

TOOLKIT 3

THE MIGHTY KIND MOVEMENT

Teacher Lesson Presentation

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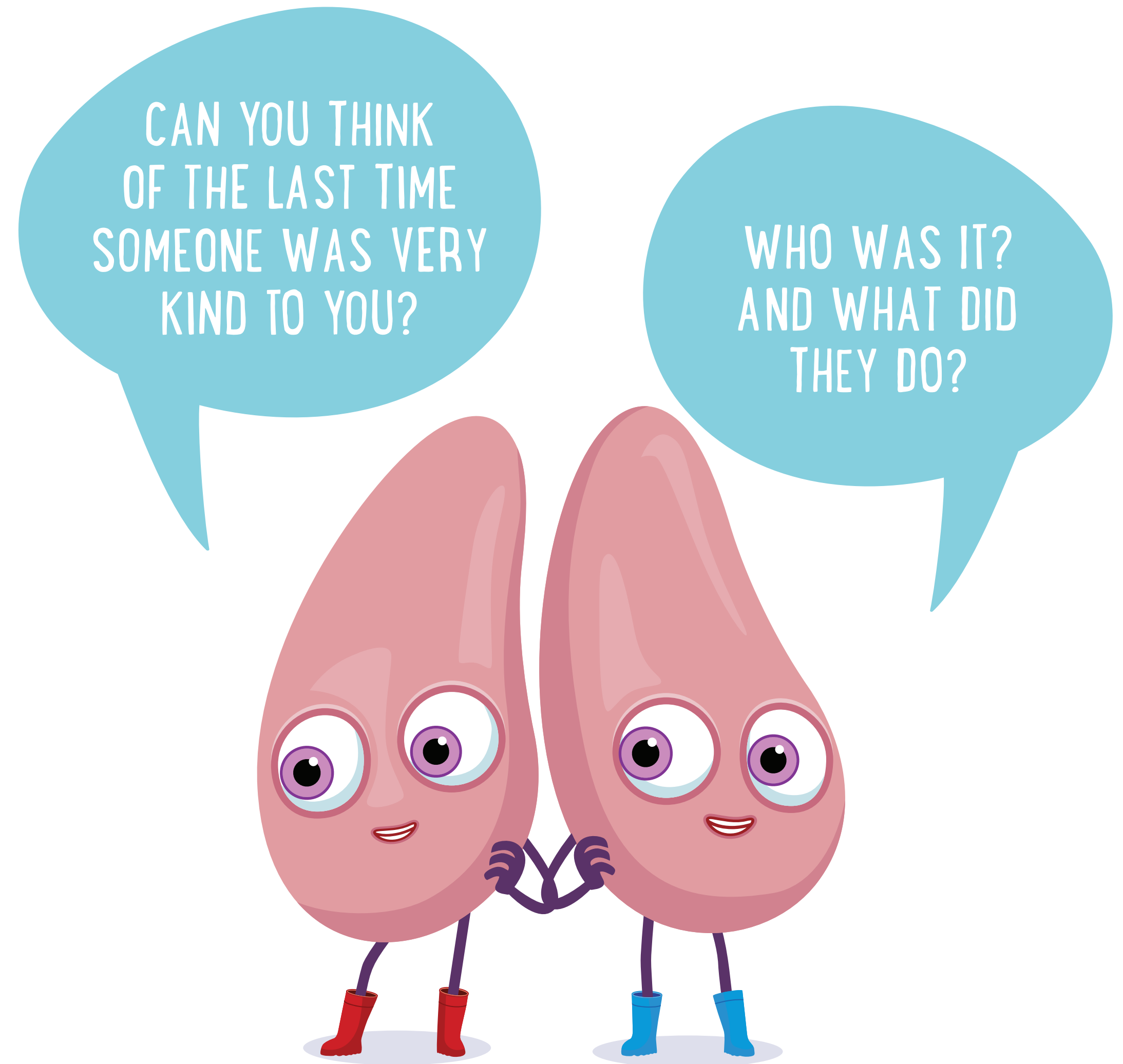
ORGAN
DONATION
SCOTLAND



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.

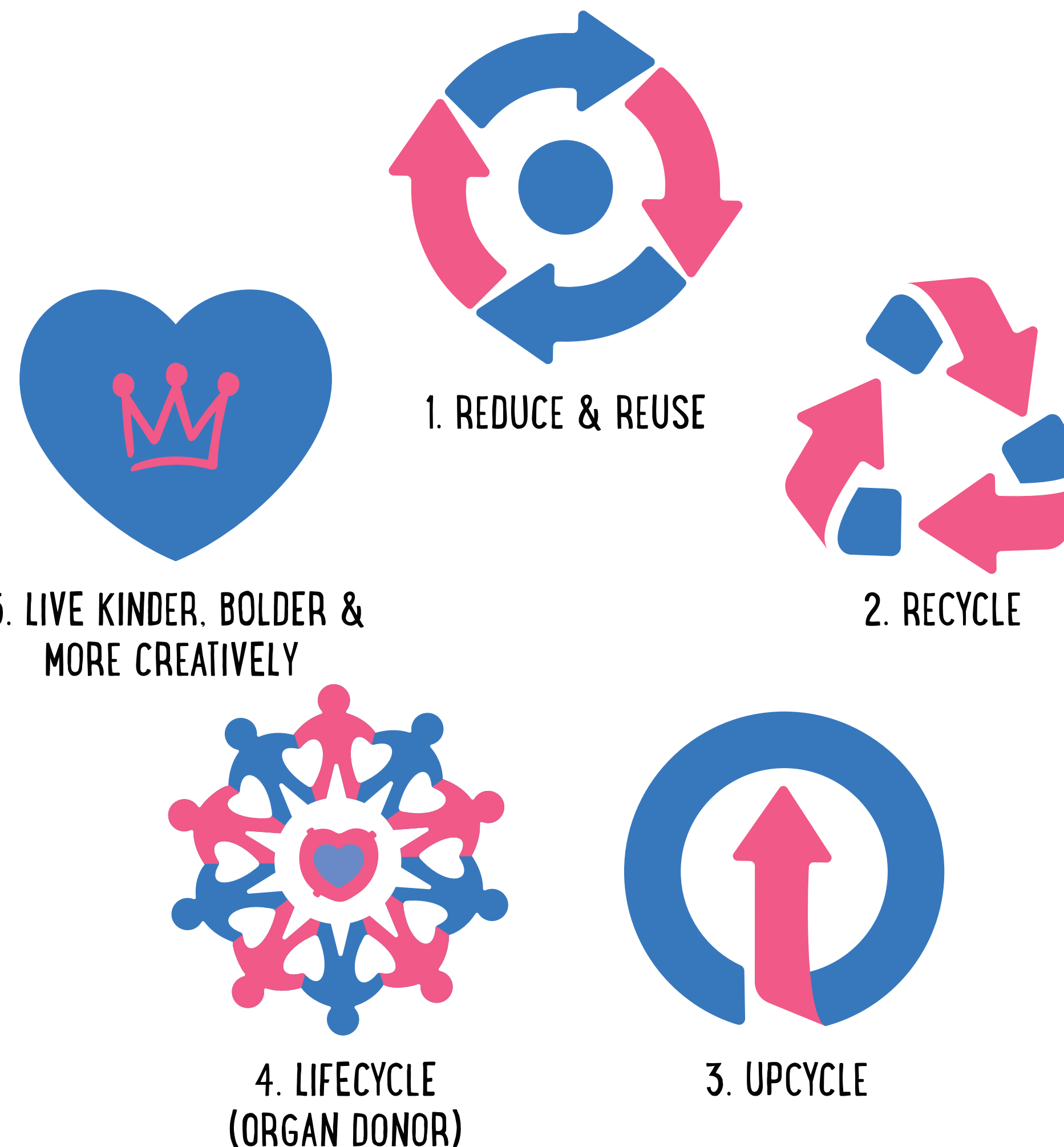
You see, kindness is not meekness. And it
certainly isn't weakness. Instead – it takes
real courage to be kind... to take real care of
our planet, ourselves and one another.



