

TOOLKIT 2

LET'S GET MIGHTY HEALTHY!

Teacher Lesson Presentation

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LET'S GET MIGHTY HEALTHY!

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!

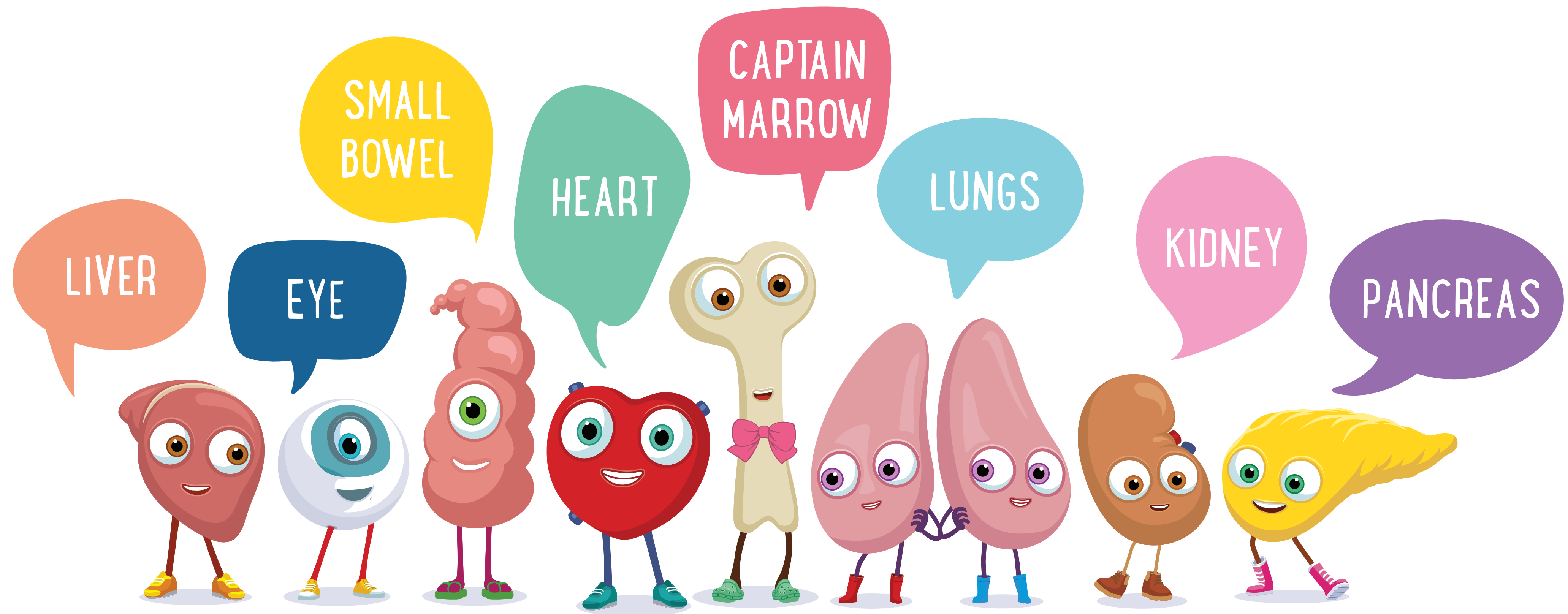
We all want to live long, healthy lives, don't we? So the sooner we start looking after our health, the better!



LET'S MEET THE ORGAMITES...

and let them introduce the 5 most important secrets
to getting and staying MIGHTY healthy...

MEET YOUR MIGHTY ORGANS!



SO WHY SHOULD WE TRY TO GET MIGHTY HEALTHY?

- When our bodies are healthy, we feel happier and stronger.
- When our bodies are strong and healthy, they can do more cool stuff for us - like run faster, jump higher, play longer!



IT'S WHAT'S ON THE INSIDE THAT COUNTS!

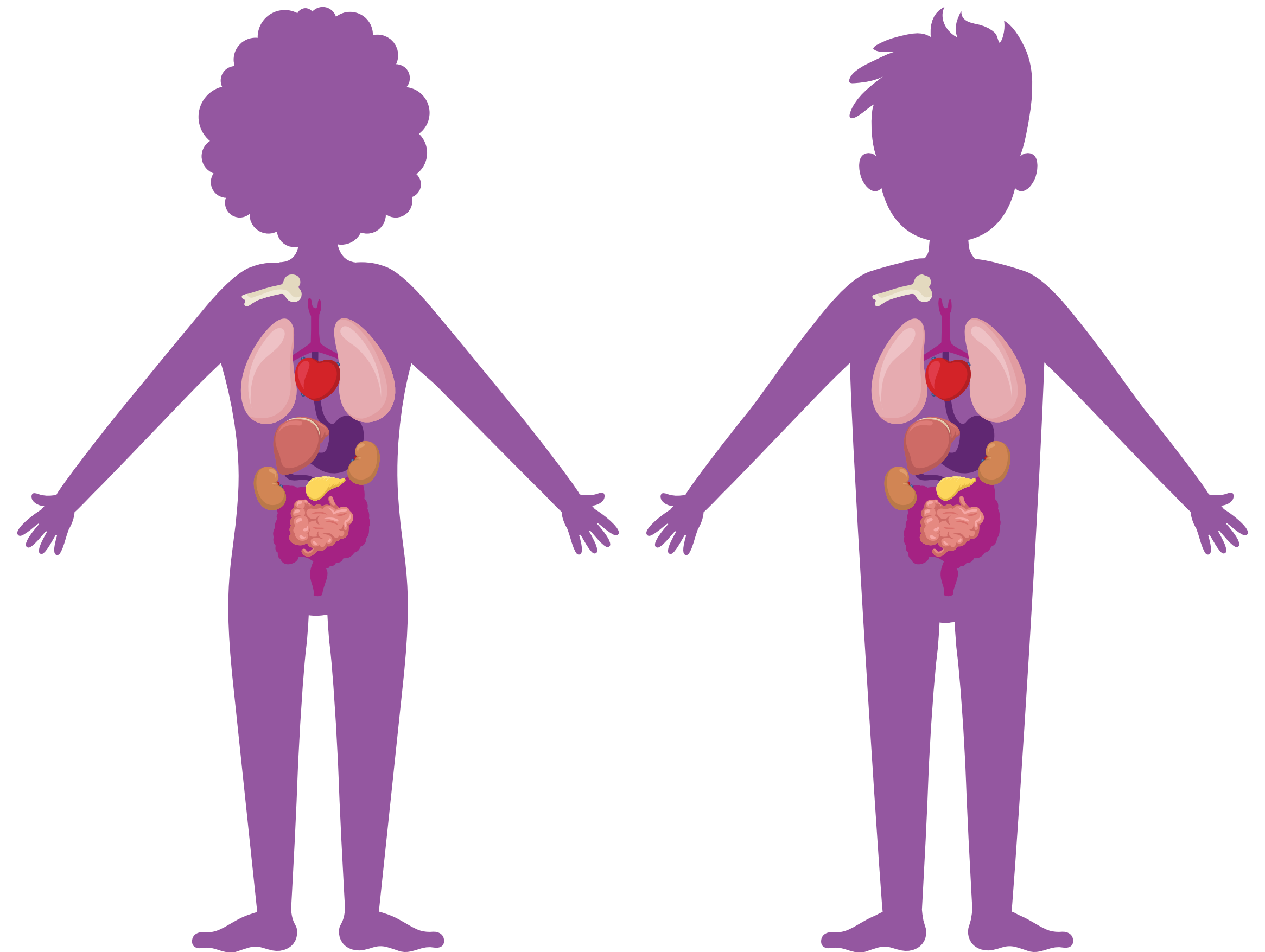
After all - it's no good just taking care of how we look on the outside... we need to look after what's inside of us so we can stay healthy (and happy too).

