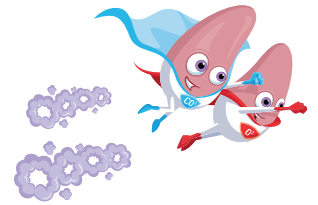




ORGAMITES™

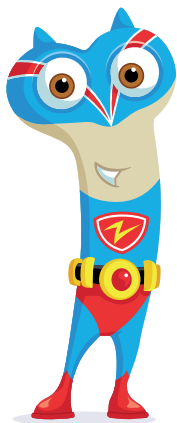
EDUCATIONAL TOOLS



TOOLKIT 3: THE MIGHTY KIND MOVEMENT

Lesson Plan

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



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MEET THE ORGAMITES

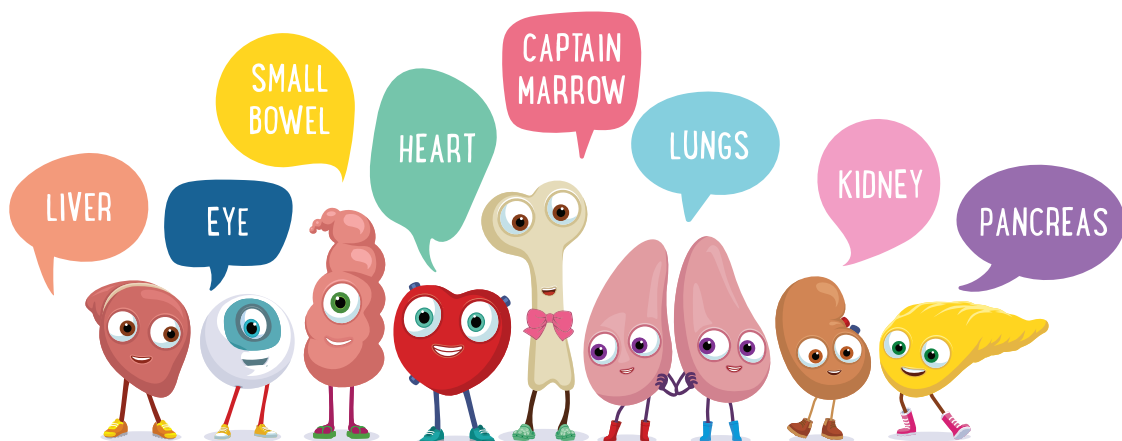
They're a team of 9 life-saving organs (led by Captain Marrow) found in every one of us.

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](https://www.orgamites.ca)



INTRODUCING A DIFFERENT KIND OF MOVEMENT...

In a world where we can be anything – imagine how much better life would be if we all chose to be kind.

You see, kindness is not meekness. And it certainly isn't weakness. Instead, it takes real courage to be kind. To take real care of our planet, ourselves and one another.

Over the course of 5 lessons, let's take a closer look at how we can practically all get a little kinder – to our world, and all the people we share it with. As you begin, be encouraged that you're not alone... by simply embarking on this journey, you're joining an ever-growing movement of people from every corner of the world doing the same.

It's called The Mighty Kind Movement – and slowly but surely – it's changing our world for good.

So what are you waiting for? Let's begin!

LESSON 1 REDUCE AND REUSE

Climate change, crowded cities, Covid, and seas of plastic...

Our world is in a lot of trouble, but it's not too late to fix it. If we all do our part, and work together to be kinder on ourselves, each other and the planet – we can still turn it around...

It all starts by acknowledging that we're in this together. Like it or not, we're all connected – what affects one of us, affects us all. That's why it's so important that ALL of us rethink how we care for our planet. The good news is that each of us CAN do a lot of small, simple things that will make a big difference...

Did you know?

At least 8 million tons of plastic enter our oceans each year. That's similar to emptying a garbage truck of plastic into the sea every minute. That's why more than half of all the sea turtles in the world have consumed toxic plastic. In fact – there's more microplastic in the ocean than there are stars in the Milky Way. And by 2050, there will be more plastic in the ocean than fish.

