

ORGAMITES®

IT'S WHAT'S INSIDE THAT COUNTS

DISCOVER MORE AT ORGAMITES.CA

TOOLKIT 1 MEET YOUR MIGHTY ORGANS TEACHER OVERVIEW



OUR PARTNERS



ONASSIS
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Giving
to help
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SUPPORTED BY

NHS
Blood and Transplant

ORGAN
DONATION
SCOTLAND



WE BELIEVE TEACHERS CAN CHANGE THE WORLD

If you're a teacher, you're already a hero in our books. But did you know that your class is full of undercover superheroes? Hiding in plain sight, every one of your students possesses a set of incredible organs. These magnificent parts not only keep them alive and healthy – but could save other lives one day too.

The problem is – hardly any kids know this.

As the only organ donation education and awareness programme of its kind, the Orgamites are here to change all that – breathing new life and lightness into organ donation education.

WHY TEACH CHILDREN ABOUT ORGAN DONATION?

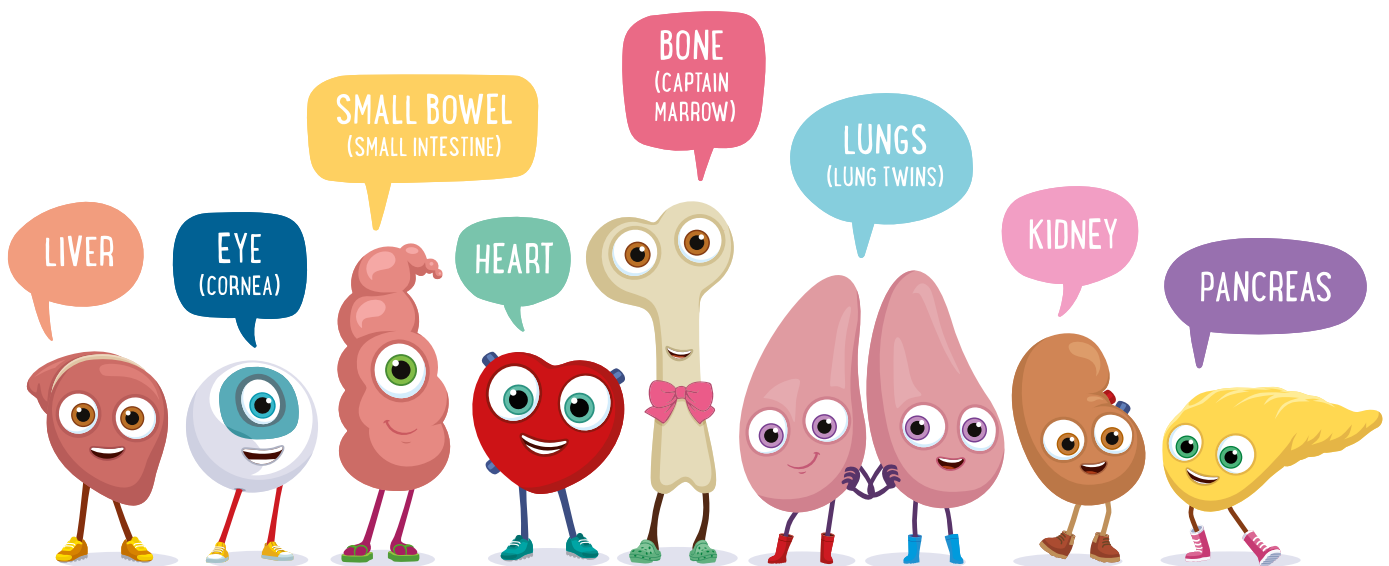
Around the world, there's a critical shortage of life-saving organs, especially for children. In fact, kids tend to wait two-and-a-half times longer than adults. Many die waiting. Only through widespread education and awareness initiatives can we hope to decrease waiting lists and save lives. That's where you come in.

Together with our tried-and-tested educational resources, you can help us turn back the tide, one class at a time.

WHO ARE THE ORGAMITES?

A team of nine life-saving organs found in each one of us, the Orgamites are known as the 'mighty organs' because they represent the organs most needed for donation and transplantation.