THE MIGHTY KIND MOVEMENT

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 we begin, let's be encouraged that we're not alone... by simply embarking on this journey, we're joining an ever-growing movement of people from every corner of the world doing the same.



THE MIGHTY KIND MOVEMENT

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 and each other – 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.



THE MIGHTY KIND MOVEMENT

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?

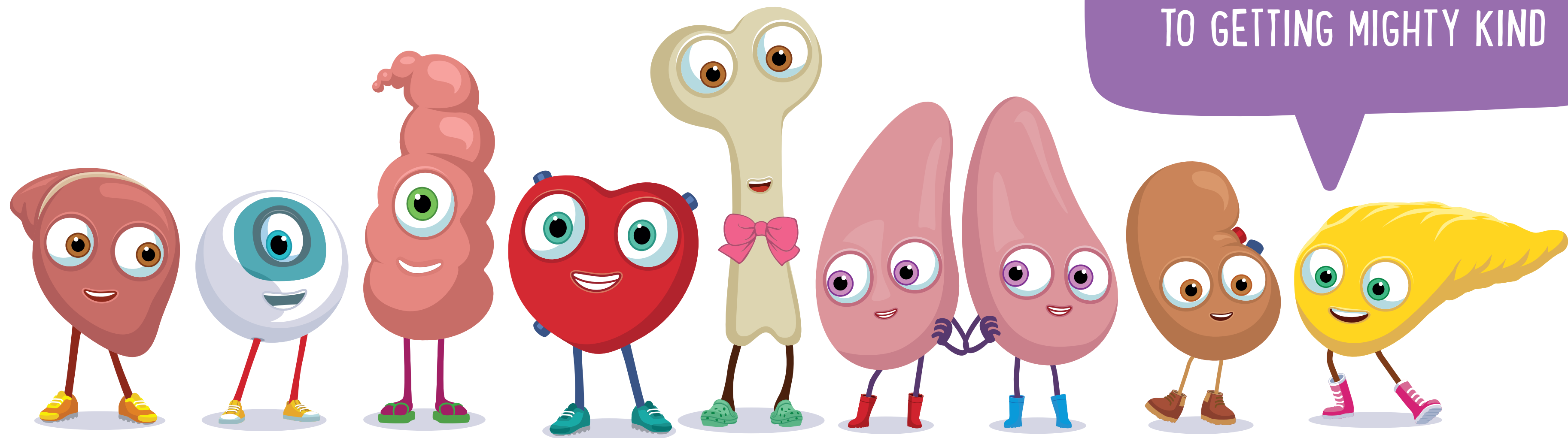
At least 8 million tons of plastic enter our oceans each year. That's similar to emptying a garbage truck of plastic into the ocean every minute!

That's why more than half of all the sea turtles in the world have consumed toxic plastic.



WHO ARE THE ORGAMITES, YOU ASK?

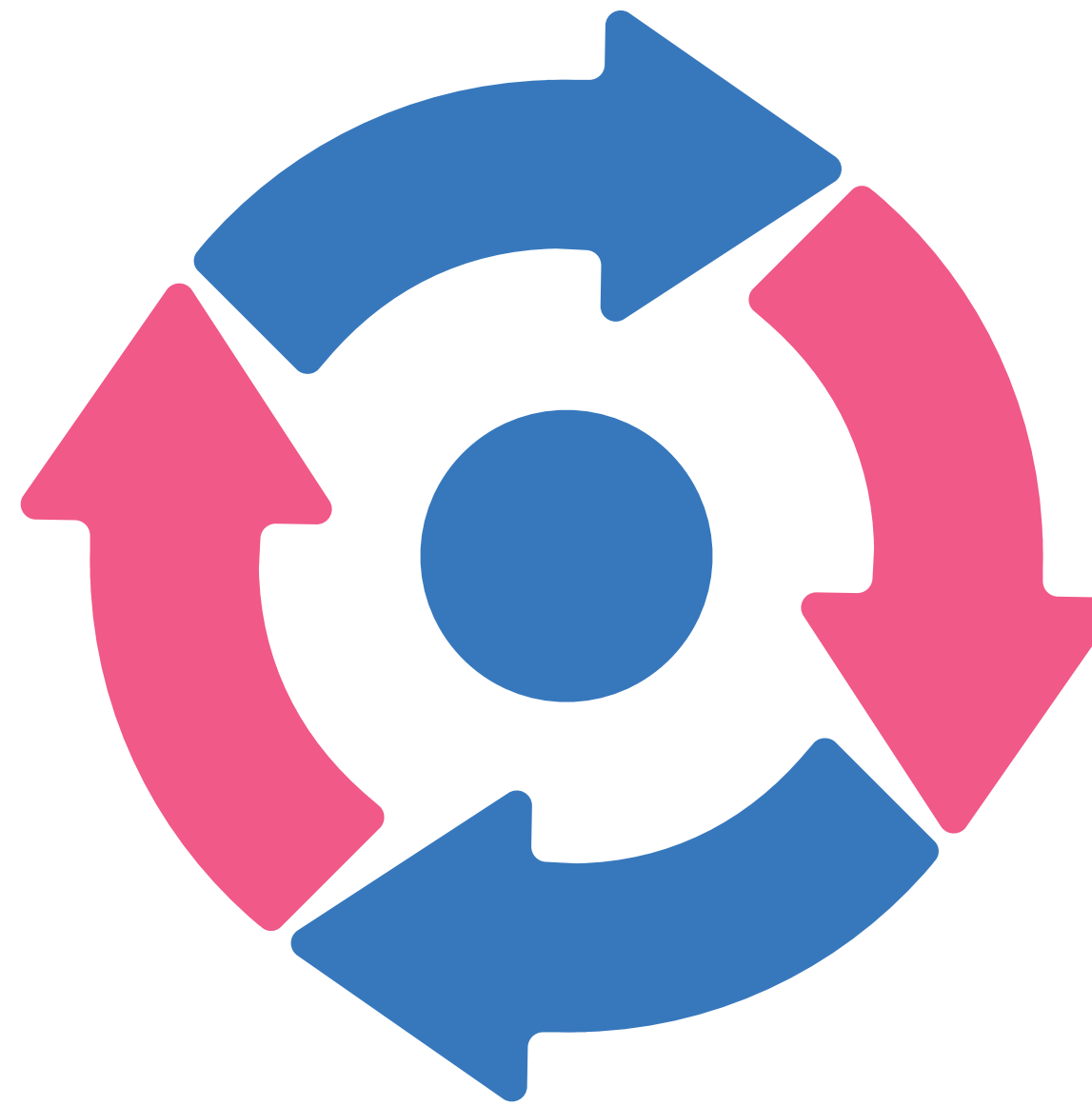
The mighty organs, also known as the Orgamites, are a team of 9 life-saving organs (led by Captain Marrow) that represent the most-donated parts of the body.