So what can we do to turn the tide? **Well, the first thing we can do is: REDUCE + REUSE.**

Plastic bags, straws, fishing gear, and disposable containers are the most common forms of plastic pollution found in the oceans. Some of these are items that we're responsible for. Yes - even you! We all need to reduce the amount of plastic we buy, and when we do use plastic, reuse it rather than just throw it away.

Single-use plastic refers to any plastic that packages the products we buy or eat. Food wrappers, water bottles, straws, take-away plastic utensils, other forms of packaging – you name it.

Let's see how much plastic we're all adding to the oceans and landfills, and then, let's brainstorm how we can reduce our plastic purchases and also, how we could reuse the plastic we do buy.

MIGHTY CHALLENGE #1

Let's collect all the single-use plastic we use over the next few days and bring it to school to see just how much it really is!

Top tip for teachers:

Let your students collect all the single-use plastic they use over the next few days, along with any empty, plastic 2-litre soda bottles they may have at home. Provided it is clean and safe to do so, ask everyone to bring it to school and perhaps create an area to collect it.

Be sure to check out our range of fun worksheets, class activities and take-home resources too!

LESSON 2 RECYCLE



Recycling is the process of converting waste materials into new materials and objects. A lot of things that end up in bins and eventually landfills, rubbish dumps and our oceans could have been recycled!

Let's take a look at what we CAN recycle:

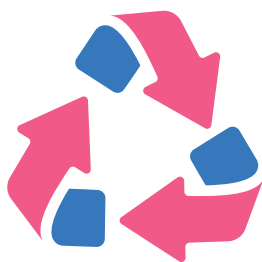
- GLASS (like bottles, jars and drinking glasses)
- CANS (beverage cans, food cans, and even deodorant and paint cans)
- PAPER & CARDBOARD (including newspapers, magazines, books and longlife milk cartons)
- PLASTIC (most plastic containers, bags and packaging)

And here's what CANNOT be recycled:

- POLYSTYRENE
- P.E.T PLASTICS (often used in food packaging)
- BATTERIES
- VIDEO TAPES
- MIXED MATERIAL ITEMS (like toothbrushes)

These kinds of waste products live on and on and on - polluting our landfills, rivers and oceans. While none of us actually created these non-recyclable products, our demand for them did... so it's up to each of us to radically reduce our demand and opt for more sustainable, recyclable products whenever we can!

Let's now look at the recycling logo:



- It was first invented way back in 1970, by a guy called Gary Anderson, and is now almost as well known as the McDonald's twin arches or Nike's swoosh!
- It has since been adapted on most packaging items, and a number has been added to the middle of it. This number tells us the type of plastic and how easy it is to recycle.
- The higher the number, the harder it is to recycle. As a basic rule, try to avoid, or greatly reduce your purchasing of any products that are hard or impossible to recycle.



MIGHTY CHALLENGE #2

Let's now look through the kinds of plastic you've collected...

What are some of the common culprits? Are there any solutions you can think of to reduce your plastic use into the future? Are there any businesses you could write to or contact that you think use too much plastic in their packaging?

Top tip for teachers:

Students should unpack all the plastic goods collected and share it in groups or with the whole class. Encourage them to put all of their plastic into various groupings according to its recycling level. Discuss what learning, insights and surprises students had as they did this activity. Over the following week, students or whole classes could be encouraged to go plogging and/or to start making EcoBricks (explained more fully in our class activities folder). In the next lesson, we'll start making them together too!

Be sure to check out our range of fun worksheets, class activities and take-home resources!



LESSON 3

UPCYCLE!



