

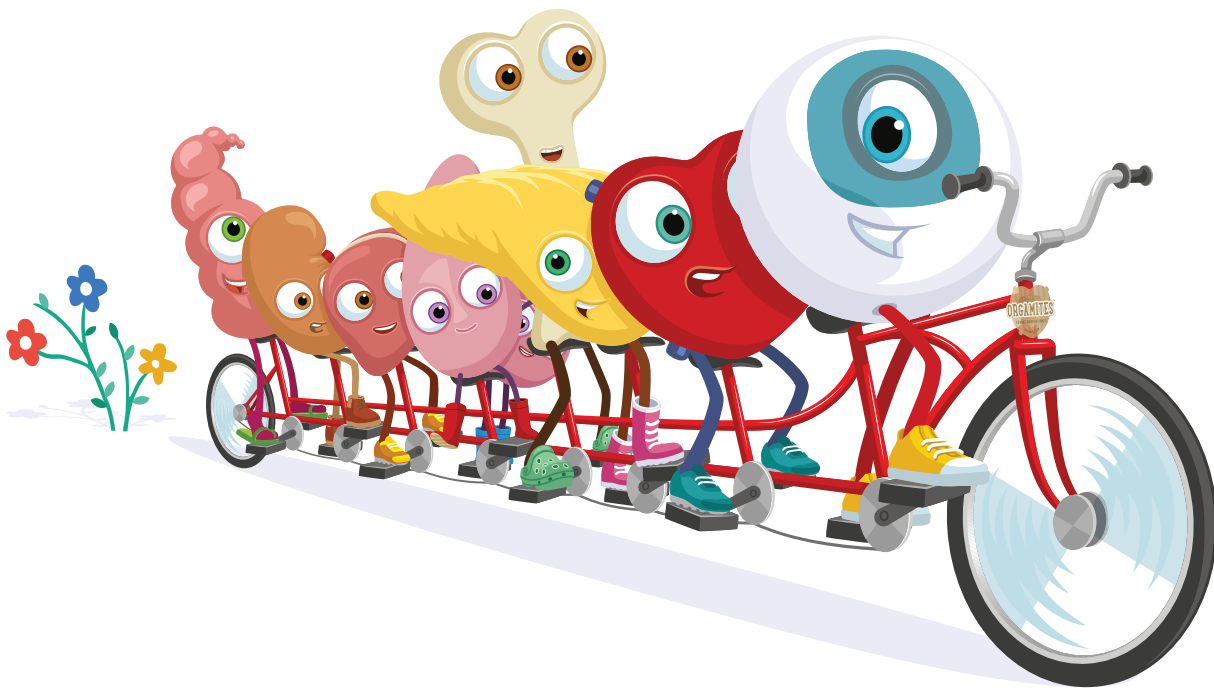
ORGAMITES™

EDUCATIONAL TOOLS

TOOLKIT 2: LET'S GET MIGHTY HEALTHY

Teacher Resource #1: Healthy Living Plan

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MEET THE ORGAMITES

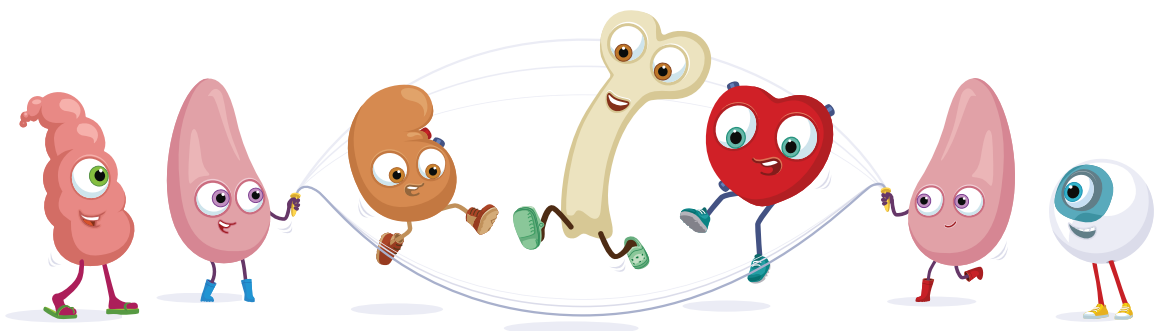
They're a team of 9 life-saving organs (led by Captain Marrow) found in every one of us.