LESSON 1

THE ORGAMITES' MIGHTY KIND TIP #1

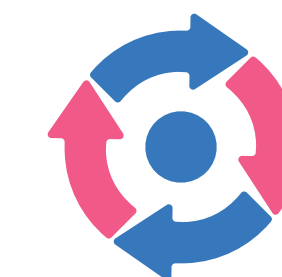
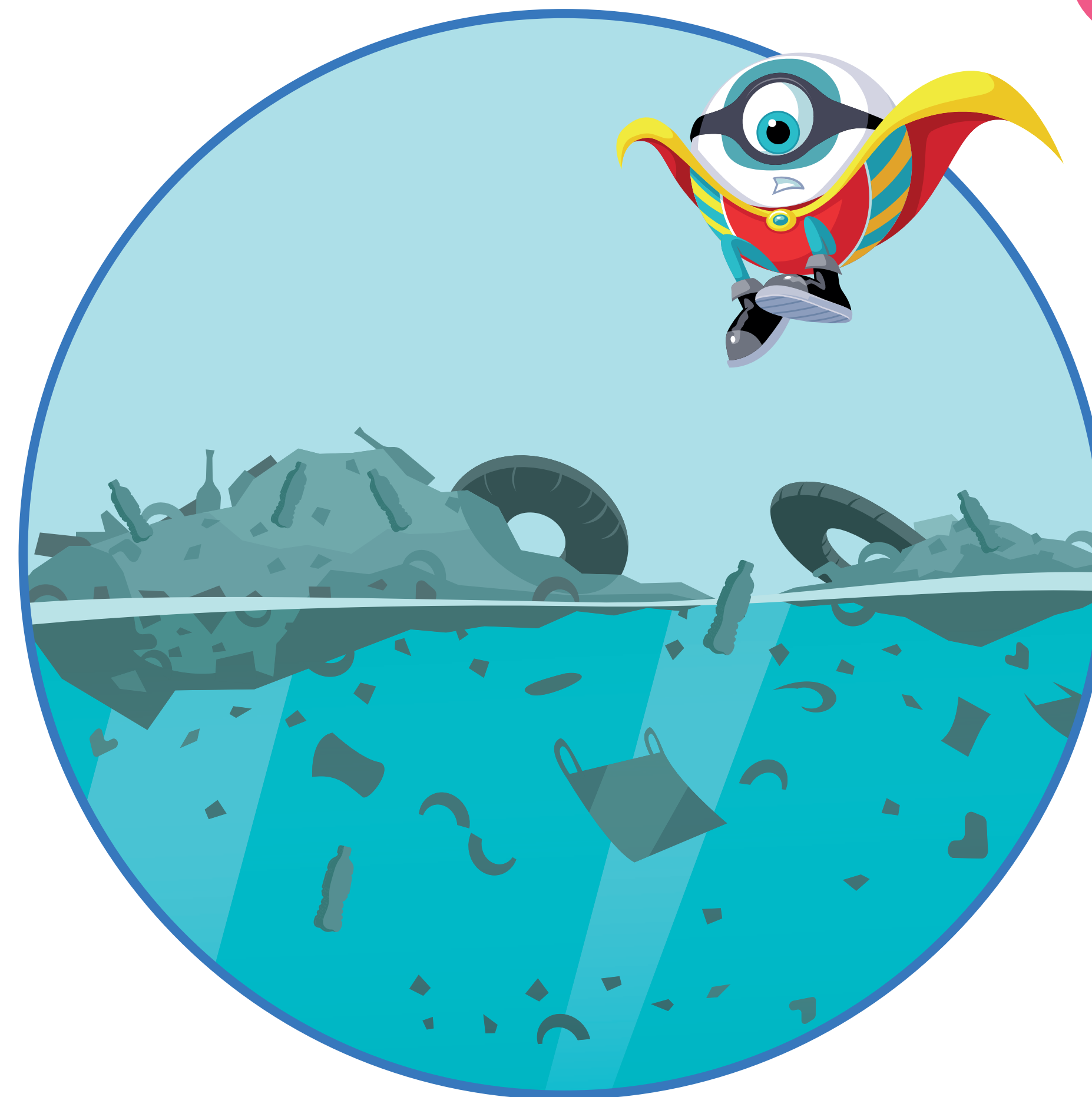
REDUCE AND REUSE



1 REDUCE & REUSE

Plastic bags, bottles and lids, straws, fishing gear, and disposable containers are the most common forms of plastic pollution found in our 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.



MIGHTY KIND CHALLENGE #1:

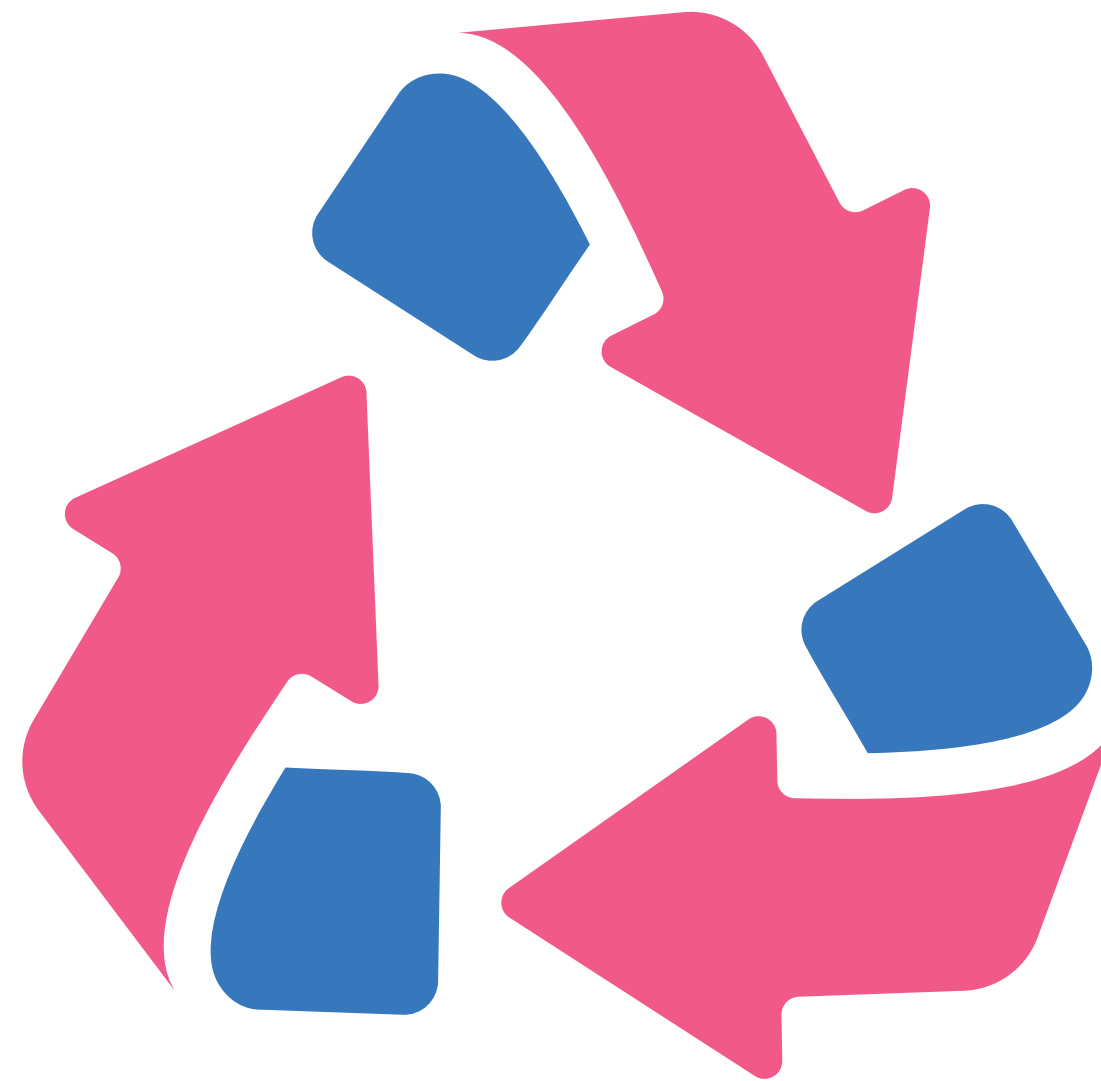
Collect all the plastic you use over the next few days and bring it to school along with an empty, plastic 2-litre soda bottle.



LESSON

THE ORGAMITES' MIGHTY KIND TIP #2

RECYCLE



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!



