

ORGAMITES®

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TOOLKIT 2 LET'S GET MIGHTY HEALTHY FAMILY RESOURCES



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OUR HABITS GREATLY HELP (OR HINDER) OUR HEALTH

It's the small, often unseen choices that we make, that make the biggest difference in the end. When it comes to our health, this couldn't be more true. The earlier in life we start forming healthy habits, the greater the chance they'll stick – and we'll live longer, healthier, happier lives as a result.

Inspiring kids everywhere to lead healthier lives is one of the Orgamites' great missions.

Through fun, friendly educational resources, your child has been learning all about the Orgamites' **5 Mighty Healthy Tips**. Now it's time to bring it home!

Together, let's all get mighty healthy!



1 GET GROOVING AND MOVING!

Moving our bodies, working those muscles, and dancing or running around aren't just fun things to do – they're very important for our development and health too!

When we move more, we:

- Get stronger hearts and muscles.
- Feel less grumpy and more glad!
- Develop better sports skills.
- Feel more confident in what our bodies can do.
- Sleep better at night.
- Reduce our risk of getting diabetes, high blood pressure, heart attacks, and even cancer.



Did you know?

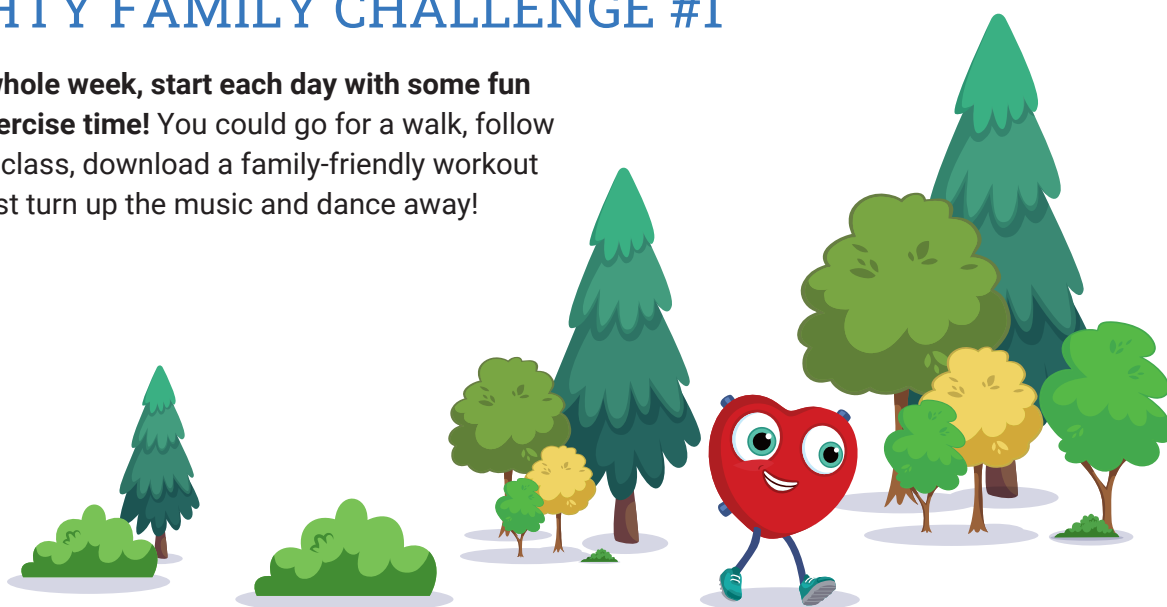
There's no such thing as kiddie-sized exercise! As kids grow and change, they need more (not less) exercise than grown-ups! It's only when you're active that your bones, heart and lungs are strengthened and develop like they should.

So how much activity do kids really need?

Children should be getting 60 minutes of activity each day, including at least three sessions of vigorous physical activity (of 20 minutes or more) every week. Physical Education (PE) at school is a good start, but children need more than just that.

MIGHTY FAMILY CHALLENGE #1

For one whole week, start each day with some fun family exercise time! You could go for a walk, follow an online class, download a family-friendly workout app, or just turn up the music and dance away!



HEALTHY HABITS TO GET GROOVING AND MOVING

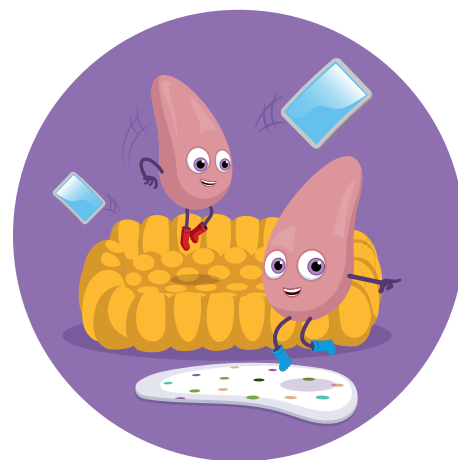
- ☐ Start by taking a proper look at how much exercise you are all really getting.
- ☐ Speak together about the benefits of moving more, and perhaps what you can do together that could be fun.
- ☐ Walk (instead of drive or take the bus) when you can.
- ☐ Play games like hide and seek, frisbee or tag as a family.
- ☐ Regularly go to a park or local playground after school or on weekends.
- ☐ Walk to the local shops once a week.
- ☐ Go swimming as a family – most pools have a family playtime several times a week.
- ☐ Set your kids fun, active challenges – how fast can they run, how high can they jump, etc.
- ☐ Get your kids involved in household chores – vacuuming is definitely a form of moving!



2 TAKE A BREAK FROM SCREENS!

Although movies, games and apps can be wonderful supplements in our kids' lives, they make for very poor substitutes. They simply can't take the place of real-life connections.