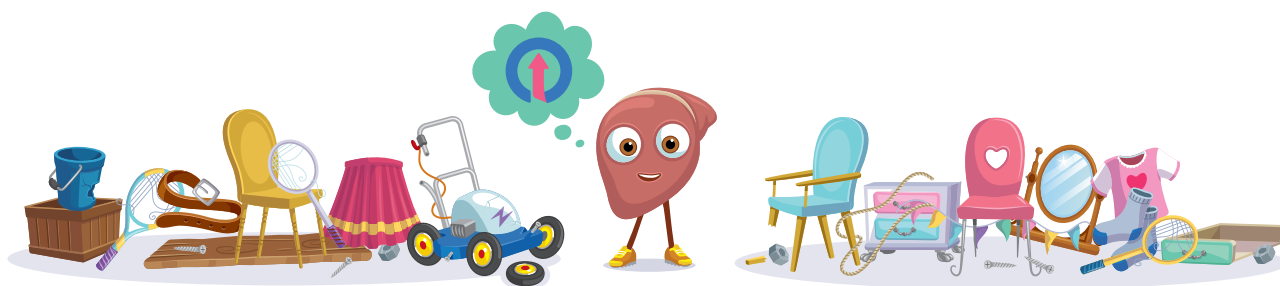
So far we've looked at some really practical ways we can all take better care of our planet.

Can you remember what they are?  1. Reduce and Reuse  2. Recycle

Now, let's talk about even more ways we can make this world a better place...

What's upcycling all about?

Upcycling is the process of repurposing objects that would otherwise be thrown away. Often, this is done using items that can't be recycled, and the end results can be beautiful and so creative...



Our clothing and furniture can also be upcycled. When we buy vintage clothes, or repurpose an old pair of jeans, or sand down a secondhand desk and give it a new lease on life – we're upcycling.

And when we're upcycling, things are looking up for our planet!

Most people stop there, but the Mighty Kind Movement goes a level deeper. If upcycling is all about repurposing things we no longer need, putting them to better use – then lifecycling is the ultimate, final level!

MIGHTY CHALLENGE #3

Let's Make EcoBricks!

We're now going to upcycle all that plastic waste we've been collecting in class. Take your clean, dry and empty soda bottle and pop all the non-biodegradable, dry waste inside the bottle.

Top tip for teachers:

Show your students how to cut up any large plastic waste, and then how to twist it into the plastic bottle. Squash it down as tightly as you can with a stick or the back of a wooden spoon. Keep doing this until the contents inside are unsquishable. When it's well and truly packed to the brim, put the lid back on and you're done – with a certified EcoBrick in your hands.

Congratulations, you've upcycled hundreds of plastic problems into one glorious building block toward a brighter future for us all! For more info and inspiration on EcoBricks, visit <https://bit.ly/3ogZkJ4>

LESSON 4

LIFECYCLING



What's lifecycling all about?

Sometimes, organs stop working and a person can get very sick. When this happens, some organs can be replaced with healthy organs from someone else. This operation is called a transplant.

People who have made the choice to donate their organs when they no longer need them are called organ donors (or lifecyclers)!

Did you know? One organ donor can save more than eight lives! Some organs and tissues can be donated while we're alive, others only when we die and don't need them anymore.

Lifecycling is the term we use to describe the kindest and bravest kind of upcycling. Also known as organ donation, it's not only things that can be repurposed and given a second lease on life - organs can too!

This is why we need to talk about organ donation more:

- It's one of the ways we really can make the world a kinder place. Instead of just taking care of our planet, it's taking care of the people on it. People we may never meet or know – that's true kindness.
- Organ donation takes the concept of upcycling to the next level – and brings it much closer to home.
- It's often misunderstood as a sad or depressing thing to talk about – but when you think about it, it's really all about saving lives – not taking them. It's about seeing ourselves as part of a much bigger whole - and giving to others when we truly no longer need what we've got. And that's really good news!

MIGHTY CHALLENGE #4

Just like we can do with our organs through Lifecycling, let's give our EcoBricks a second lease on life too!