Through an ever-growing range of fun, educational resources (geared toward children aged between 5 and 11), the Orgamites are on a mission to inspire and equip more students, teachers and families everywhere to talk more about organ donation and to take better care of their bodies, each other, and our world.



WHY TOOLKITS? WHY THREE? WHY THESE THREE?

Turning the tide on the global organ donation crisis is as simple as 1,2,3.

- 1. It starts with education**—education that starts early and encompasses all of society. That’s why we have focused on toolkits that are accessible and adaptable to a range of ages and cultures around the world. It’s why we have created resources for the family as well as the classroom.
- 2. It leads to transformation.** Although self-standing, our toolkits sequentially build upon one another. The first ('Meet Your Mighty Organs') empowers students and their families to learn all about their vital and mighty organs, whilst being introduced to the concept of organ donation. The second ('Let's Get Mighty Healthy') offers the best information available on how to practically live a healthy life (at any age). Along the way, students also learn how the health of their organs affects their overall health, as well as what organ donation is all about. The third ('The Mighty Kind Movement') seeks to show people how powerful their small, individual choices can be—inspiring them to change the world through kindness. Far from being a lofty, sentimental idea devoid of practical touch points, we anchor the concept of kindness in actual activities that everyone can participate in—empowering anyone to take better care of themselves, their loved ones and the world at large.
- 3. It reaches wider still.** By doing all of this, and by initiating a global month of awareness (Orgtober), we hope to spark a growing movement of people from every generation and country that truly understand that, in the end, it’s what’s on the inside that truly counts. **Register your school today at: Orgamites.ca.**

“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, Alberta, Canada

“Folks who may at first have found the idea of teaching younger kids about organ donation off-putting are coming around and seeing the vision and the value of education at this early age. The Orgamites truly live up to their promise and are a surprising but welcome resource for teachers everywhere.”

- Jenny Ryan, Manager, Public Education & Awareness Organ & Tissue Donation & Transplantation, Canadian Blood Services



DID YOU KNOW? ONE ORGAN DONOR CAN SAVE UP TO EIGHT LIVES!



TOOLKIT 1: MEET YOUR MIGHTY ORGANS!

Created in collaboration with teachers and healthcare professionals, we've put together a series of educational toolkits—all aimed at empowering you with the most informative and fun tools you need to introduce organ donation education into your classroom, with flair!

During this lesson (or series of lessons), your students will learn all about their vital and mighty organs, whilst also being introduced to the concept of organ donation.

Free ready-to-go resources include:

• Lesson Presentations

We've created two versions. The Express Version is perfect for younger children (Key Stage 1) and can be covered in a single lesson. The Full Version is ideal for all other age groups, and includes more insights about each organ and how to keep them healthy. At the end of this version, you'll also find a number of optional reflection questions, case studies and stories you can chat through with your class. To make your job even easier, we've created supporting **Lesson Presentation Notes**.



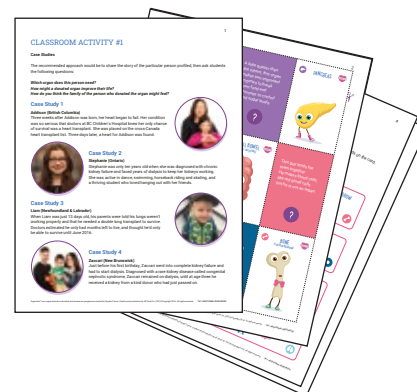
• Family Resources

To get families talking more about what really matters, please send this important booklet to all parents and guardians on the same day you introduce the Organimites to your class (you can print it or email it to them).



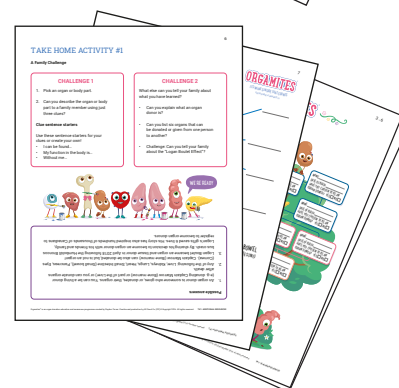
• Additional Teacher Resources

Case Studies, Classroom and Take Home Activities, Colouring-in Sheets and Classroom Posters and other teaching aids are available to further drive the message home. Choose any or all of them, print them out or upload them onto your whiteboard.