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?

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!



WHAT ARE MIGHTY ORGANS?

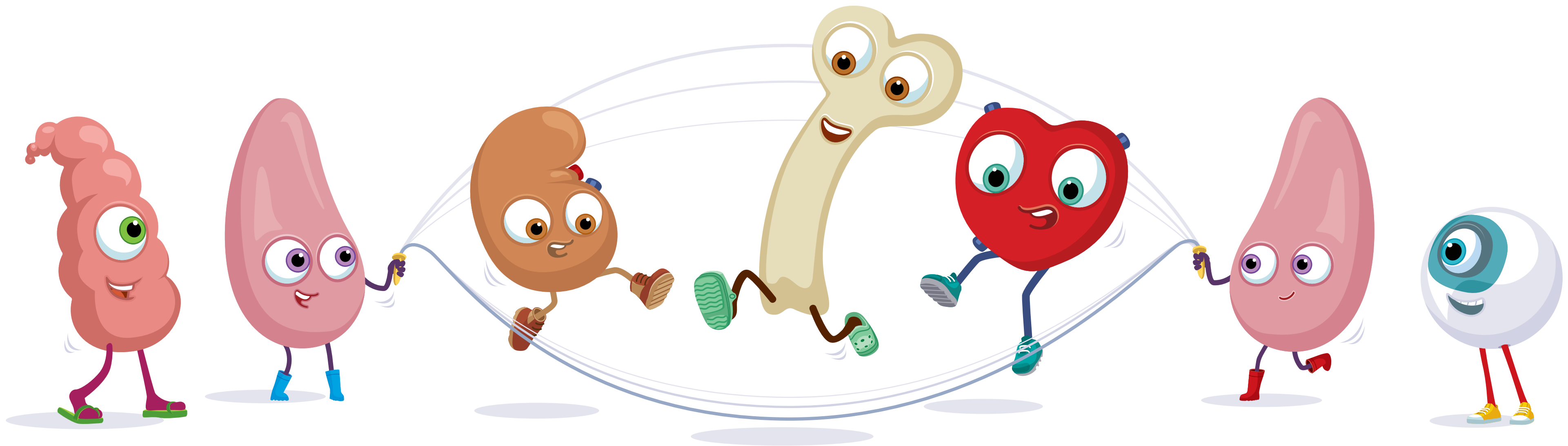
The mighty organs, also known as the **Orgamites**, are a team of 9 life-saving organs (led by Captain Marrow) that represent the most-donated parts of the body.

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!