WE CAN RECYCLE:

- GLASS (like bottles, jars & 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)

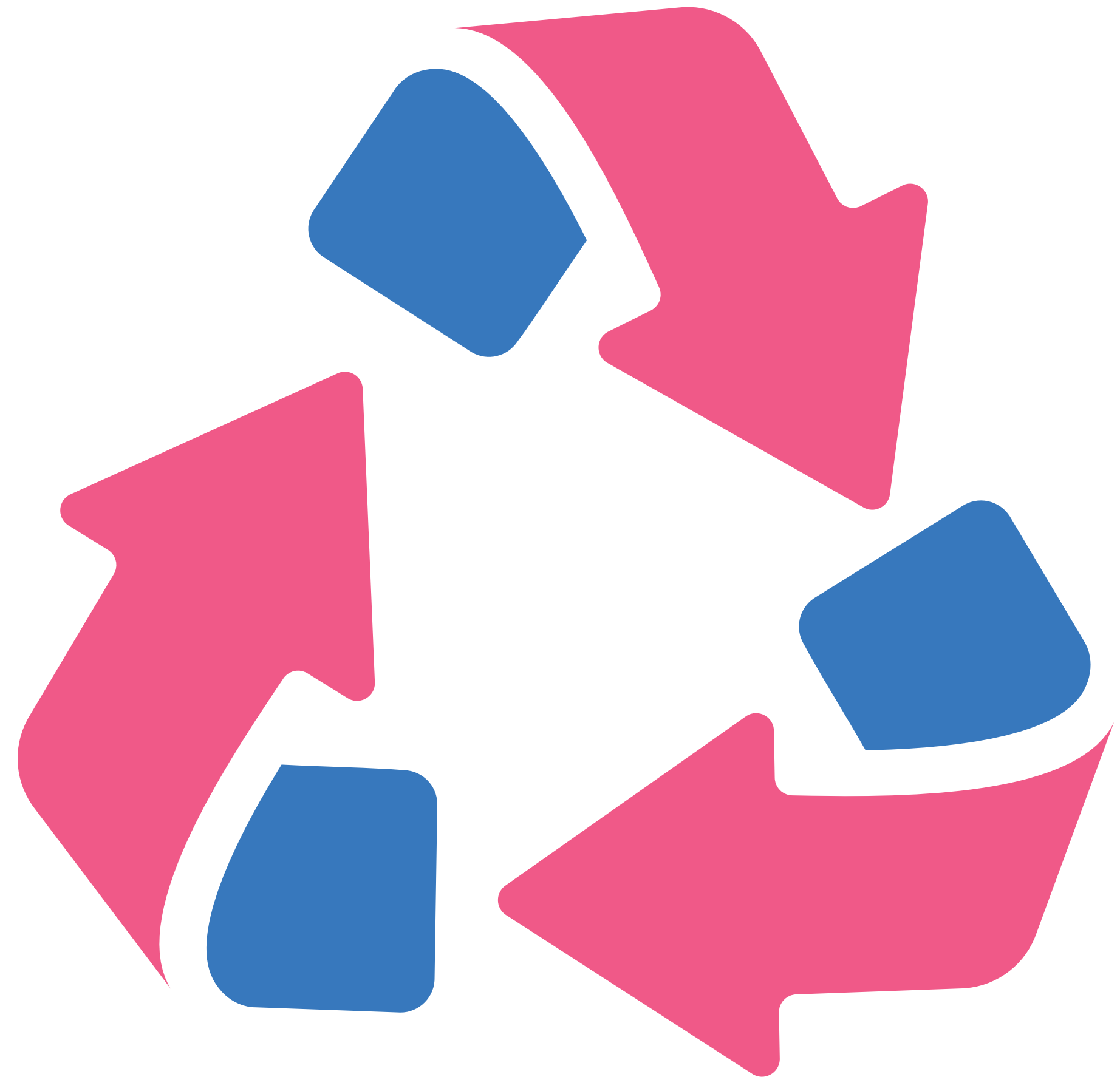
WE CAN'T RECYCLE:

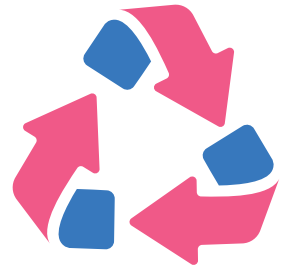
- POLYSTYRENE
- P.E.T PLASTICS (often used in food packaging)
- BATTERIES
- VIDEO TAPES
- MIXED MATERIAL ITEMS (like toothbrushes)

A BRILLIANT INITIATIVE GETS A BRILLIANT LOGO

The recycling logo was first invented back in 1970, by a man called Gary Anderson. It's now almost as famous as the McDonald's twin arches and Nike's famous swoosh!

Today, it's still used around the world, and has since been adapted on most packaging items to also show what kind of plastic it is, as well as how easy it is to recycle.





MIGHTY KIND 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?



LESSON

THE ORGAMITES' MIGHTY KIND TIP #3

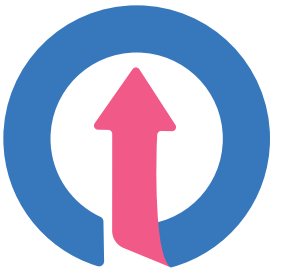
UPCYCLE



[illegible]

Often, this is done using items that can't be recycled and the end results can be beautiful and so creative...

3 UPCYCLE

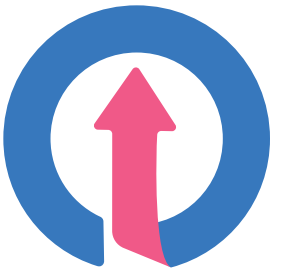


Our clothing and furniture can also be upcycled. When we buy vintage clothes, or repurpose an old pair of jeans, or sand down a secondhand desk and give it a new lease on life – we're upcycling.

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



3 UPCYCLE



Most people stop there though, but the Mighty Kind Movement goes a level deeper ...

If upcycling is all about repurposing things we no longer need and putting them to better use – then lifecycling is the ultimate, final level in the upcycling cycle!

We'll talk more about this in our next lesson.



MIGHTY KIND CHALLENGE #3:

Let's Make EcoBricks!

We're now going to upcycle all that plastic waste we've been collecting in class.

1. Take your clean, dry and empty soda bottle and pop all the non-biodegradable, dry waste inside the bottle.
2. You may need to cut up any large plastic waste.

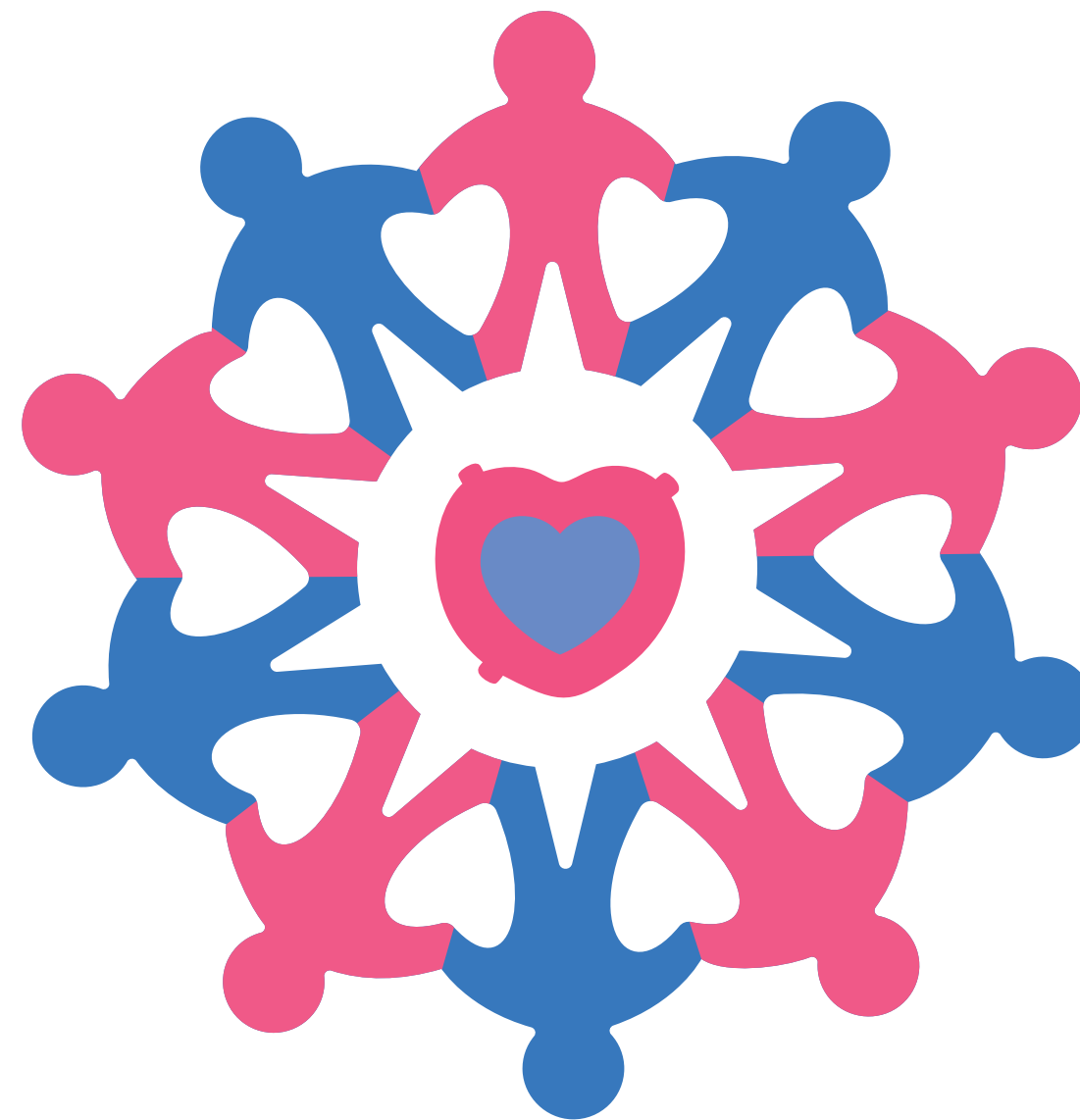
3. Twist all the waste into the plastic bottle.
4. Squash it down as tightly as you can with a stick or the back of a wooden spoon.
5. Keep doing this until the contents inside are unsquishable. When it's well and truly packed to the brim, put the lid back on and you're done!