Instead of simply disposing of things we no longer need, we've been hard at work reducing our waste, and recycling and upcycling where we can. Now, let's make something new and beautiful with our EcoBricks!

What can you build? Almost anything! Some people use them to build walls and even houses - the sky's the limit!

Watch this video for instance: <https://bit.ly/3IRDmKl>

Top tip for teachers:

While your students are probably not up to building an actual building with their EcoBricks, perhaps they could create upcycled doorstoppers, with a decoupaged or paper mache exterior!

Have fun! And be sure to tag us on any pictures of the final products!
#MightyOrgamites



LESSON 5

LIVE KINDER, BOLDER AND MORE CREATIVELY



So far on our journey with the Mighty Kind Movement, we've discovered many cool ways to be practically kinder to our world and its people:

We can **reduce** and **reuse**
We can **recycle**,
We can **upcycle**,
And we can even **lifecycle**!

These are all small, yet significant ways we can each make a big difference. But let's not just do kind things – let's BE kind people.

Let's make it our mission to leave what ever place we enter – a little better for us having been there.

Let's leave behind footprints, not fires. Smiles, not sadness. And in a little while – if we all do this a little more – our world will be a better place for having had us in it.

At the beginning of our journey, we spoke about how kindness takes courage. So why not be a little bold and ask your family about their own choices – especially regarding organ donation (or lifecycling) for example. If they don't know where to start, they can visit orgamites.ca.

Then, why not consider making the Mighty Kind Pledge, and after that – sharing your choice far and wide (if you're mighty proud that is)!

Spare a minute and save multiple lives. **Make the pledge.**

The Mighty Pledge

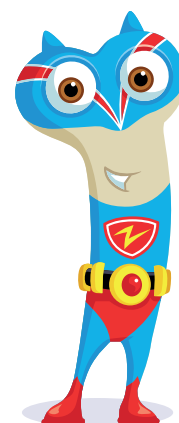
Our world is precious, and fragile too
I commit to look after it and take the long view...
I'll try to recycle and put litter in bins,
I'll upcycle too and reuse my things.

Every person is special, whether old or young
We all just want love so I honour each one.
I'll treat all the people I meet with respect every day
And be as kind as can be, in my own kind of way.

My body is mine and it's perfect for me
So I'm thankful for it, I'm as proud as can be.
I pledge to look after it and to be kind to each part
From my head to my toes, from my kidneys to heart.

And if one day, these parts I don't need,
You can pass them along as my final good deed.
After all, it's not outside looks or clever tricks
that astound,

We're all precious beings –
it's what's inside that counts.



MIGHTY CHALLENGE #5

Every brilliant initiative needs a brilliant logo...

McDonald's has their golden arches, recycling has its famous arrows, but can you think of a logo for Upcycling and Lifecycling (organ donation)?

Help us create two new logos for everyone to use, so people don't just Recycle but Upcycle and Lifecycle too!

Top tip for teachers:

Apart from getting your students to create new logos, why not also encourage them to learn the Mighty Pledge off by heart?

In addition, to encourage more kindness ongoingly in your class, you could start a weekly award/initiative called, "Caught Being Mighty Kind." Throughout each week, encourage students to look out for anyone at school doing something really kind. When they do, tell them to write down the name of the person as well as their specific act of kindness, and anonymously pop it in a box or tin on your desk. At the end of each week, read out the names and reasons for each person listed in the box - making a big fuss of these mighty kind heroes!

Testimonials



Our organs have always fascinated me and the Orgamites recapture my child-like wonder. If we can get more people to understand how incredible and vital our organs are, and what happens when they don't work properly, then we can get more people to consider helping others by donating theirs when they no longer need them."

Dr. Luke Yates DPhil



These fun characters lighten the mood, make it easier to start the conversation with family members and really open people's mind to the full possibilities of transplantation."

Mr Colin Wilson FRCS PhD Con Hepatobiliary and Transplant Surgeon,
Associate Clinical Lecturer