1 GET MOVING!

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



1 GET MOVING

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

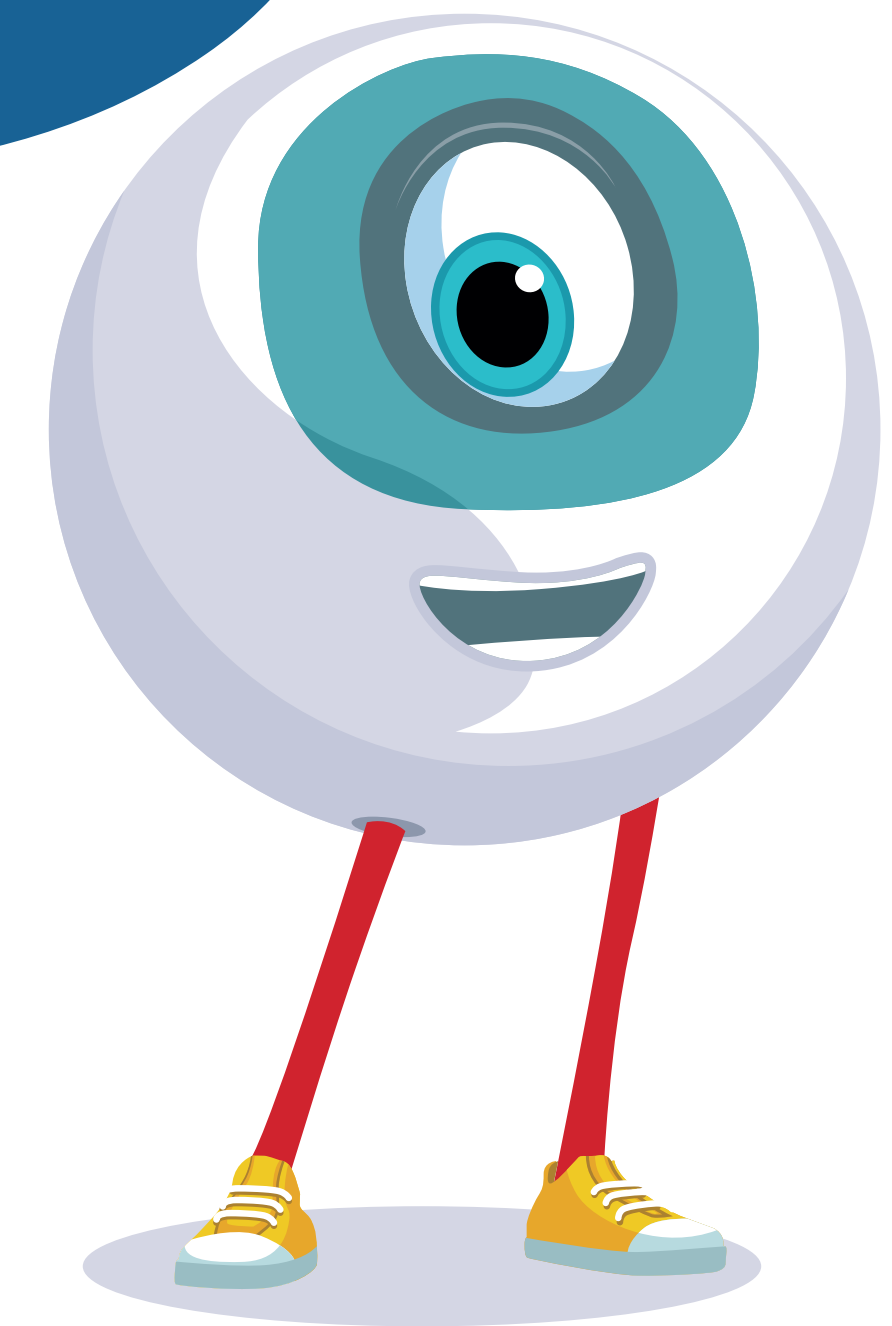
- Moving helps develop heart fitness, muscle strength, and flexibility too.
- Moving and exercising sharpens our skills and can make us more confident in our bodies and what they can do.
- Exercising even has a way of turning our frowns upside down.
- It helps us sleep better at night,
- Regular exercise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

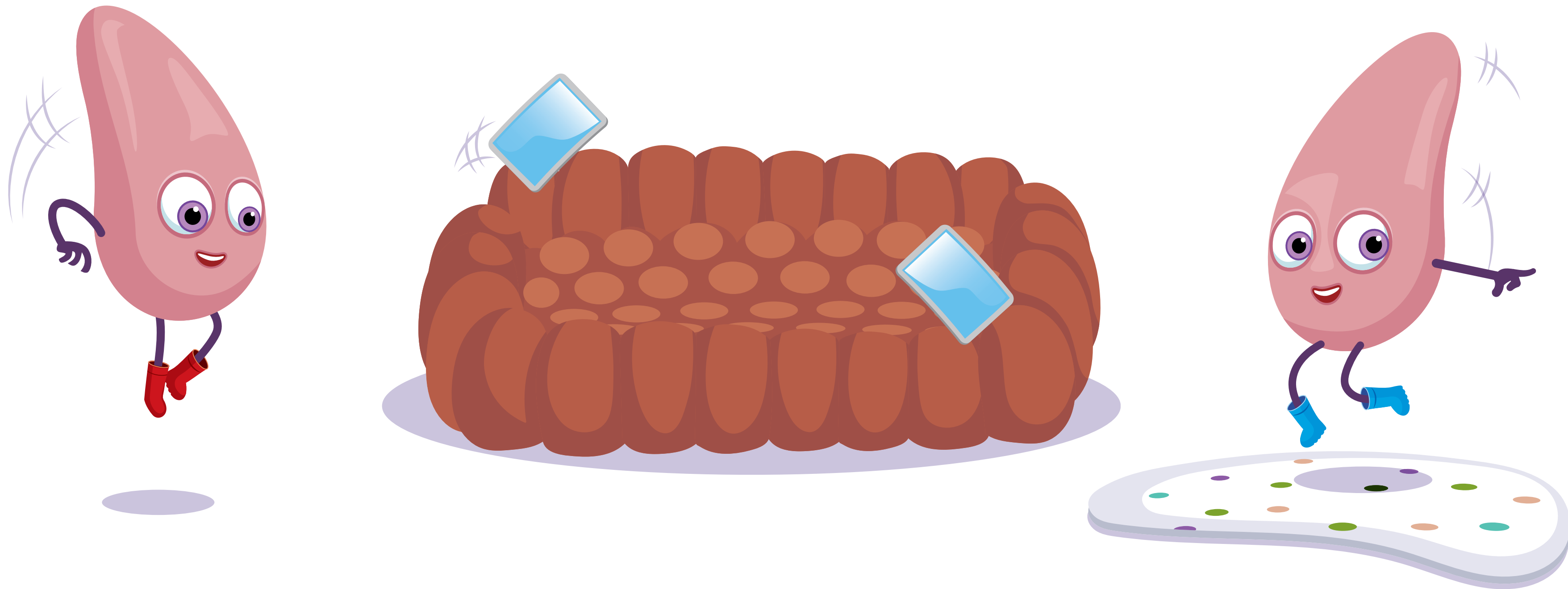
This is because it's only when you're active that your bones, heart and lungs are strengthened and develop like they should.

DID YOU KNOW?
THE EYE IS THE FASTEST MOVING
ORGAN IN YOUR BODY!