EcoBricks are a fantastic way to upcycle our world's plastic problems into building blocks toward a brighter future for us all!

LESSON 4

THE ORGAMITES' MIGHTY KIND TIP #4

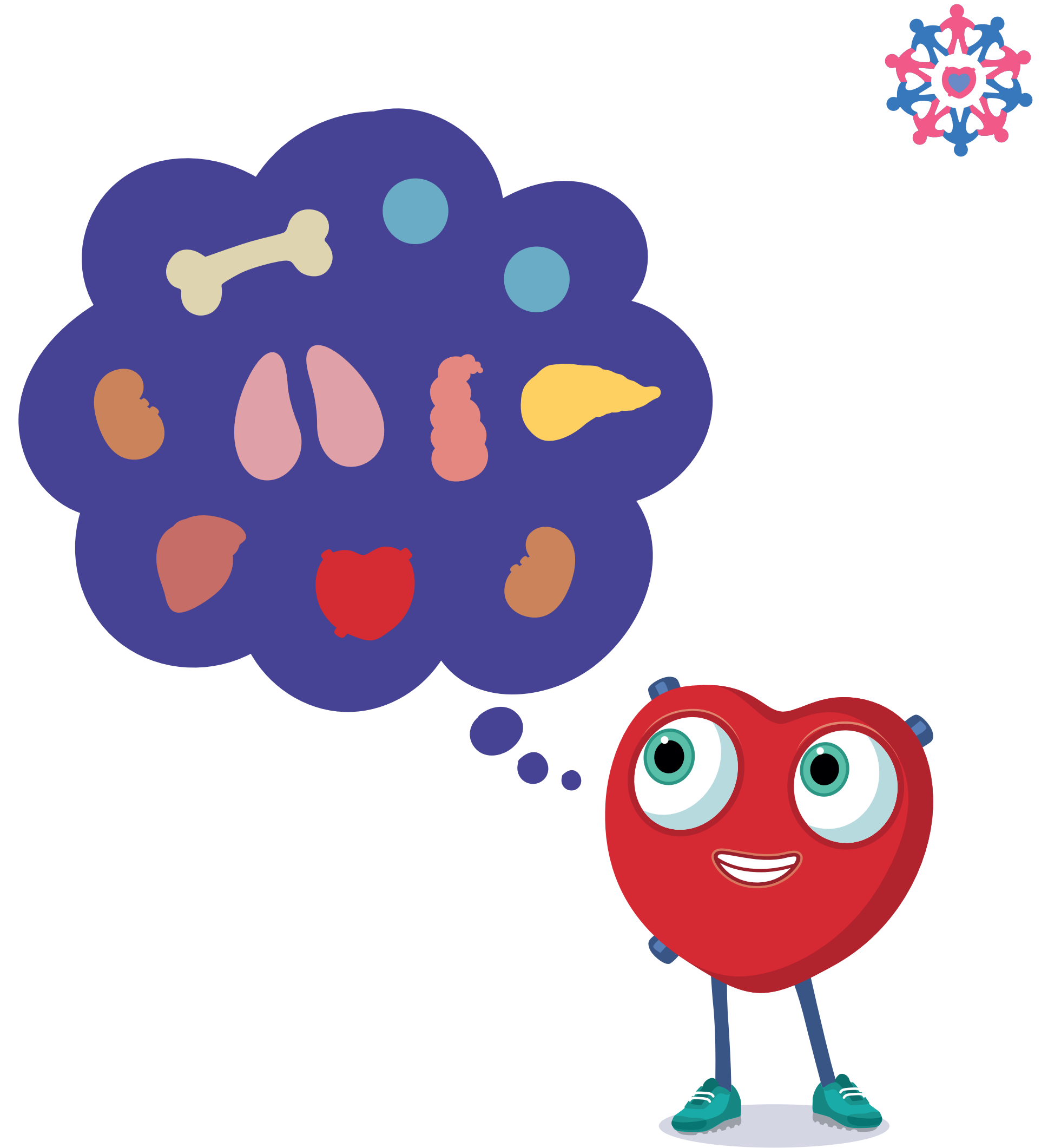
LIFECYCLE



4 THINK ABOUT IT

Sometimes, organs can 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.



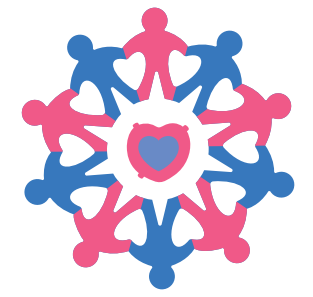
4 WHAT IS LIFECYCLING?

This 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 and people can too!



DID YOU KNOW?
ONE ORGAN DONOR
CAN SAVE 8 LIVES?



4 LET'S TALK ABOUT LIFECYCLING

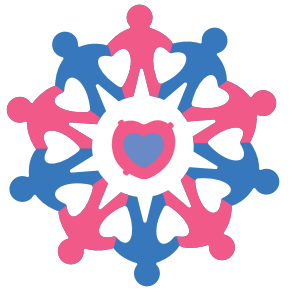
- It's one of the ways we really can make the world a kinder place.
- Instead of just taking care of our planet, it's taking care of the people on it.
- Organ donation takes the concept of upcycling to the next level – and brings it much closer to home.
- Helping people we may never meet or know... that's true kindness.
- Organ donation (or lifecycling) is 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.

MIGHTY KIND CHALLENGE #4:

Let's get creative!

