each day for the next week doing some fun family exercises together... They could go for a walk, follow a fun, online exercise class, look for a daily family-friendly 10-minute workout app, or just turn up the music and dance away!

Also, be sure to check out our range of fun worksheets, class activities and take-home resources too!



The Orgamites' mighty healthy tip #2

2 TAKE A BREAK FROM SCREENS!



From toddlers to teenagers, most children spend a lot of each day staring at some kind of screen—from TV's, to tablets, Xbox's to smart phones...

According to recent estimates, children spend more time watching TV, playing video games, or on their phones, than they do in any other activity except sleeping - around eight hours per day!

Do you know how much time you spend in front of screens most days? Why not try being your very own detective and timing how long you're looking at screens over the next few days? At the end of the week, we can add up all of our hours together.

Before then, let's think about why too much screen time might not be a mighty healthy choice...The main problem is, that when we start to watch screens, our bodies stop moving properly. Our organs (like our lungs) get squashed too as we slouch on the couch, and this can begin to even affect the development of our bones and heart...

All that sitting around often makes us snack more unhealthily too - overloading our digestive system, and making it harder for the bowels, pancreas, kidneys and liver to do their jobs properly. How much time should we be watching screens daily? According to recent estimates, children shouldn't spend more than 2 hours per day on screens.

Let's remember: To stay mighty healthy, we all need to: Take a break from screens!

That's enough talk about taking a break, let's break some old habits right now...

TOP TIPS FOR TEACHERS

To illustrate just how hard it is on our organs to just 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. Much better to stay moving!

You may want to also teach your class how to give their incredible eyes a break. Although it's not true that our eyes will turn into squares if we're always staring at screens, too much screen time puts 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!

Family Super Challenge

Ask families or students to keep a record of how much screen time they have every day for a certain amount of days. Then, challenge them to halve that amount – just for one week. After that, discuss the benefits they would have uncovered from less screen time.

Also, be sure to check out our range of fun worksheets, class activities and take-home resources too!

The Orgamites' mighty healthy tip #3

3 EAT GOOD FOOD!



If you had a fancy car, how would you feel if I snuck up to it one day and poured thick mud into the fuel tank and all over the engine?

Now let's look at the kind of fuel we put in our bodies. Junk foods might taste good, but most of them are as bad for us as mud would be inside a car's fuel tank.

Still, you might be wondering: what's so bad about junk foods? Well – quite a lot actually!

- Sugar calories are “empty” calories – they contain no nutritious elements, no vitamins or minerals. And worse, processed sugar changes the way your body deals with food, encouraging it to store calories and making you feel hungry sooner. So you eat more, and store more of what you eat as fat.
- Junk food clogs up the system, making it harder for your bowel to do its job. This has a knock-on effect to your liver and kidneys.
- Not only does eating too much junk food deprive you of your health, it even affects your ability to concentrate and learn in class too.

Did you know? In the past 300 years, the average person's consumption of sugar has risen from 4 pounds per year to almost 200! That's a LOT of extra spoons of sugar we've managed to sneak in somehow...

So spare a thought for poor pancreas! While our diets might have changed a lot in the last few centuries – he hasn't. This mighty little organ produces hormones including one called insulin. When we begin to eat something sweet, our body tips the pancreas off that it needs to release insulin to deal with our rising blood sugar levels and keep them in check.

What mighty clever bodies we have! By eating less junk food, and enjoying more good food – we can look after our organs the way they look after us...

TOP TIPS FOR TEACHERS

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 then do a fun game of measuring which foods have the most preservatives, or the least sugar,

which snacks are healthier and which ones should just be for special occasions.

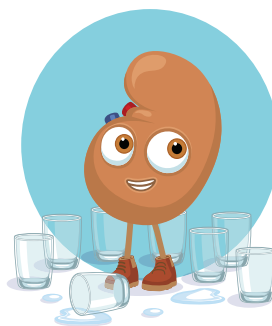
Family Super Challenge

Sugar is everywhere - in everything from bread to breakfast cereals and even baked beans. How about challenging your class or their families to a sugar-free day or week? Alternatively, they could keep a good food diary and report back how many fruit and veg they ate in the last day – with the goal to get up to 5 portions a day.

Also, be sure to check out our range of fun worksheets, class activities and take-home resources too!

The Orgamites' mighty healthy tip #4

4 DRINK MORE WATER!



Next, let's get drinking more water and loving it too!

Tea, coffee, juices, sodas and fizzy drinks all compete for your thirst's attention but only one choice stands way above them all – yup, you guessed it – it's water.

Why is water the best choice?

Quite simply, it's what your body really needs and craves. While you can survive for weeks without food, without water you wouldn't last more than a couple of days. Your body needs water like a car needs fuel. In fact, did you know that you're mainly made up of water? It's your main ingredient—60% of you actually!

And as for filtering this water, and getting it to where it needs to go – that's the important job of your kidneys... these mighty little organs sit on either side of your spine, just below your ribcage. They filter waste and toxins out of our blood and balance our body's natural acid, potassium and salt levels too.