THE ORGAMITES' MIGHTY HEALTHY TIP #2

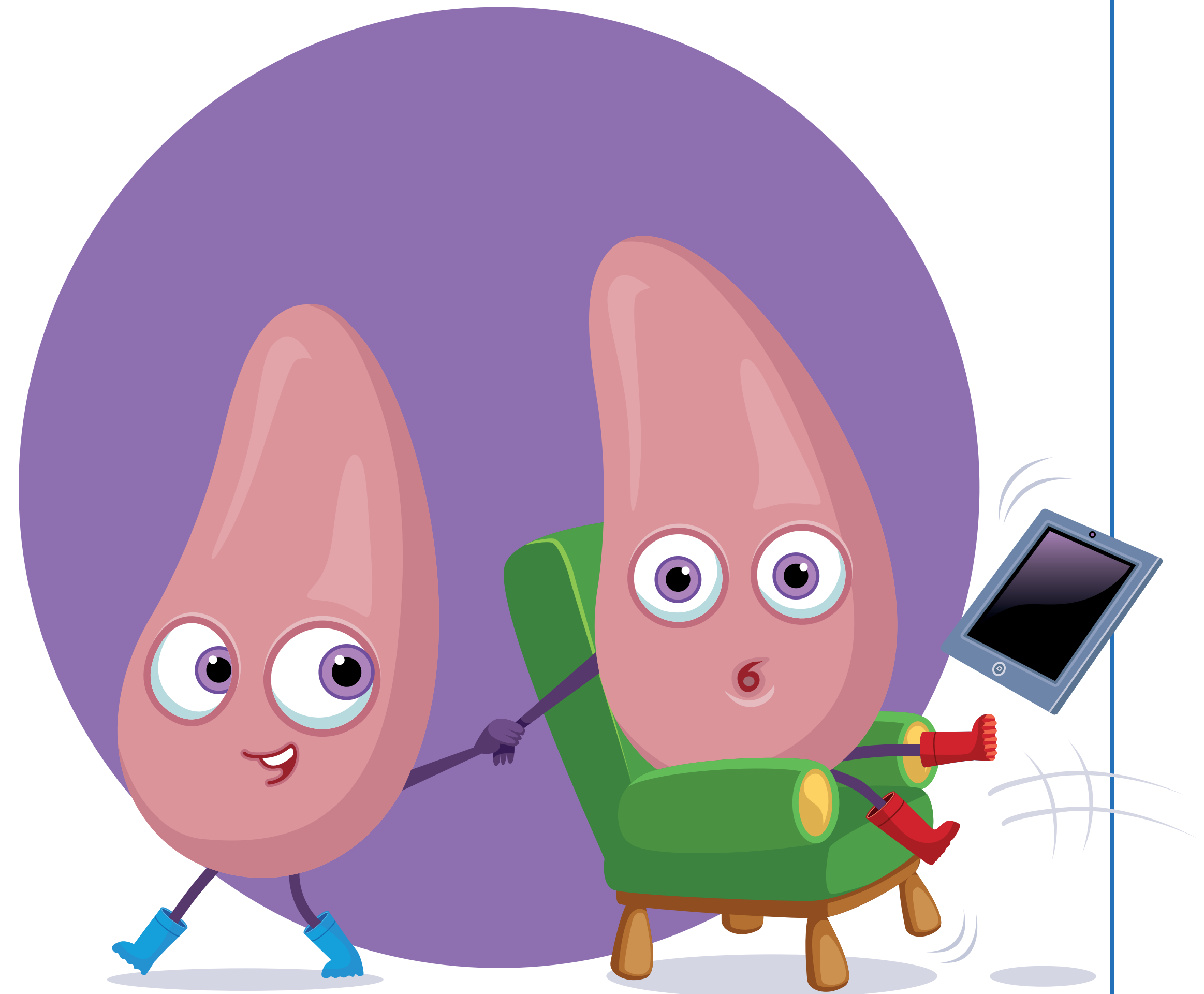
2 TAKE A BREAK FROM SCREENS!



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!





TAKE A BREAK FROM SCREENS!

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...

2

TAKE A BREAK FROM SCREENS!

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...