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

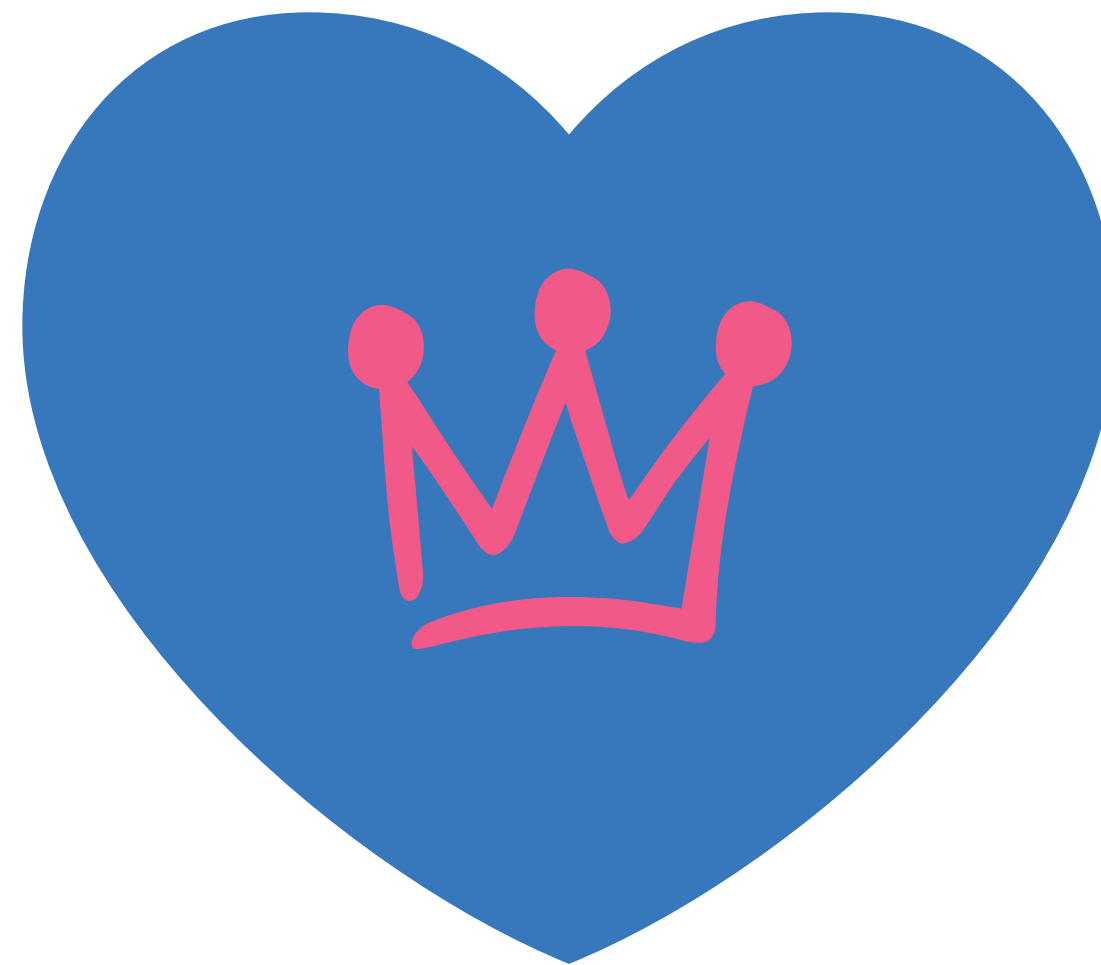
What can you create? Almost anything!
Some people use them to build walls and even houses - the sky's the limit!



LESSON 5

THE ORGAMITES' MIGHTY KIND TIP #5

**LIVE KINDER, BOLDER AND
MORE CREATIVELY**

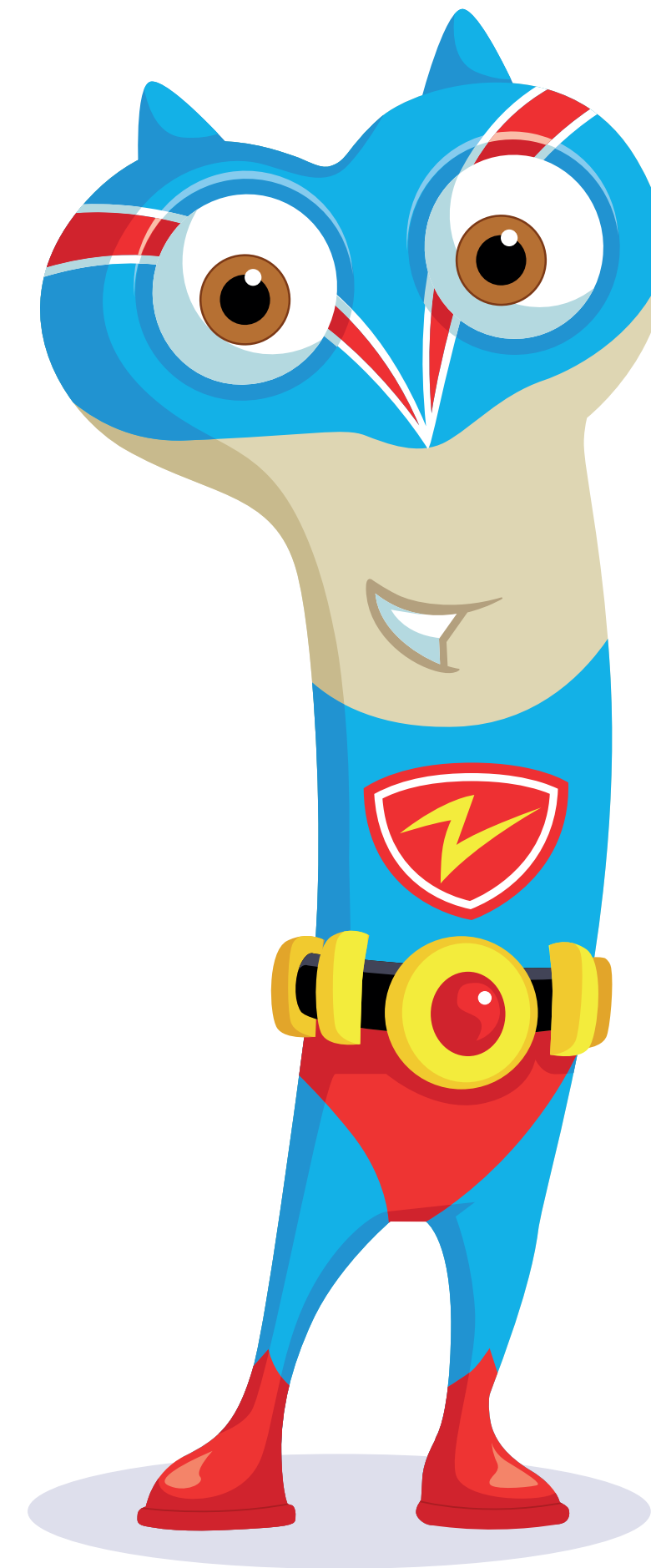


5 LIVING KINDER

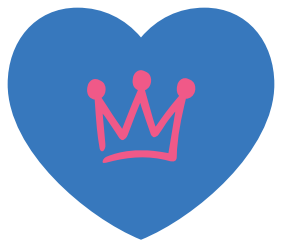
So far, we've discovered many cool ways to be practically kinder to our world and its people:

- We can reduce and reuse
- We can recycle
- We can upcycle
- We can even lifecycle!

Can you think of any other small ways we can all make a big difference?



IT'S WHAT'S
INSIDE THAT
COUNTS



5 LIVING KINDER

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 smiles, not sadness; footprints, not litter or fires.

- Let's work together to share more of our ideas and resources to build a better future for everyone.

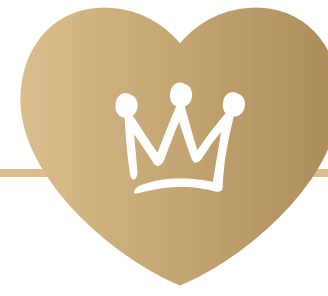
And in a little while – if we all do this a little more – our world will be a better place for having had us in it.

5 LIVING KINDER

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 – regarding lifecycling (aka organ donation), for example.

And 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).