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, educators 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 grown-ups with the ideal, most informative and exciting resources to equip and educate the children in their care.

Join in the conversation @MightyOrgamites   . 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

Five super-simple ways to ensure your kids stay super healthy.

We all want our children to live long, healthy lives, but how can we ensure that they do? Research shows that taking proper care of our bodies can significantly increase our quality of life whilst significantly reducing the risk of developing the chronic diseases that shorten so many people's life spans – like heart disease, high blood pressure, diabetes, and cancer. Unfortunately, many children don't know the basic, undisputed steps to staying healthy.

The Orgamites are here to change that!

Starting with you and your children – here are the 5 super-simple steps to staying SUPER healthy!

The Orgamites' Mighty Healthy Tips are:

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

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



THIS ISN'T ABOUT TAKING
THE JOY OUT OF YOUR KIDS'
LIVES – IT'S ABOUT
CELEBRATING MODERATION
AND BALANCE.

The Orgamites' Mighty Healthy Tip #1

1 GET MOVING!



Heart says: I love to get active! Running, jumping, dancing, playing – these activities really get me going, help me grow stronger and stay healthier too!

As their bodies are growing and changing, children need more (not less) exercise than adults. It's only as they are active that their bones, heart and lungs are optimally strengthened!

So how much activity do kids really need to stay healthy?

Children should be getting 60 minutes of activity each day, including at least three sessions of vigorous physical activity (of 20 minutes or more) every week. Physical Education (PE) at school is a good start, but children need more than just that. Whether it's going to the playground, attending after-school clubs, or walking the dog, children need lots of exercise!

Heart says: Whether it's running, dancing, swimming, or jumping - when you get moving more, I get stronger too. And that makes us both feel better!

What are the benefits of an active lifestyle? Getting moving has so many benefits for children:

- It helps develop their cardiovascular fitness, muscular strength, and flexibility.
- It encourages greater confidence in their physical ability, which will help them to do everyday tasks with greater ease and skill.
- It aids in achieving or maintaining a healthy body weight and reduces overall body fat.
- It reduces stress and improves the mood – in fact, MIND (a Mental Health charity) now recommends exercise as the most effective way to combat depression.
- It encourages better sleep.
- It reduces their risk of diabetes, high blood pressure, heart attacks, and even cancer.

ACTION STEPS

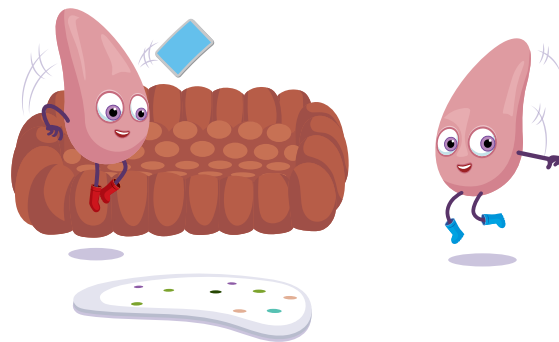
- Start by taking a proper look at how much exercise your children are really getting. Be honest about your own exercise levels too – are you setting a good example? If it's not enough, try to resolve to do something about it.
- Speak to your kids about the benefits of exercise. Explain why it's so important to get enough of it and what you can all do as a family to exercise more – kids love doing things with their parents.
- Develop a plan that is fun, realistic, and will get you all moving more.
- What are you waiting for? Get moving!

TOP TIPS

- Have your kids walk or take the bus whenever they can.
- Play indoor games like hide and seek as a family.
- Routinely go to a park or to a local playground after school or on weekends.
- Play Frisbee or tag together when outdoors.
- Walk to the local shops once a week.
- Go swimming as a family – most pools have a family playtime several times a week.
- Set your kids fun, active challenges – how fast can they run, how high can they jump, etc.
- Get them involved in household chores – hoovering is a great way to get them moving!

The Orgamites' Mighty Healthy Tip #2

2 TAKE A BREAK FROM SCREENS!



Lungs say: Kids love staring at screens – but we hate it, all squished up with nothing to do - not moving and expanding as much as we can.

From toddlers to teenagers, most children now spend hours each day staring at some kind of screen. Research clearly shows that this is bad for kids, and many doctors are now suggesting that we should limit children's screen time to no more than two hours each day.