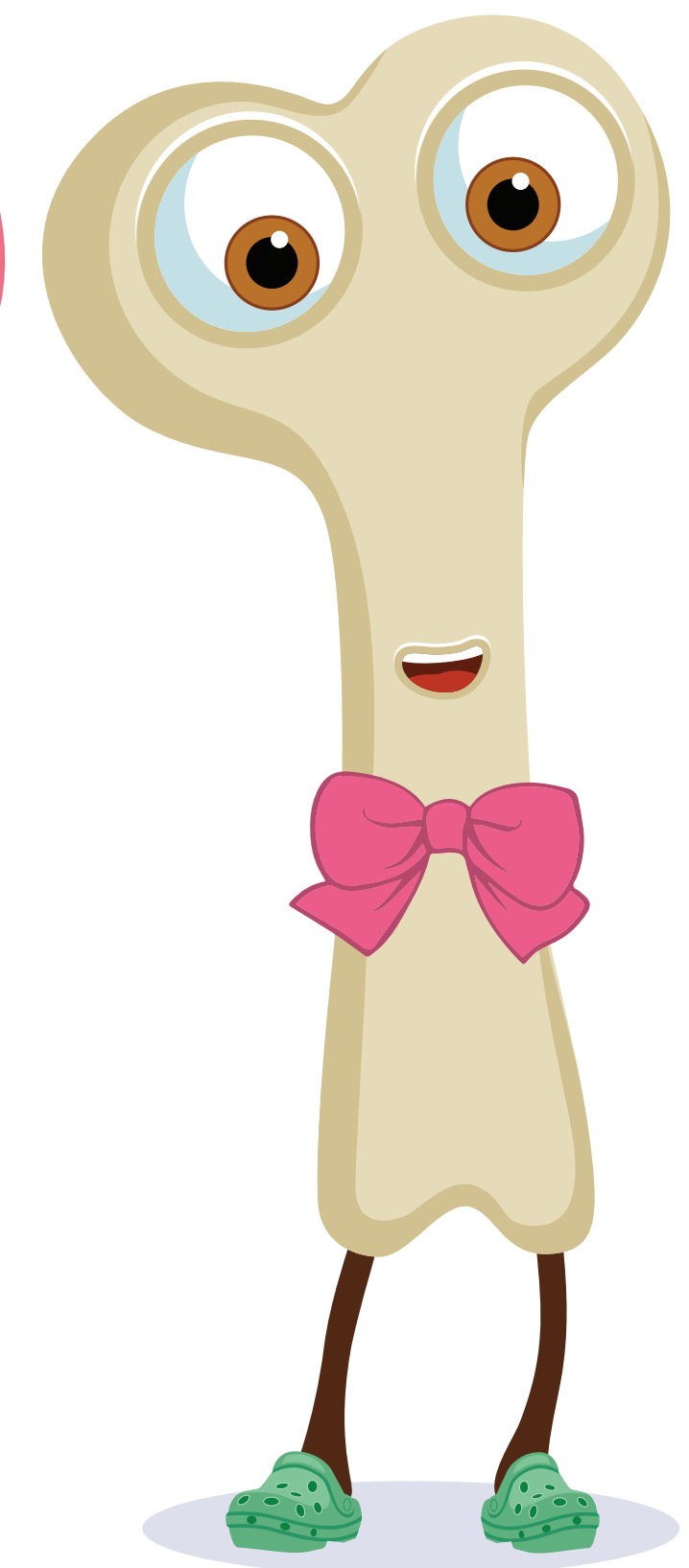
All that sitting around often makes us snack more unhealthily too - overloading our digestive system, and making it harder for the bowels, pancreas, kidneys and liver to do their jobs properly.

2 TAKE A BREAK FROM SCREENS!

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.

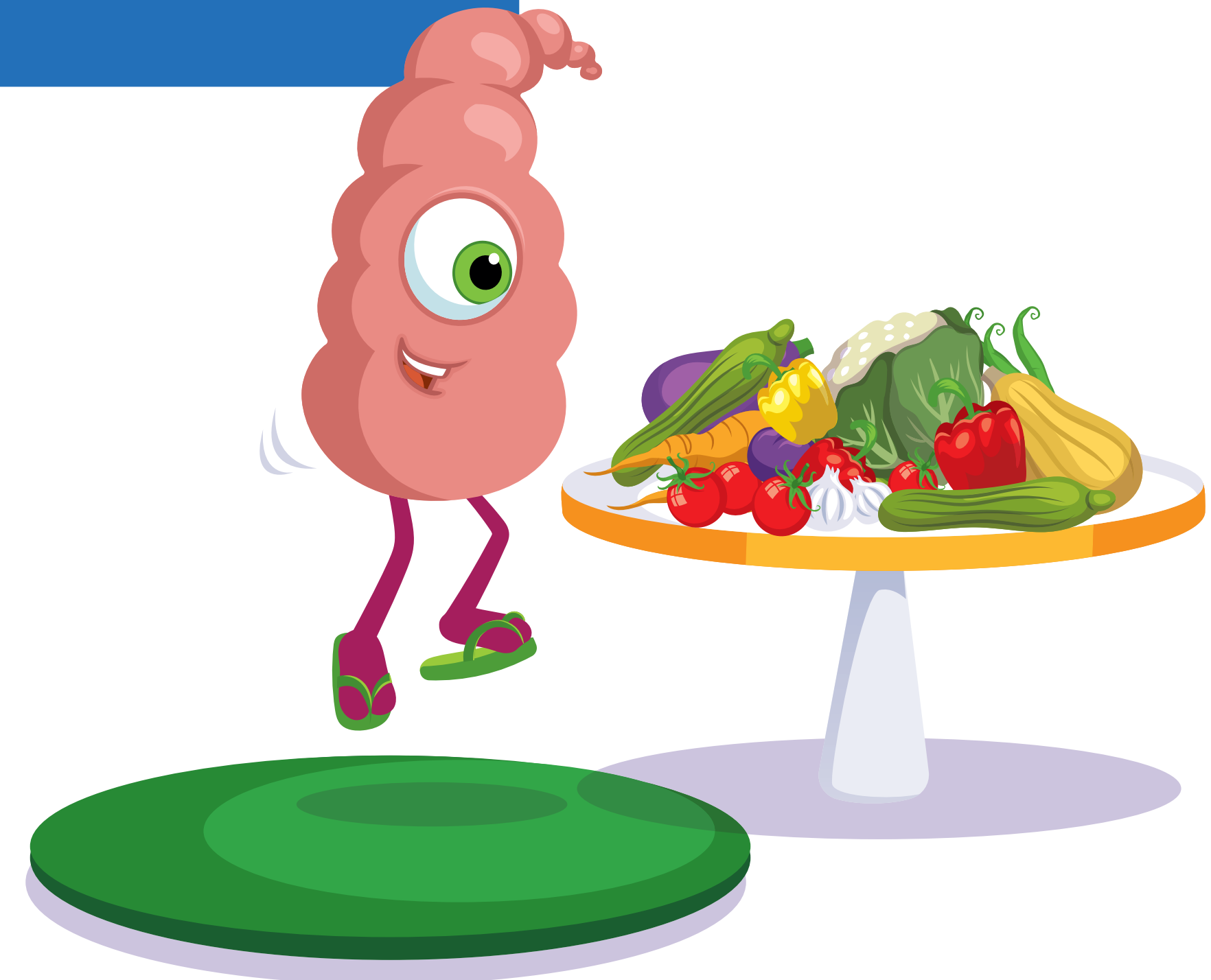
That's enough talk about taking a break, let's break some old habits right now...

TO STAY MIGHTY
HEALTHY, WE ALL NEED
TO: TAKE A BREAK
FROM SCREENS!