• Mighty Pledge Certificate and Classroom Poster

This is our mighty manifesto. It's a call to all to be kinder to ourselves, other people and the planet we all share. Consider making the 'Mighty Pledge' together, and even displaying it somewhere in your classroom.



• Object Lessons

To help kids really appreciate their mighty organs (and remember why and how they work for the rest of time) we've created a series of fun and interactive object lessons (one for each of the mighty organs).

PICK YOUR PACE

The speedy way—covering the entire lesson in one go with the help of our Lesson Presentation Notes and a few of our Additional Teacher Resources – **or**,

The really sticky way—taking your time to really explore with your class the functions of each mighty organ. You may want to focus on one organ per day/lesson, and supplement the Lesson Presentation with our interactive (and very entertaining) object lessons.



TOP TIP FOR TEACHERS

Make time to talk: Talking about organ donation helps us to honour one another's choices. No matter which pace you choose, be sure to allocate a little time to recap and reflect on what has been covered in the lesson. Let students share some of their own thoughts and impressions. When teaching about organ donation, focus on the positivity of 'giving a gift', and the difference a transplant can make to a recipient's life. Try to keep the conversation light, positive and non-judgmental. Encourage students to chat about their choices at home, with their parents or guardians.

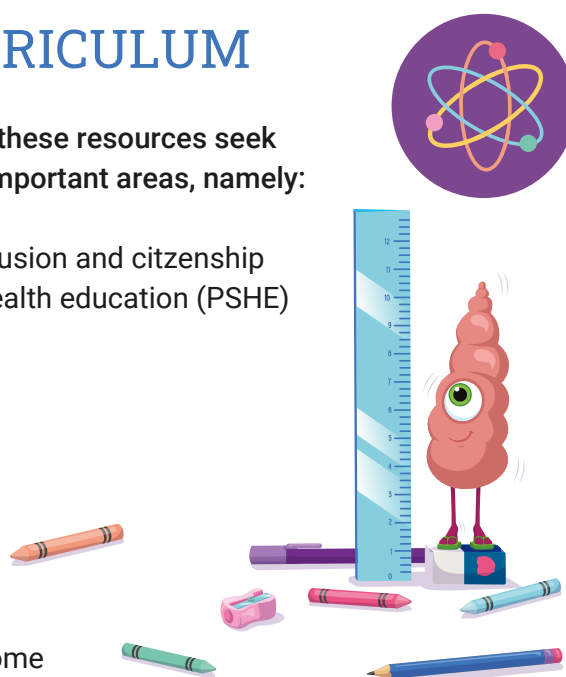
COMPLEMENTING THE CURRICULUM

Intended to enrich (not compete with) your curriculum, these resources seek to strengthen students' understanding in a number of important areas, namely:

- ♥ Science and biology
- ♥ Relationship skills, inclusion and citizenship
- ♥ Physical education
- ♥ Personal, social and health education (PSHE)

Some of the aspects covered include:

- ♥ The need-to-know facts about our organs in general
- ♥ What vital organs are (and why they're so vital)
- ♥ What the 'mighty organs' are
- ♥ How to keep our organs healthy
- ♥ What organ donation is
- ♥ Why it's important to talk about organ donation at home



MIGHTY FAQ

Why educate kids about organ donation?

The majority of school-going children appreciate being made aware of organ donation and transplants, and yet the majority of teachers, parents and healthcare professionals feel that they lack the necessary information and resources to broach the subject. In every country where the Orgamites educational tools and resources have so far been implemented, the feedback has been consistently positive. This kind of multi-pronged, long-term approach is slowly but surely increasing the amount of organs donated, decreasing the long waiting lists, adding to the number of lives saved, and ultimately, making organ donation the accepted norm.

Why are there family resources for kids to take home?

