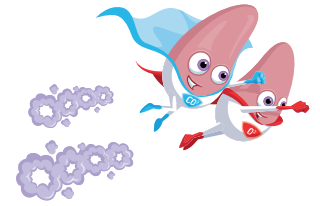


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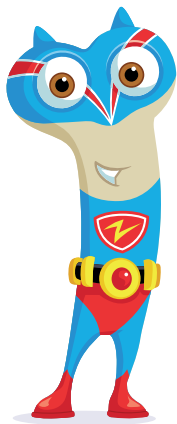
EDUCATIONAL TOOLS



TOOLKIT 3: THE MIGHTY KIND MOVEMENT

Family Resource #3: Kindness

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RAISING KINDER KIDS

There are so many things we'd like our kids to learn and do and be, but looking around at our fractured, increasingly hostile planet, it seems there is one virtue a lot of people have forgotten all about, or given up on entirely: kindness.

Like the polar ice caps and fossil fuels – there seems to be less and less compassion and empathy floating around these days. Yet, fortunately, far from being a finite resource, kindness is totally renewable: in fact, the more you use it, the faster it multiplies. So in the interests of world peace and happier homes, here are a few thoughts on how to raise kinder kids...

1 Redefine what it means to be kind

Kindness isn't just underrated, it's often misrepresented too. Let's start by teaching our kids that kindness is not a meek or weak attribute. Rather, true kindness is the ultimate demonstration of inner strength and real security. It takes courage to be kind. It doesn't always come naturally to little people either, so celebrate the small ways your kids might demonstrate kindness. Let them know that being kind is not a means to an end ('If you're nice to Jenny, then you can have xyz'); instead let being kind be the reward in and of itself.

2 Extend kindness far and wide

As if being kind to those we love wasn't hard enough, what about the 'others'? These are the people in our lives who we disagree with - the people who believe and live very differently to us; it's those who have (intentionally or not) offended, annoyed or hurt us. Our kids are watching how we talk about and treat these people especially.

Instead of shaking our heads and verbally bashing these others, how about biting our tongues and taking a few seconds to slip into their shoes? You can do this internally and on your own, or sometimes aloud, with your kids listening in and contributing too.

3 Don't forget to have courageous (yet kind) conversations

One of the most loving and kind things a parent can do is to realise that their job is not to primarily prepare the road for the child, but rather, to equip the child for the road – no matter what bumps, twists and turns await. Wisely exposing our kids to some of the realities of real life is not easy - but it is vital.

To this end, did you know that 195 children are currently waiting for an organ right now? Children who desperately need a life-saving organ tend to wait far longer than most adults do. Owing to the fact that so few families ever talk about their choices surrounding organ donation, most children don't know what their parents' choices are - and parents don't know what their children have chosen either.

That's where the Orgamites come in...

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