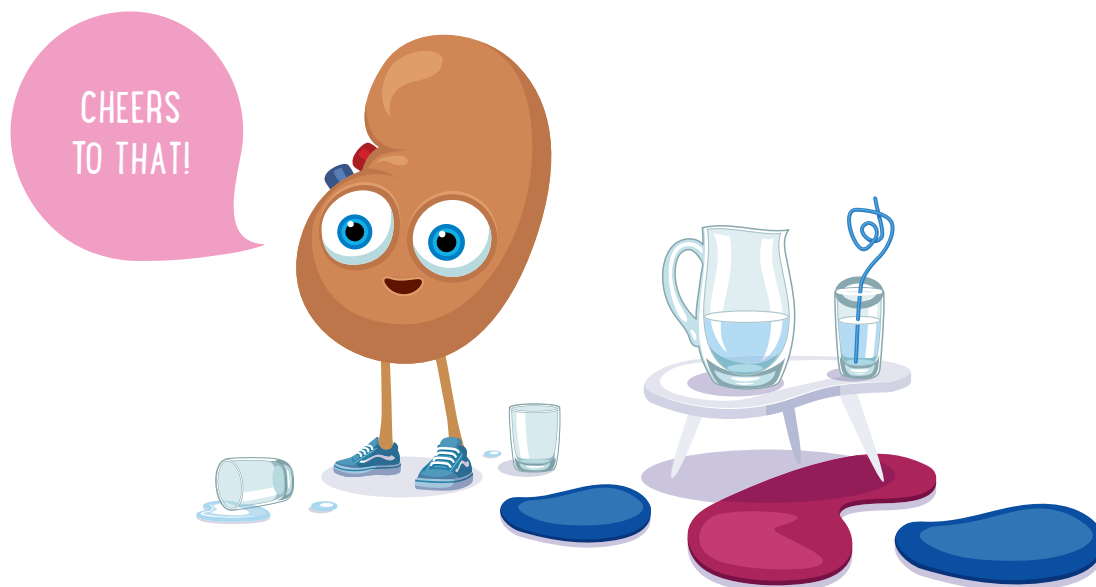
When we don't drink enough water, we make these mighty organs' work doubly difficult... so when was the last time you took a moment to thank them for all the great work they do for you? Let's give ourselves a gentle pat on the back right now! Good job kidneys!

Now back to drinking more water:

Throughout the day, your body loses water through urine and sweat. It's vital we replenish this lost fluid. Coffee and fizzy drinks are often high in caffeine and sugar, which can dehydrate you further. All of this puts extra strain on the kidneys, and also makes the bowels and the liver have to work much harder. So the next time you're feeling thirsty - good old water is by far your best choice.

How much water should you be drinking then?

About 6 glasses, spread throughout the day. This will help keep all your internal organs (especially the mighty organs), happy, healthy and just the right amount of squishy.



TOP TIPS FOR TEACHERS

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 'flavour stations' 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.

Family Super Challenge

Let's encourage families to ditch the juice for a day (or even better, a week). We can also get our kids to keep a record of how much water they're really drinking every day and try to get them up to 6 glasses a day. At the end of the challenge, ask the children how they felt after drinking more water – better or worse?

Also, be sure to check out our range of fun worksheets, class activities and take-home resources too!

The Orgamites' mighty healthy tip #5

5 RECHARGE ON SLEEP



Finally, let's talk about sleep.

And more specifically: how to get a good night's sleep.

Did you know? That although we all sleep every night, many of us don't get enough sleep. Children like you should be getting around 10 hours of sleep every night.

If we don't sleep enough, we can feel more stressed about life, really drowsy, not able to remember as well as we could, and it'll be much harder for us to concentrate at school.

When we sleep, we are getting supercharged for the next day. Our bodies are able to recover and grow stronger, and our feelings and memories are able to rest and get a little more organized too.

So how can we make sure we're supercharging on sleep? Here are just a few ways:

- Make your bedroom as dark as possible.
- Stick to a regular bedtime. Your body develops rhythms, so consistently going to bed and waking up at the same time will help to develop a pattern and make falling asleep easier.

- Avoid watching TV or looking at a computer or phone right before bed. Screens shine a light directly into your eyes, which stimulates the brain and disrupts your natural sleep/waking pattern, making it harder to get to sleep.
- Ditch the TV, laptop or phone in your bedroom especially.
- No fizzy drinks or coffee in the evening. Especially not for kids.
- A warm bath or shower just before bed is a great way to make us sleepy.
- Make sure you're getting enough exercise in the day too - if we aren't physically tired, it's harder for us to fall asleep.
- Make your room and bed especially a space to relax and be calm in. If you're able to lie in bed and read for a while before lights out – even better.

Did you know that melatonin is your body's very own homemade sleeping potion?

It's made by the smallest organ in your body: the pineal gland. It sits in a small groove between the two hemispheres of your brain and is about the size of a pea. This little gland produces melatonin which then helps with your sleep cycles.

But enough about sleeping – let's see who's wide awake...

Who can remember all five of the Orgamites' Mighty Healthy Tips?

They are:

1. GET MOVING!
2. TAKE A BREAK FROM SCREENS!
3. EAT GOOD FOOD!
4. DRINK MORE WATER!
5. RECHARGE ON SLEEP!

That's it! Staying Mighty Healthy is as simple as counting to five.

We can high five to that!

TOP TIPS FOR TEACHERS

Perhaps take this time to debrief with the children and ensure they can remember all 5 Mighty Healthy tips. 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'.

Also, be sure to check out our range of fun worksheets, class activities and take-home resources too!

Family Super Challenge

To make sure we're recharging on sleep, why not set your kids 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.