These have been specifically created to inform parents, allay any fears they may have, and equip them to have more conversations with their children at home. In Canada, family members are asked to make the decisions about organ donation at the end-of-life. Knowing how each member of your family feels regarding organ donation can make these painful decisions far simpler and less stressful. Unfortunately, most Canadians have not had this conversation with their families. A family discussion in a safe, comfortable place (long before there's any pressing need) is the best way for everyone to share their choices and learn together.

Are there sensitivities around the topic?

These resources have been developed in partnership with teachers and experts to be age-appropriate and spark a positive discussion around organ donation and transplants. Please check the slides before using them with your class, so that you are aware of any material that may be sensitive for a particular student. Be especially aware of any instances of children in your class who have been recently bereaved. Adaptations may need to be made to the lesson or the timing of any related projects to accommodate this.

“ I hadn't anticipated how much my class would want to engage on the subject until the Orgamites arrived at our classroom door! Together, with the resources provided, we've learnt all about our organs, then how to stay really healthy, and next up: we'll be joining the Orgamites on their 'Mighty Kind Movement' - making the world a better, kinder place - one classroom at a time. We can't wait!”

- Kyrie Card, Head Teacher

“ What I love about the Orgamites is the message that underpins everything they do: that it's what's on the inside that really counts. It's a message that I'm thrilled to see taking root in my class now too. Thank you Orgamites!”

- Jennifer Vincent, Grade 2 Teacher



What about different faiths?

Most religions in Canada fully support the principle of organ and tissue donation as a life-saving gift - and also support the principle of blood, organ and stem cell (bone marrow) transplantation. They accept that organ donation is a matter of personal choice. As do we. Individuals and some other religious groups may, however, have different views.

What can be donated?

The following can be donated after death: heart, lungs, kidneys, liver, pancreas, small bowel (small intestine) and tissues which include bone, eyes (cornea), skin, tendons, heart valves and arteries. Living donors can donate a kidney or part of their liver, bone marrow and stem cells, blood and plasma. Where a child is involved, living donors are normally a close relative with parents being the most common donors.

Can children and adults donate organs to one another?

While some organs can be donated regardless of the age and size of the donor and recipient, other organs (like the heart and lungs) need to be a certain size, and therefore require that donor and recipient are in a similar age bracket. Sadly, children tend to wait two-and-a-half times longer for organs due to this fact.

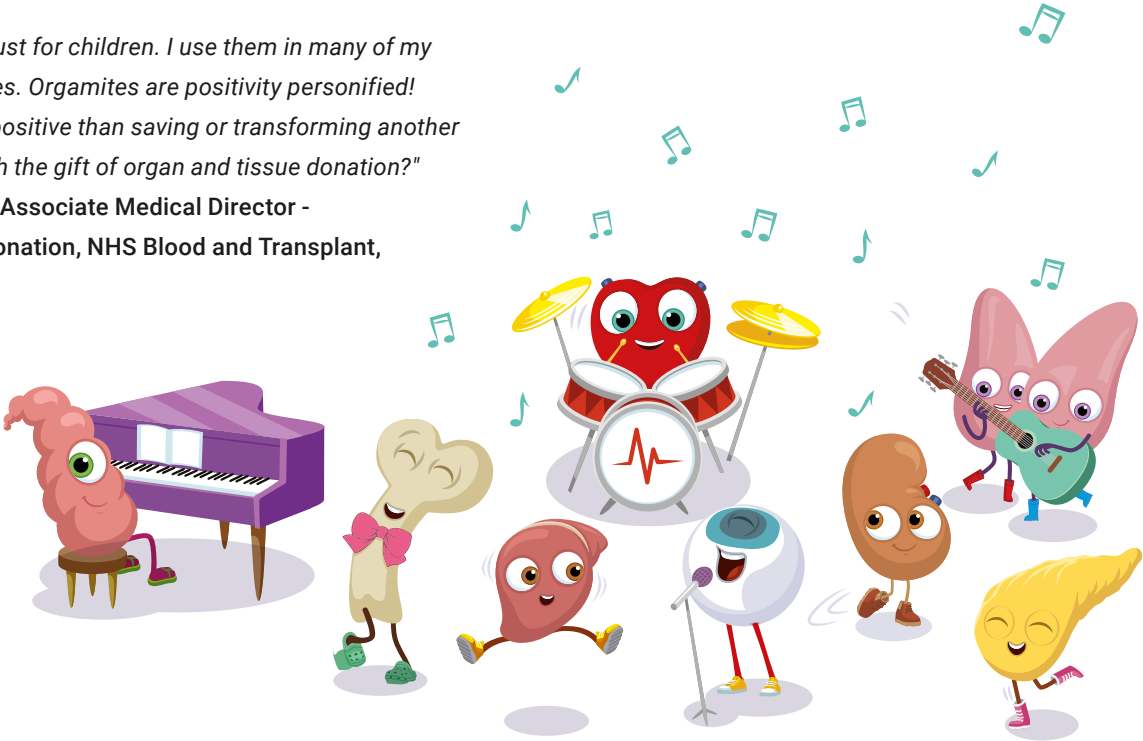
If you are an organ donor, do you have to donate all your organs?

