

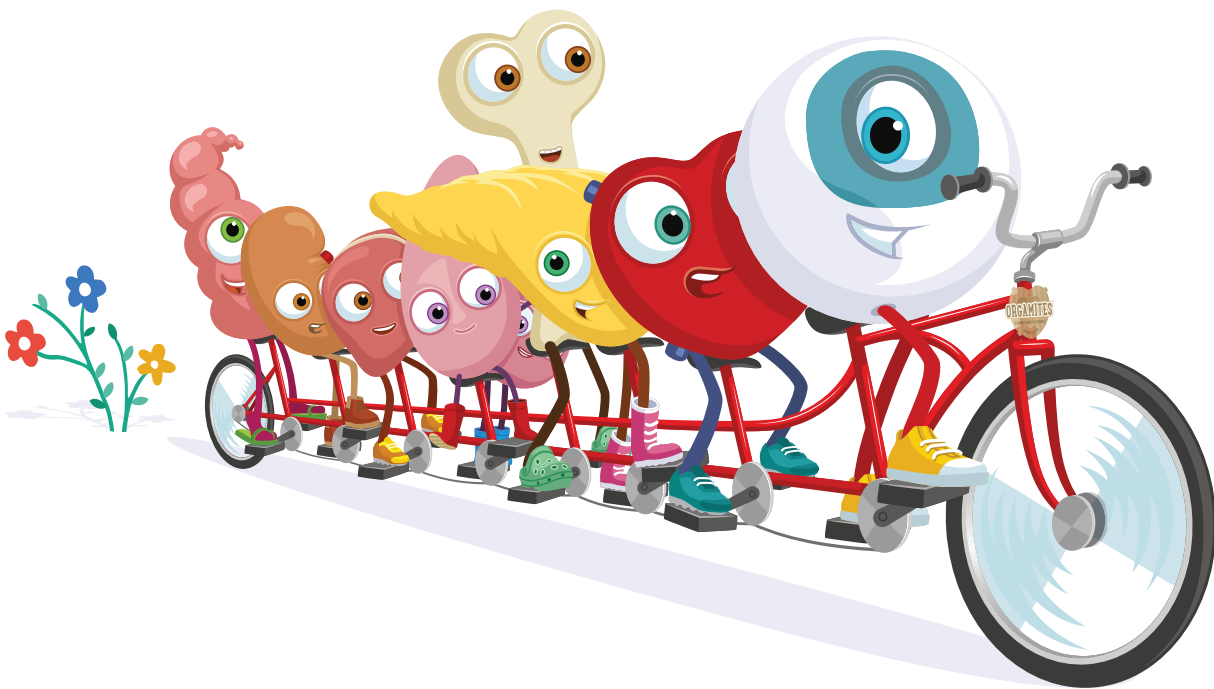
ORGAMITES™

EDUCATIONAL TOOLS

INTRODUCING: LET'S GET MIGHTY HEALTHY!

Teacher Overview

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



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TOOLKIT 1

OVERVIEW

This educational toolkit has been created to encourage kids to look after their health by bringing the 5 most important pillars of health to vivid, vibrant life.

Along the way, kids will learn how the health of their organs affects their overall health, and they'll also be made aware of the concepts of organ transplantation and donation.

Details:

This toolkit is centred around The Organites' 5 Tips To Staying Mighty Healthy, which are:

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

After covering our tips to healthy living, your students will:

- Know all about how to stay healthy.
- Be encouraged to form new, healthier habits that will hopefully last a lifetime.
- Be able to take their new-found knowledge out of the classroom and back home too, thanks to fun 'family challenges' suggested in each lesson.
- Take more ownership of their own health and choices.
- Grow even healthier and happier in the process too!

In order for teachers, healthcare practitioners and/or parents to bring this to life, here are some of the tools we've created:

- Five ready-to-go lesson plans and presentations teachers can use.
- A host of optional 'challenges' and classroom activities to really bring the lessons to life: including printable worksheets and take-home resources.
- "A downloadable/printable Let's Get Mighty Healthy booklet" that parents and families will love.
- Optional posters, merchandise and other branded tools and toys to reinforce the message (available from our online shop).

The end goal:

- To inspire and equip children and their families to form healthier habits that last a lifetime.
- To increase awareness about our organs, and the roles they play in keeping us healthy.
- To encourage children and parents to have some all-important conversations about organ donation by creating informative, conversation-starting tools and resources.

Whether you're a school principal, teacher, healthcare practitioner or parent – we've endeavoured to make this topic as fun, life-giving and informative as possible... all so that families can lead happier, healthier lives and feel equipped to make more informed choices, and express these choices to their loved ones and wider circle when they're ready to.

Who are the Orgamites?

The Orgamites are 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, whilst learning what organ transplantation and donation is all about.

But do we have to bring organ donation into it?

Around the world, in every country, there's a huge shortage of life-saving organs, especially for children, who tend to wait two and a half times longer than adults. Why the longer wait? This is partly because thousands of organs are not donated because most families don't talk about organ donation before it's too late.

Without making one's decision to donate clear, surviving family members are left unsure what their loved ones might have chosen and therefore (in the event of death) are unwilling to give consent to donate their loved one's organs. Only by having more open conversations about organ donation, can we hope to rectify this imbalance.

Via the freely-available take-home resources that schools are encouraged to send during the course of these lessons, more and more of these potentially life-saving conversations can take place where they should: within families, at home.

Why the Orgamites?

As the only global organ donation awareness programme of its kind, the Orgamites consists of an ever-growing range of educational tools – all aimed at breathing new life and lightness into all-important conversations. For more info please visit www.orgamites.ca

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