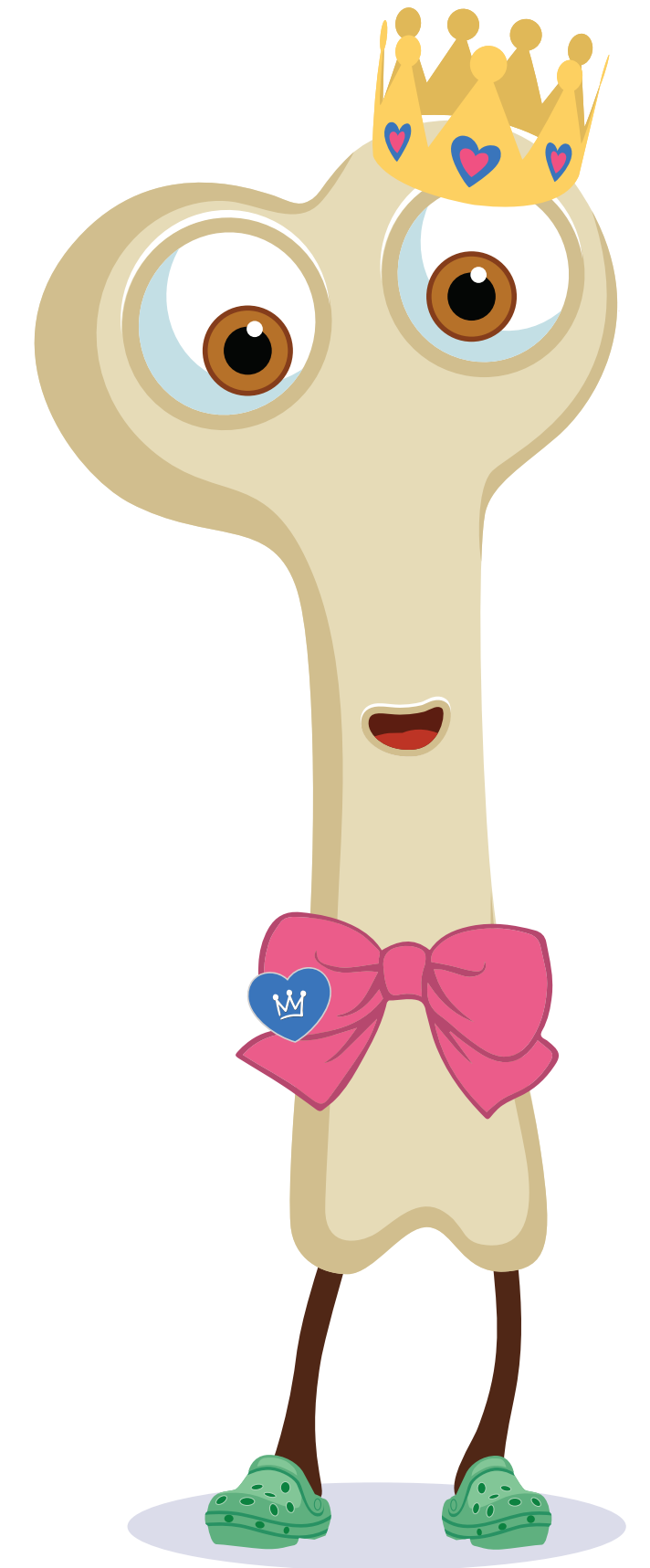


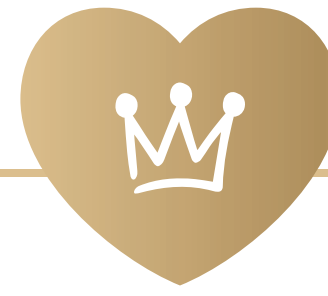


THE MIGHTY PLEDGE

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 people I meet with respect every day
And be as kind as can be, in my own kind of way.

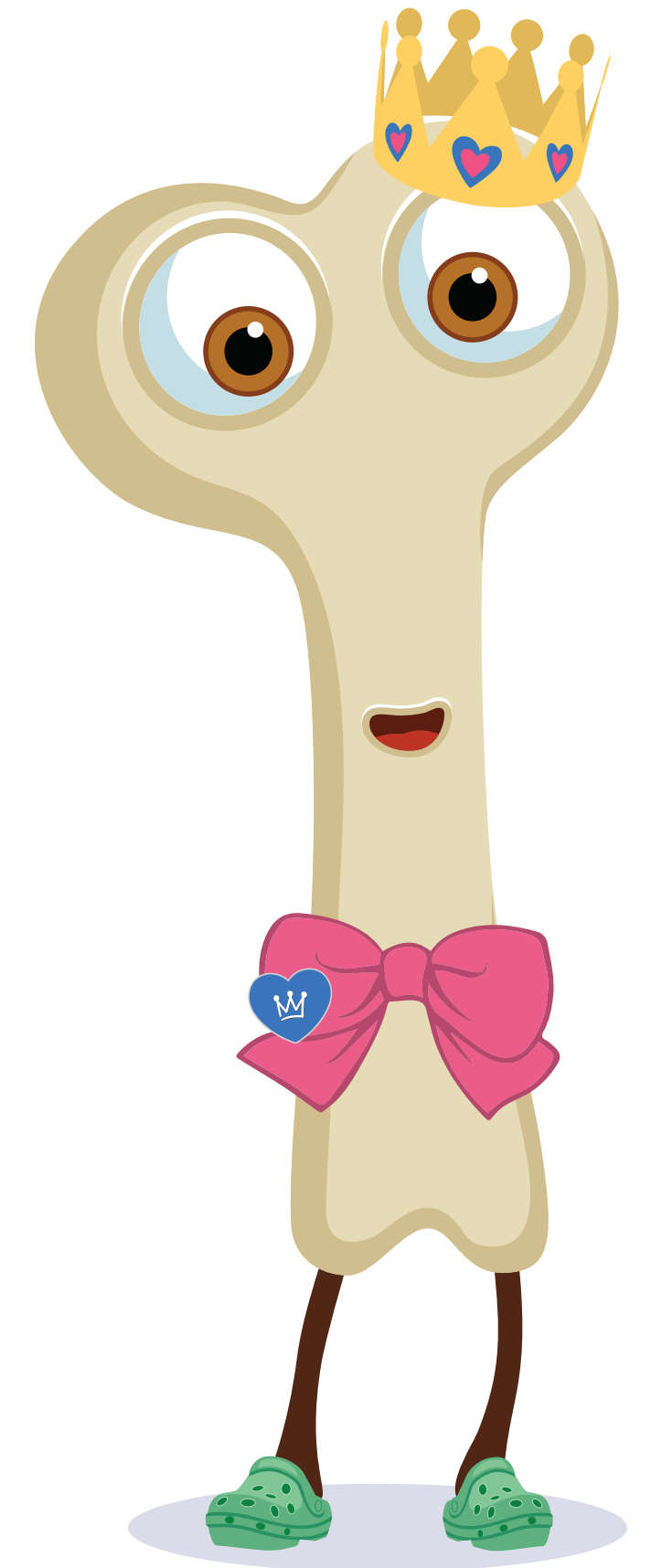




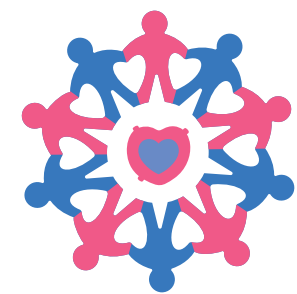
THE MIGHTY PLEDGE

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 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.



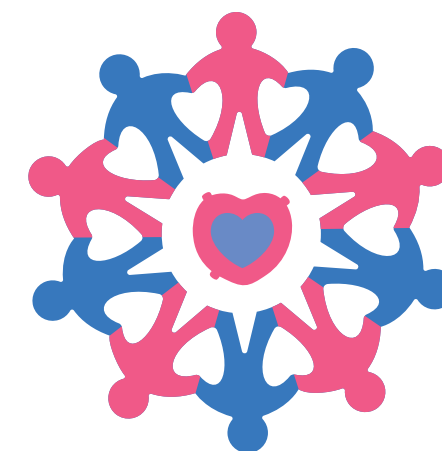
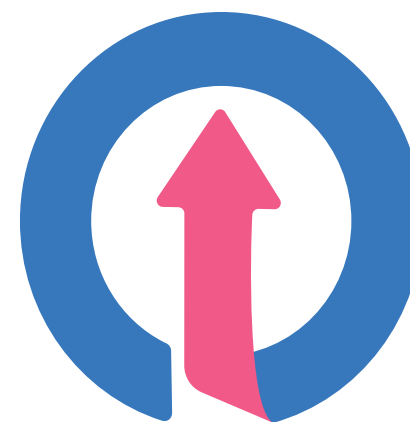
MIGHTY KIND CHALLENGE #5:



Every brilliant initiative needs a brilliant logo...