It is your choice . You can choose to donate some organs but not others.

Are there any age limits for organ donation?

Passing on the ultimate gift of life isn't restricted to any age category. In fact, the oldest donor on record was 104! While there is no age limit, children under the age of 16 in Canada always require parental consent when registering as organ donors. So ultimately, parents of minors have the final legal say. And of course, the decision about whether some or all organs or tissue are suitable for transplant is always made by medical specialists at the time of donation.

“ *Orgamites are not just for children. I use them in many of my international lectures. Orgamites are positivity personified! What can be more positive than saving or transforming another person's life through the gift of organ and tissue donation?*”
- Dr. Dale Gardiner, Associate Medical Director -
Deceased Organ Donation, NHS Blood and Transplant,
United Kingdom



What is the organ donation situation in our country?

Currently, there are around 4,000 people on the transplant waiting list in Canada and every day someone dies while waiting for an organ transplant. Children tend to wait two-and-a-half times longer than adults. In most provinces, people must register their decision about organ and tissue donation with their provincial organ and tissue donor registry. However, as of January 2021, Nova Scotia became the first jurisdiction in North America to adopt a “deemed consent or opt-out model.”

This means:

- Nova Scotians still have a choice if they want to be an organ donor or not when they pass on.
- They can choose to opt in or opt out by recording a decision on their provincial registry.
- A potential donor’s family will still be consulted about organ donation and that’s why it’s important for families to have talked about donation.
- Any questions about the process will be addressed, including how faith, beliefs or culture will be respected.

Got questions or would like to share your Orgamites art?

For any questions or to share your Orgamites art with us, please write to info@orgamites.ca.

To register your school for ‘Orgtober’ and the ‘Golden Heart Award’ go to [Orgamites.ca/Orgtober](https://www.orgamites.ca/Orgtober).

To download additional Orgamites educational tools and resources, please visit [Orgamites.ca](https://www.orgamites.ca).

The Orgamites programme is brought to you by All Good Co. in partnership with Canadian Blood Services. Our mighty thanks go to all teachers, parents, and healthcare professionals for taking part in this programme.

YOUR INPUT MAKES A BIG IMPACT!

If you’ve introduced the Orgamites to your classroom, we’d love to know how it’s going. Click on the link or scan the QR Code to provide us with much-needed feedback, and please encourage as many other teachers, students and parents to do so too. Don’t forget to...



1. Have the conversation (talk about organ donation with your family)



2. Make the Mighty Pledge (with a pinky promise)



3. Be Mighty Proud (voice your choice wide and far)



[Click here to give your feedback!](#)

Orgtober
ORGAN DONATION EDUCATION MONTH

TOOLKIT 1
MEET YOUR MIGHTY ORGANS
DOWNLOAD FREE FROM ORGAMITES.CA

ORGAMITES
IT'S WHAT'S INSIDE THAT COUNTS

OUR PARTNERS: IN-VIVO GIVE LIFE, CHASSIS FOUNDATION, Canadian Blood Services, CANADIAN BLOOD SERVICES, NHS Blood and Transplant, ORGAN DONATION SCOTLAND