THE ORGAMITES' MIGHTY HEALTHY TIP #3

3 EAT GOOD FOOD!



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?

Let's now take a look at the kind of fuel we put in our bodies...



3 EAT GOOD FOOD!

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 is 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.

3 EAT GOOD FOOD!

- Junk food clogs up the system, making it harder for your bowel to do its job. This has a knock-on effect on your liver and kidneys.
- Not only does eating too much junk food deprive kids of their health, it even affects their 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!

3 EAT GOOD FOOD!

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.



THE ORGAMITES' MIGHTY HEALTHY TIP #4

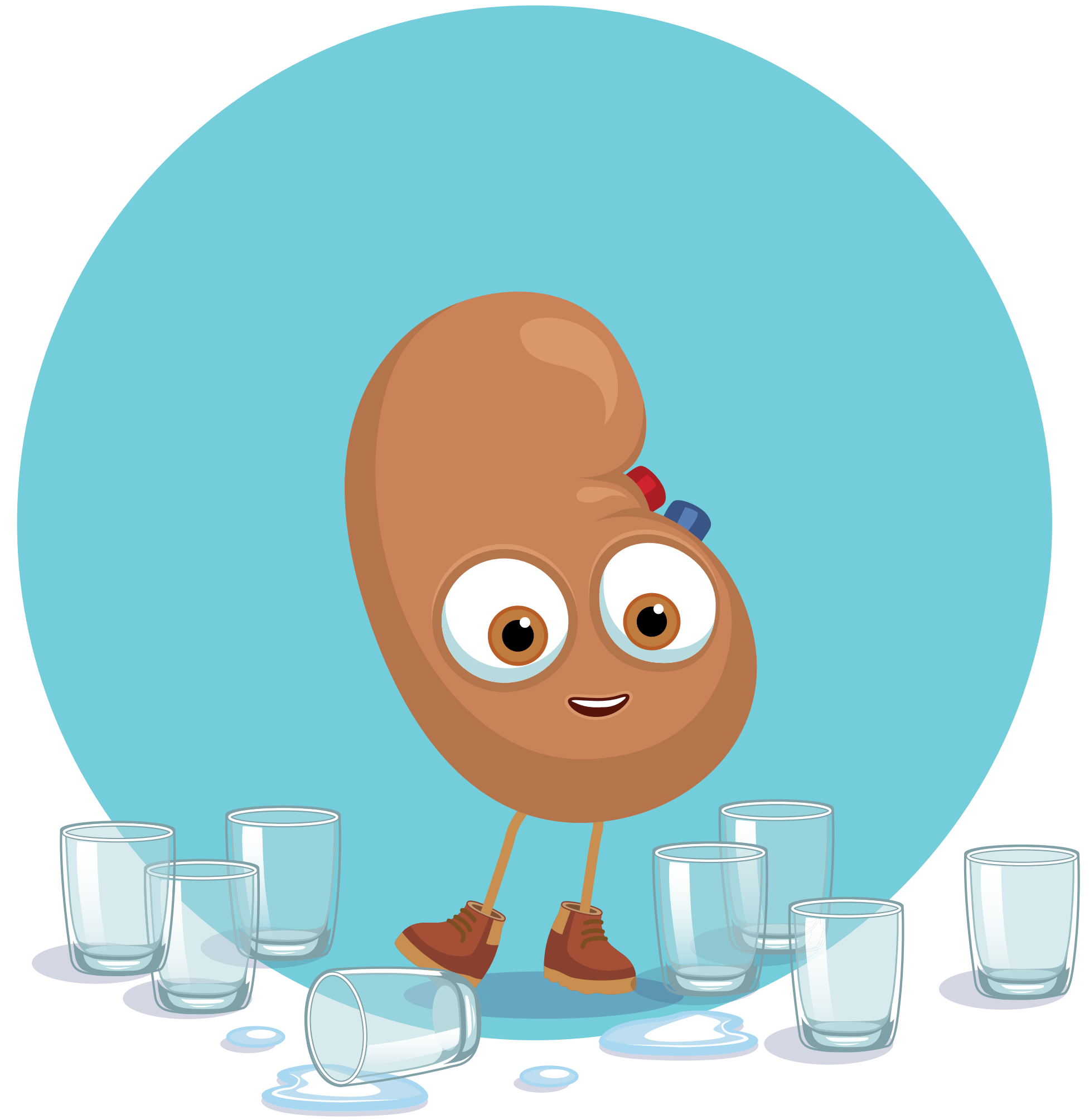
4 DRINK MORE WATER!



4 DRINK MORE WATER!

In this lesson, 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.





DRINK MORE 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!

4 DRINK 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 us 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.

When we don't drink enough water, we make our 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?

4 DRINK MORE WATER!

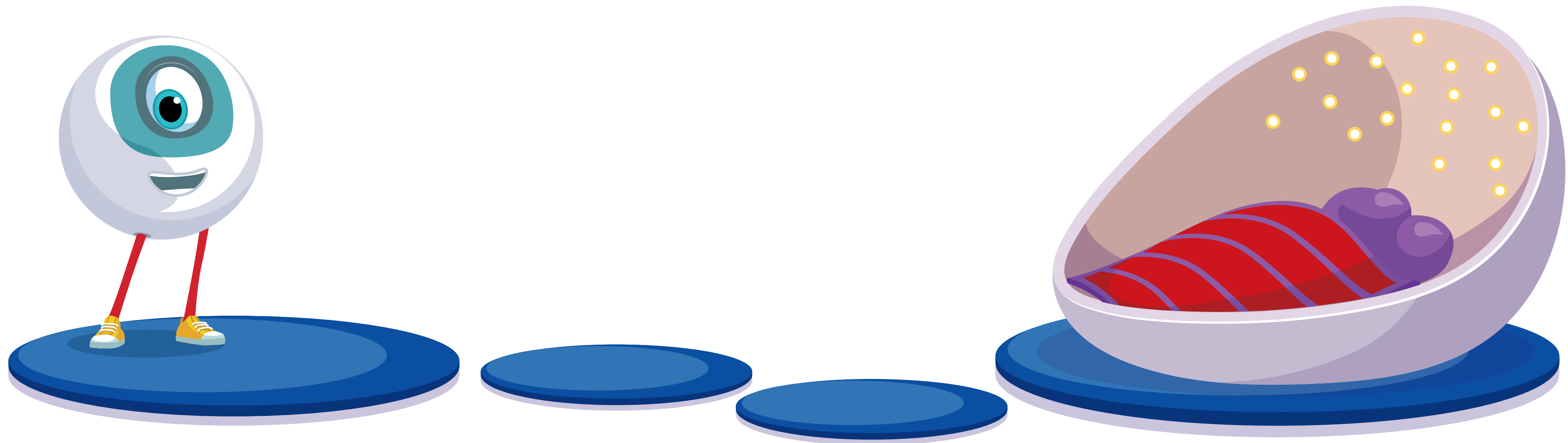
How much water should you be drinking then?