At first, your kids might complain about this, but there is no doubt that excessive screen time has only negative side effects on their health. First and foremost, screen time is sedentary - when your kids are watching TV or looking at a computer or phone, they are sitting down, not moving. Being active - simply moving around - is essential for good health, especially in children. People who are physically active have lower risks of developing cardiovascular disease, diabetes, cancer, and osteoporosis.

Did you know? Those of us who watch the most TV typically have the worst diet, loaded with fizzy drinks and junk food. All of this overloads the digestive system, making it harder for the bowels, pancreas, kidneys and liver to do their jobs properly. It also affects the lungs, heart and bones when kids spend most of their time sitting and don't move around enough.

So how much time are young people spending staring at screens per day? 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! And it's not just TV that has a negative impact - research shows that the more time young people spend engaged in social media, the more likely they are to suffer from anxiety and depression.

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

ACTION STEPS

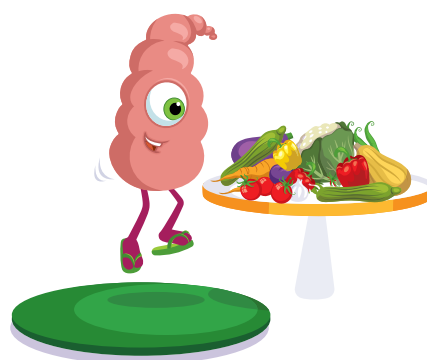
- Keep a record of how much screen time your kids really have each day. If it's more than two hours per day, look at what else they could be doing – do they have any other interests, hobbies, or activities they can pursue?
- Any big changes you're planning to make should be discussed with your kids first. Explain to them why it's important to have a balance in what they do.
- Take a long, hard look at yourself too. Do you set a good example, or are your kids just doing exactly what you do?
- Find other activities for them, so that they have some alternatives. Are there books, craft activities, lego or non-screen games in your house?
- If you need more things for your children to do, take them to the library, or buy them some fun non-screen games. This doesn't have to cost much money – the library is free, and charity shops are full of great kids' games.
- On a regular basis, spend family time together that doesn't involve a screen.

TOP TIPS

- When your kids do watch TV, make sure it's a programme without adverts.
- Set limits – tell your kids why you are limiting screen time and when they have reached their daily limit.
- Use it as a reward – after they have done their homework, played outside, or helped with some chores.
- Turn the TV off when you aren't actually watching it. Having it on in the background the whole time encourages kids to watch it constantly.
- Have TV or screen-free days – it helps your kids to understand that life exists without a screen and that there are lots of other things to do.
- Don't eat meals in front of the TV. Sit with your kids at a table to eat.

The Orgamites' Mighty Healthy Tip #3

3 EAT GOOD FOOD!



Pancreas says: My job is to take the energy out of the food you eat so you have the fuel you need to get through a busy day. The better the food you eat, the more fuel I can give you!

The bad news about junk food...

While most children love junk food and sweets, they are really, really not good for them. When you feed your child junk food, it doesn't just lead to a short-term sugar high, but far worse long-term side effects too...

- 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 on the liver and kidneys.
- The lack of quality nutrients can affect the heart and even the bones.
- Not only does eating junk food deprive children of the essential nutrients they need to grow up healthy, it also affects their intellectual development. Researchers found that children who ate a predominantly processed food diet at age three had lower IQ scores at age 8. On the other hand, those eating healthier diets showed higher IQ levels.

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...

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! In the last 100 years, the incidence of diabetes has risen from 3 per 100,000 to 8,000 per 100,000, that's an increase of almost 3000%. Little wonder then that sugar is the leading cause of the obesity epidemic seen in developed countries all over the world.

Liver says: I try to listen to Pancreas when she sends me insulin, but if I get too much sugar I just get overwhelmed and everything starts to fall apart. That makes me feel woozy, and you feel hungry even though you've just eaten.

So, what are the good foods?

Loads of fresh fruit and vegetables, plus plenty of whole grains and a little lean protein are the best foods to feed our bodies – whether young or old.

Why aim for five portion of fruits and veg a day? Because these foods:

- Are a good sources of potassium, fibre, and vitamins C, A, and B.
- Are low in fat.
- Reduce the risk of certain forms of cancer.
- Increase immunity and our body's ability to heal itself.
- Lead to healthier skin and eyes.

Small Bowel says: Without enough fruit and vegetables, your organs don't get the nutrients they need to operate at peak efficiency – this can affect the heart, the liver and the pancreas, as well as make my job of digestion much harder.