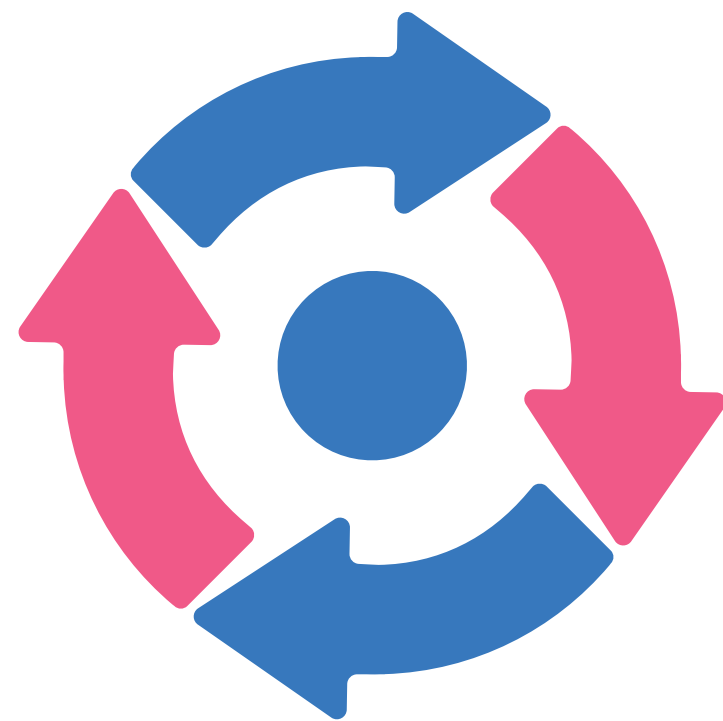
McDonald's has their golden arches, recycling has its famous arrows, but can you think of a logo for Upcycling and Lifecycling (organ donation)?

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

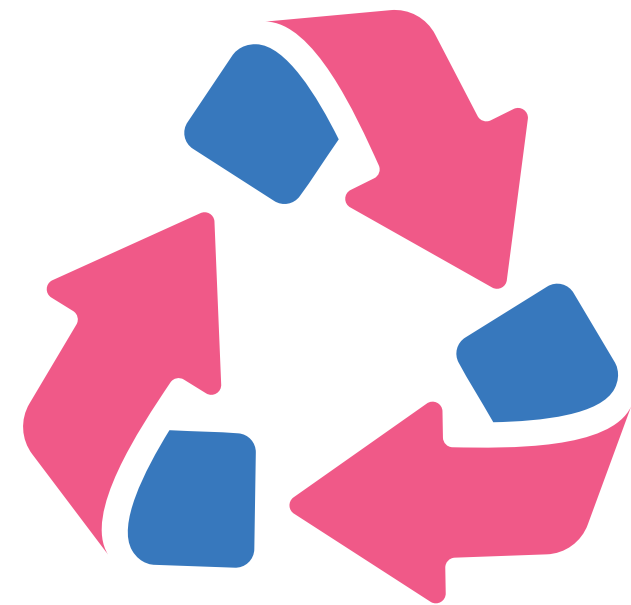


THAT'S IT!

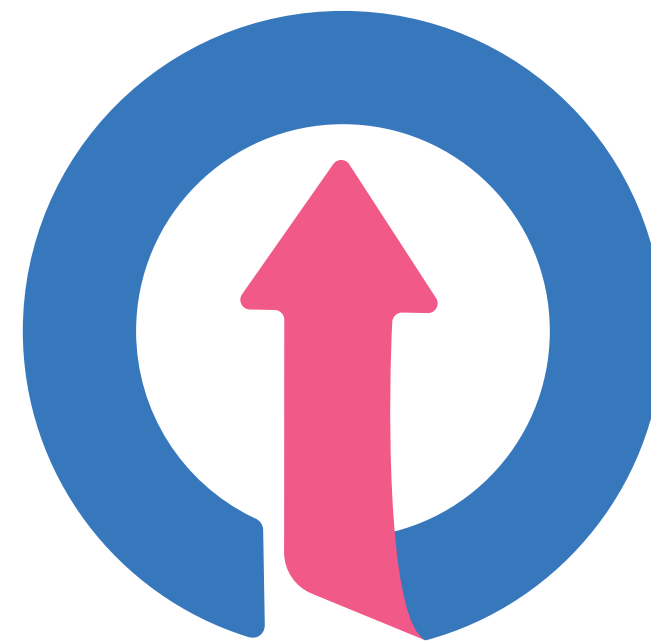
FIVE WAYS TO MAKE THE WORLD A MIGHTY KINDER PLACE!



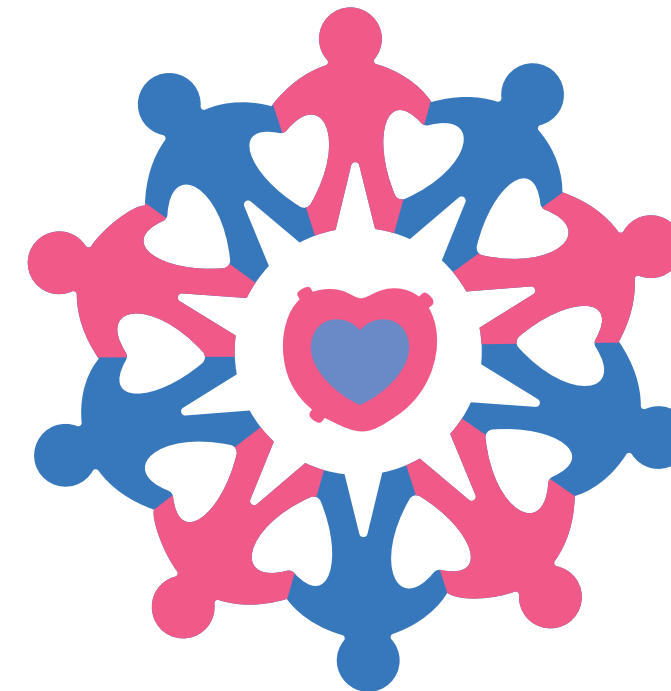
1. REDUCE & REUSE



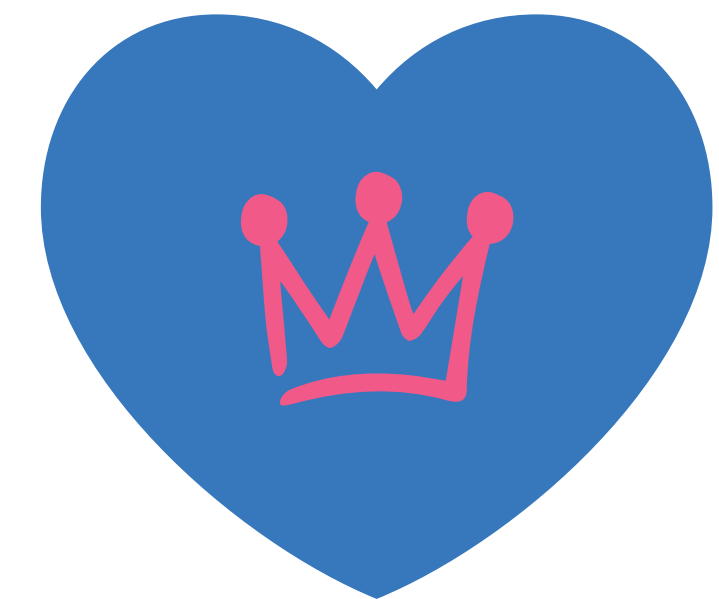
2. RECYCLE



3. UPCYCLE



4. LIFECYCLE
(ORGAN DONOR)



5. LIVE KINDER, BOLDER
& MORE CREATIVELY



THANK YOU!

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