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



THE ORGAMITES' MIGHTY HEALTHY TIP #5

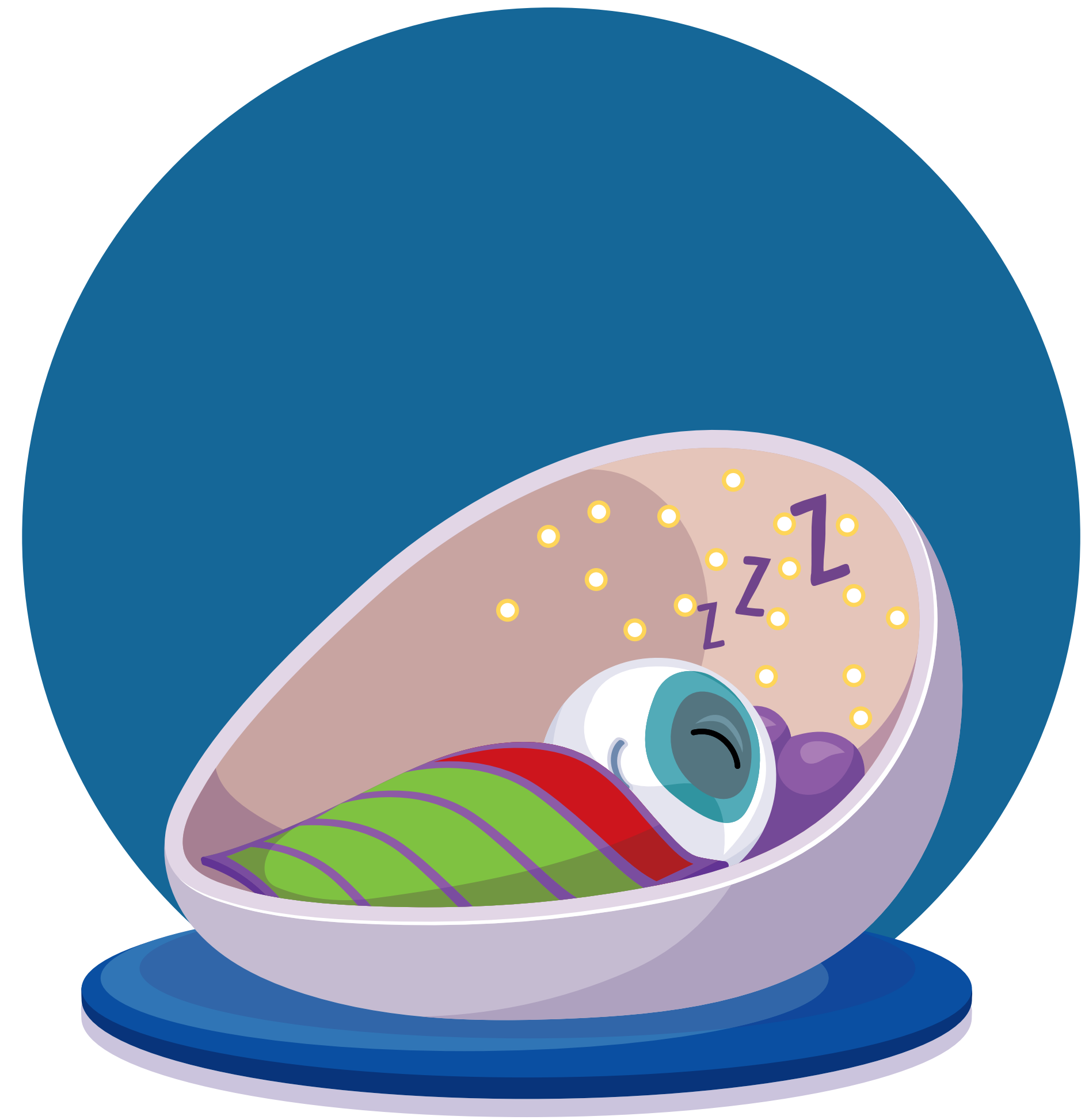
5 RECHARGE ON SLEEP!



5 RECHARGE ON SLEEP!

Finally, let's talk about sleep. And more specifically: how to get a good night's sleep.

Did you know? 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 day.





RECHARGE ON SLEEP!

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.

5 RECHARGE ON SLEEP!

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 a similar time will help to develop a pattern and make falling asleep more easy.
- 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.

