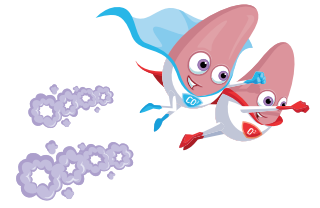


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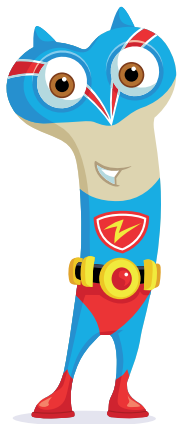
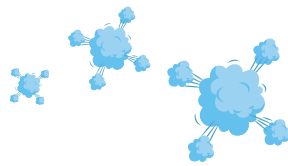
EDUCATIONAL TOOLS



TOOLKIT 3: THE MIGHTY KIND MOVEMENT

Family Resource #2: All About Plogging

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WHAT THE PLOG?

As part of our collective journey toward being kinder to ourselves, each other and our planet, here's a fun family activity that ticks all the boxes! It's called plogging – find out what it is, why it's taken off and how it's saving the planet one plog at a time...

1 Let's start with what it is

Plogging is an eco-friendly fitness trend that's sweeping across the globe. Originating from Sweden, the word itself is a combination of jogging and plocka upp (Swedish for "to pick up").

Essentially, it combines the health benefits of exercise with the environmental benefits of cleaner, greener public spaces.

Of course, in an ideal world, nobody would need to pick up anybody else's trash, but the reality is that if we don't start doing something to help (and also teaching our kids to help as we go), our world is in serious trouble. Already, over 300 million tons of plastic are produced every year, with around 8.8 million tons of it finding its way to the oceans. It's now estimated that by 2050, there will be more plastic in the ocean than fish.

Plogging is an opportunity to spend time with your kids, outdoors whilst exercising and making the world a better place.

2 What you'll need to get started

You don't need much. Just a willing attitude, a public space (it could be a walk around your block, a beach, a park, anywhere really) and a plastic bag for each participating plogger. If you want to look like a seasoned, semi-professional plogger (or if you're just not that excited about touching other people's trash), you might also want to wear disposable gloves or gardening gloves.

Then away you go! Hopefully, with your merry mini plogging crew in tow, all looking for litter to pick up as they jog/skip/hop/walk/bear crawl along.

3 Enlisting your kids

Plogging is like an exciting treasure hunt for little people – all the while subtly training them how to look after the planet a little better, move their bodies a little more and enjoy the outdoors while they do so.

Little by little, plog by plog, the bags of trash we pick up and dispose of responsibly will make a huge difference. As more and more people join in to do their part, we can move mountains.

FIND OUT MORE

This resource was brought to you by the Orgamites' Mighty Kind Movement. They're a team of 9 life-saving organs that are here to breathe life and lightness into really important family conversations – particularly those around organ donation.

Every freely-available educational tool created has been designed in such a way as to empower adults with the ideal, most informative and exciting resources to equip and educate kids.

Have the conversation, make the Mighty Kind pledge, and do it quickly in order to win tickets to our new movie!

Find out more at 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