ACTION STEPS

- Learn to read labels. Sugar is everywhere - in everything from bread to breakfast cereals to baked beans. Sucrose, glucose, fructose, dextrose, and syrup are all different names for sugar. Labels list in order of how much is in the product, so if sugar is one of the first ingredients, that means it is one of the main ingredients – don't buy it!
- Fizzy drinks, sport drinks, and fruit drinks are the single largest source of added sugar in children's diets. Eliminate them and make water the go-to drink for you and your children.
- Limit your family's intake of treats and junk food to only special occasions, no more than once a week.
- Figure out how to cook any favourite pre-prepared meals from scratch. They'll taste better and be much healthier too.
- Replace processed snacks with fruit and fresh veg, making sure there is always plenty of healthy food on hand.
- Make sure your kids have some fruits or vegetables with every meal – but especially try to start their day with a healthy meal.

THE ANSWER, AS WITH MOST THINGS, IS MODERATION. JUNK FOOD AS AN OCCASIONAL TREAT IS FINE – JUST DON'T MAKE IT A REGULAR PART OF YOUR CHILD'S DIET.

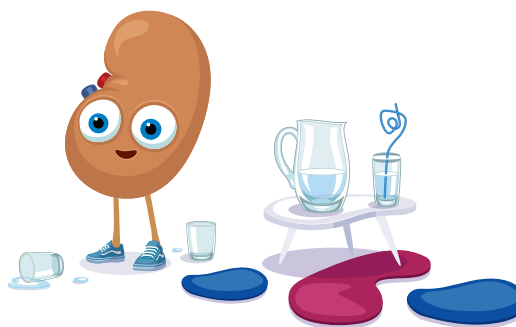


TOP TIPS

- Make food fun – your kids might like cauliflower a whole lot more if it's served as cauliflower cheese, or bell peppers when they're served on pizza. Try cooking veggies in a variety of ways too – roast veggies can taste a lot better than boiled.
- Start a one bite rule – children need to be exposed to a food 8-10 times before they get used to it, so encourage them to try just one bite of new things and healthy foods they previously may have not liked.
- Mix it up. Give your kids different, interesting things to try. There are loads of different fruits and vegetables out there in a range of interesting colours. Make it a game to try different ones.
- Get your kids involved in cooking (and possibly growing) their own food – they'll be far more likely to eat it then.
- Beware of low-fat products – they usually replace fat with sugar.
- Beware of no-sugar products – make sure they haven't just replaced the sugar with equally harmful synthetic sweeteners like Sucralose (Splenda, Maltodextrin), Aspartame (Equal, Nutrasweet), Saccharin (Sweet N' Low), and Acesulfame K (Ace K, Sunette, Sweet One). These should be avoided altogether.
- Offer your kids fresh fruit for snacks or as dessert – if they don't want it, they probably aren't really hungry. Don't buy sugary food in the first place – if it's not in the house, your kids can't eat it and you won't be tempted to give it to them.
- Ditch the sugary breakfast cereals. Most cereals marketed at children are loaded with sugar.
- Replace flavoured, sweetened yogurt with plain yogurt, then add fresh fruit to it.
- Don't ban foods – that creates conflict and confusion. Instead, limit certain foods, and explain why to your children.

The Orgamites' Mighty Healthy Tip #4

4 DRINK MORE WATER



Kidney says: I love water! Cool and refreshing, it's so soothing, it helps me feel in tip-top shape!

Tea, coffee, juices, sodas and fizzy drinks all compete for our thirst's attention but only one choice stands way above them all – water. Why is water the best choice? Quite simply, it's what your body really needs. While you can survive for weeks without food, without water you wouldn't last more than a couple of days.

Throughout the day, your child's body loses water through urine and sweat. It's vital that they replenish this lost fluid, but most drinks don't really help with that process. Coffee and fizzy drinks are typically high in caffeine, which can dehydrate them further. In addition, fizzy drinks, fruit juices, and other sweetened drinks are packed with sugar, which is bad for your children's health. And there are serious concerns about artificially sweetened drinks too. All of this puts a strain on the kidneys, and also makes the bowels and the liver have to work much harder. Dehydration can even put a strain on the heart.