5 RECHARGE ON SLEEP!

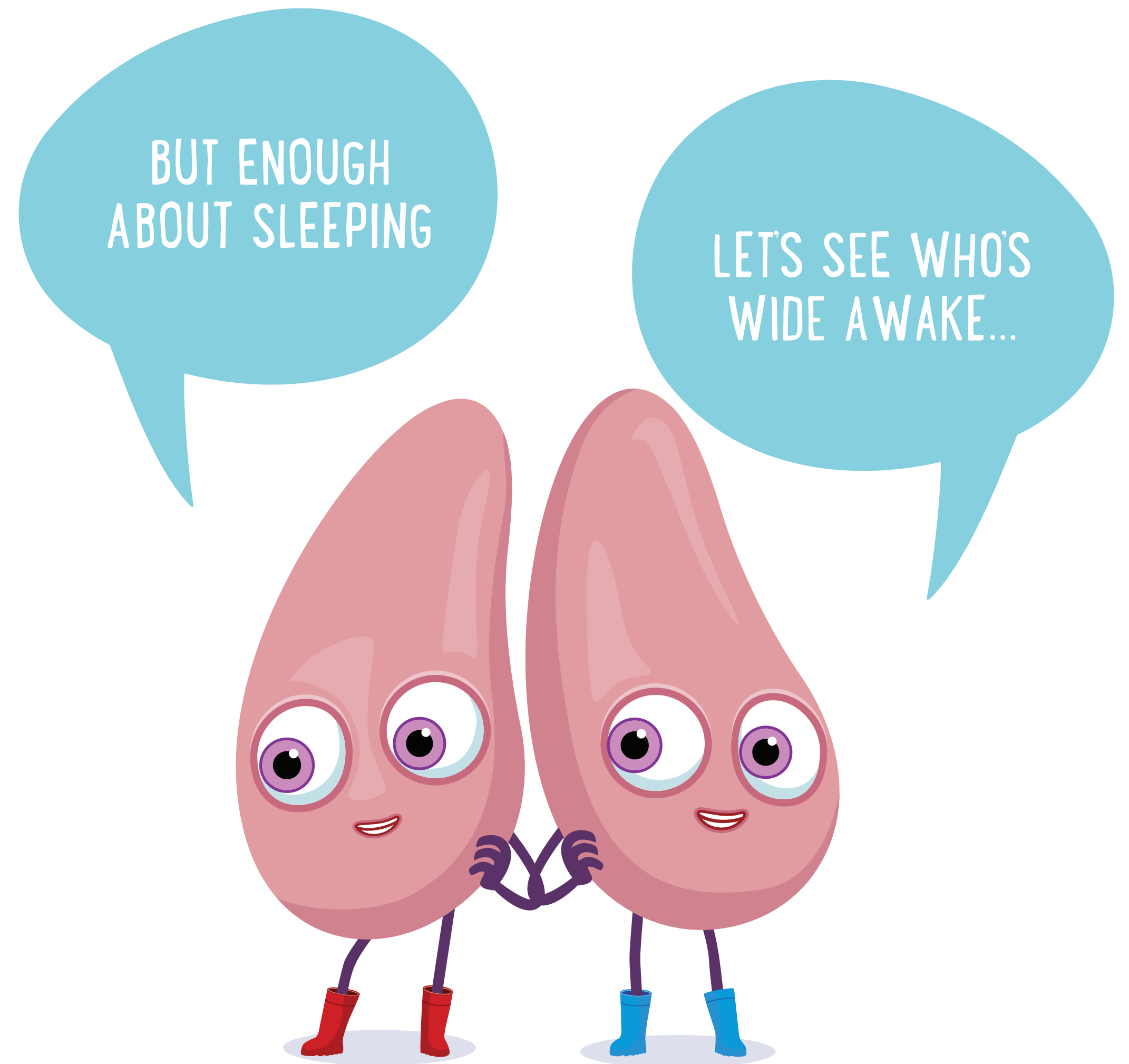
**Here are three more ways to make sure
you're supercharging on sleep:**

- A warm bath or shower just before bed is a great way to make you 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.

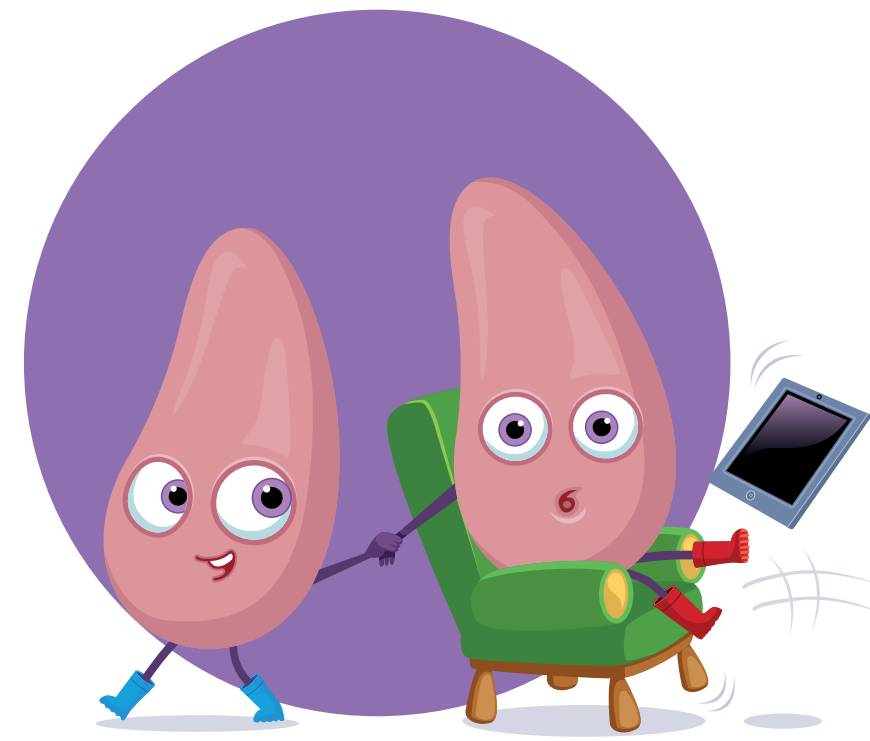
5 RECHARGE ON SLEEP!

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.



WHO CAN REMEMBER ALL FIVE OF THE ORGAMITES' MIGHTY HEALTHY TIPS?





THANK YOU!

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