Orgtober
ORGAN DONATION EDUCATION MONTH

TOOLKIT 2
LET'S GET MIGHTY HEALTHY
DOWNLOAD FREE FROM ORGAMITES.CA

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Orgtober
ORGAN DONATION EDUCATION MONTH

TOOLKIT 3
JOIN THE MIGHTY KIND MOVEMENT
DOWNLOAD FREE FROM ORGAMITES.CA

ORGAMITES
IT'S WHAT'S INSIDE THAT COUNTS

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IT'S WHAT'S INSIDE THAT COUNTS
DISCOVER MORE AT ORGAMITES.COM

IN PARTNERSHIP WITH: Canadian Blood Services

ORGAMITES
IT'S WHAT'S INSIDE THAT COUNTS

Labels: EYE (CORNEA), BONE (BONE MARROW), RIGHT LUNG, LIVER, KIDNEY, SMALL BOWEL (SMALL INTESTINE), HEART, LEFT LUNG, KIDNEY, PANCREAS, LARGE BOWEL (LARGE INTESTINE)

MEET YOUR MIGHTY ORGANS

IN PARTNERSHIP WITH: Canadian Blood Services

LOOK AFTER YOUR ENGINE AND YOUR ENGINE WILL LOOK AFTER YOU!

IN PARTNERSHIP WITH: Canadian Blood Services

5 STEPS TO CHANGE THE WORLD

ORGAMITES
IT'S WHAT'S INSIDE THAT COUNTS

IN PARTNERSHIP WITH: Canadian Blood Services

HOW YOU CAN HELP OTHERS STAY HEALTHY AND SAFE

WASH YOUR HANDS
Wash hands regularly, with soap and warm water, for at least 20 seconds while singing the ABCs.

HAND SANITIZE AS A BACK UP
If soap and water are not available, the next best option is hand sanitizer.

DON'T TOUCH YOUR FACE BEFORE WASHING YOUR HANDS

SNEEZE INTO A TISSUE OR YOUR ELBOW IF YOU DON'T HAVE ONE

IT'S GOOD TO LEAVE A LITTLE SPACE WHEN YOU'RE UNWELL

IN PARTNERSHIP WITH: Canadian Blood Services

ORGAMITES
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 unique 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.

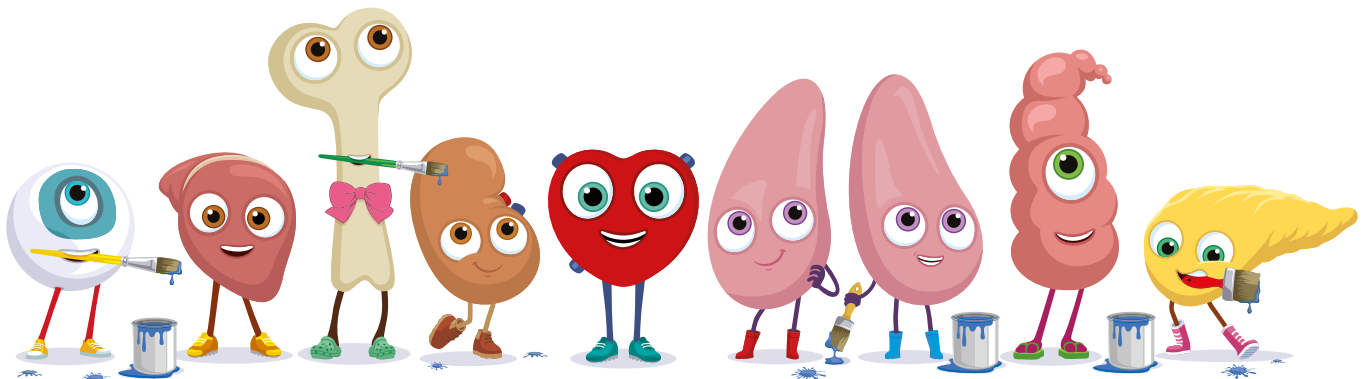
And if one day, these parts I don't need, You can pass them along as my final good deed. After all, it's not outside looks or clever tricks that truly abound, We're all beautiful and precious - it's what's inside that counts!

BE MIGHTY PROUD

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IT'S WHAT'S INSIDE THAT COUNTS!



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