Did you know? Many children are dehydrated. The symptoms of dehydration include thirst, dry skin, dark coloured urine, and tiredness. If your kids are consistently dehydrated, they can suffer from chronic dehydration. Symptoms of this include: digestive disturbances such as heartburn and constipation, confusion and/or anxiety, urinary tract infections and high cholesterol.

Kidney says: If I don't get enough water, I start to feel unwell, and that can be a real pain for both of us...

ACTION STEPS

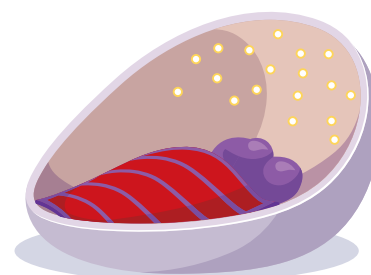
- Make an honest assessment of what your kids drink every day. And how about you? Are you setting a good example?
- Start each day with a glass of water.
- Drink at least one glass of water with each meal.
- Don't buy big bottles of fizzy drinks or fruit drinks.
- Limit your consumption of tea and coffee.
- Make water the go-to drink in your house!

TOP TIPS

- Some kids aren't used to the taste of water. Adding a little slice of lemon or a fresh sprig of mint can help.
- Many kids love ice in drinks. Iced water with fun shaped ice cubes can help them get more used to it.
- Give your kids an eco-friendly straw when they drink water. Kids love straws!
- Have them choose a special cup for drinking water from, one that has a character or motif on it that they love.
- Make it readily available – have a water jug handy and in reach for your kids. If your kids are younger, always have a sippy cup with water where they can reach it.
- Buy a water filter – it will improve both the taste and the quality of your drinking water.

The Orgamites' Mighty Healthy Tip #5

5 RECHARGE ON SLEEP!



Eye says: You know what makes me feel better than a good night's sleep?
Another good night's sleep!

We all sleep every night, but many people - including many children - don't get enough sleep. For adults, it is recommended that you get seven to eight hours sleep per night, but children need even more - around ten hours per night for primary school children, nine hours per night for teenagers.

Children who consistently get insufficient sleep will quickly suffer from sleep deprivation. In fact, as little as one disturbed or poor night's sleep can begin to have negative effects on their health and performance. **Just the short-term effects include:**

- Increased anxiety and stress.
- Drowsiness.
- Impaired memory.
- Poor concentration at school.

The long-term effects are even worse, putting a strain on your heart, your liver, your bowel and your pancreas. **These effects include:**

- Weakened immune system.
- High blood pressure.
- An increased risk of heart attacks, stomach ulcers, strokes, obesity and diabetes
- Depression and other mood disorders.
- Accelerated tumour growth.
- Impairments to hunger receptors, leading to overeating.
- Premature aging due to interference with growth hormone production.

ACTION STEPS

- Make your child's bedroom as dark as possible. Even small amounts of light can disrupt their body's internal clock and disturb their sleep, so keep your child's room as dark as you can while they're sleeping.
- Stick to a regular bedtime. Your body develops rhythms, so consistently going to bed and waking up at the same time will help your children develop a pattern and fall asleep more easily.
- 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 in your kid's room, and consider not letting them have a laptop or phone in their room at night if they are using them right before bed.
- Avoid caffeine close to bedtime. Caffeine is a stimulant that can prevent us from falling asleep, so no fizzy drinks or coffee in the evening. Especially not for our kids.
- A warm bath or shower just before bed is a great way to make kids feel sleepy.
- If your child has sleep problems (difficulty falling asleep, or disturbed sleep through the night) you will find many more ideas online to help them sleep better. If the condition is chronic, you should speak to your doctor to ensure there aren't any underlying health issues.

TOP TIPS

- If you have more than one kid, they might need different bed times that suit their body clocks and ages better.
- Set a pattern and stick to it, even on weekends. Radically different sleep patterns on the weekend will only disrupt sleep throughout the next week.
- Turn off the TV two hours before bed. Staring at a screen stops the production of melatonin, the sleep hormone.
- Turn down the temperature. People sleep best at around 21°C (or 70°F)..
- Make sure your kids aren't scared at night – address any nighttime fears.
- Are your kids getting enough exercise? If they aren't physically tired, it's harder for kids to fall asleep.
- Make bedtime special – spend a few minutes with your children before they fall asleep, reading to them, singing to them, or if they are older, simply chatting with them.

IT'S WHATS
INSIDE THAT
COUNTS