Recent studies suggest that most kids spend more time staring at screens than they spend doing any other activity except sleeping - around eight hours per day!



Did you know?

Those of us who watch the most TV typically have the worst diet, loaded with fizzy drinks and junk food. All of this overloads the digestive system, making it harder for the bowels, pancreas, kidneys and liver to do their jobs properly. It's not just TV that has a negative impact - research shows that the more time young people spend engaged online, especially on social media, the more likely they are to suffer from anxiety and depression.

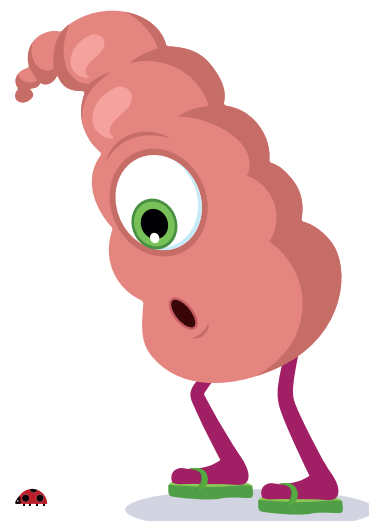


MIGHTY FAMILY CHALLENGE #2

For one whole week, switch off all phones, devices and screens at a certain time every day and connect to each other without them!

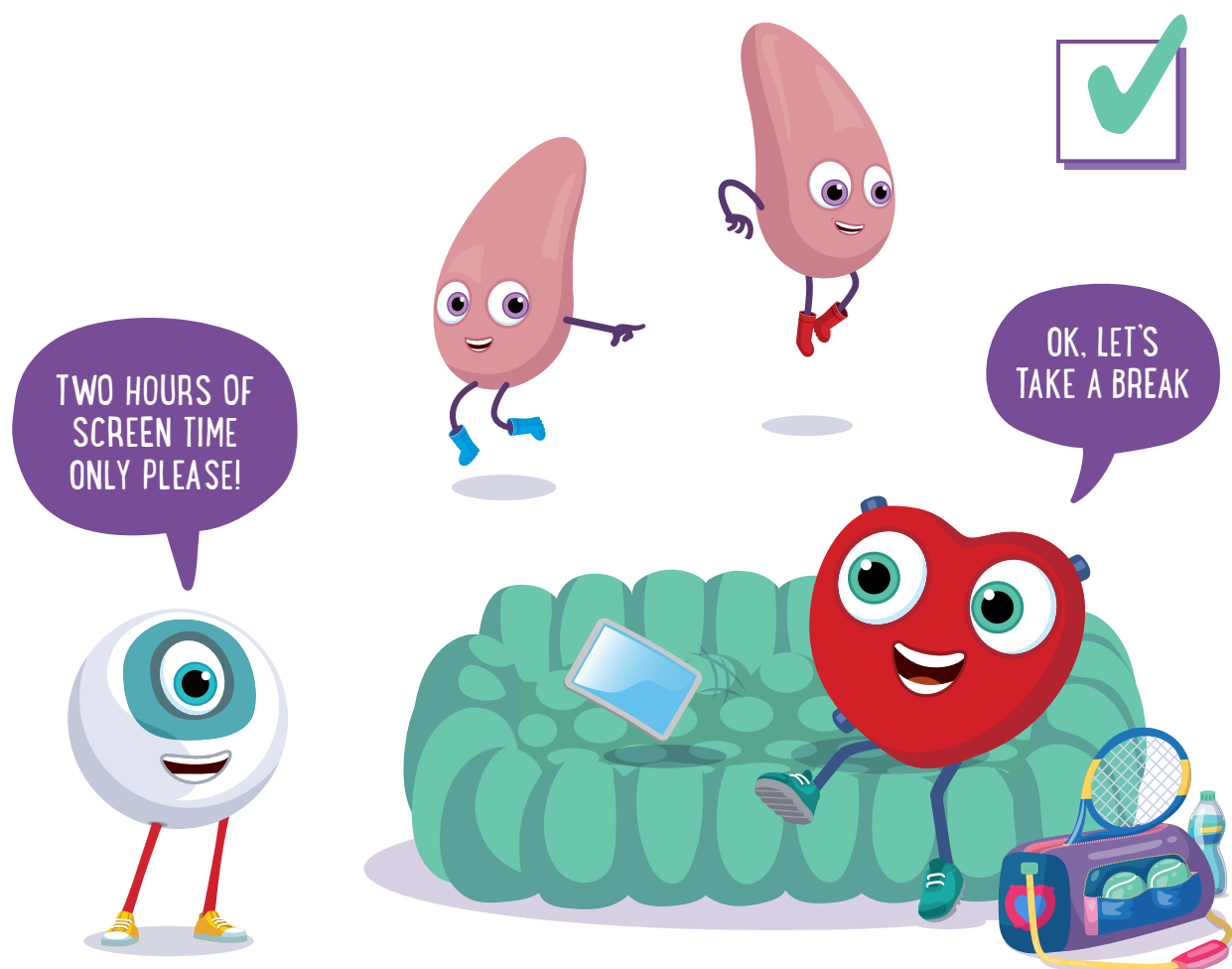
In today's world, it's easy to get lost in the sea of digital distractions and forget to give our loved ones the attention they deserve. Imagine how different the quality of our family lives would be if everyone at home turned their devices off at a certain point and gave each other the rarest thing known to modern mankind: undivided attention.

This exercise also creates a safe space for open communication, fosters deeper connections, and provides an opportunity to disconnect from the outside world and focus on the present moment with those who matter most.



HEALTHY HABITS TO BREAK THE SCREEN HABIT

- ☐ Start keeping a record of how much time your kids **actually** spend on screens. If it's more than two hours per day, look at what else they could be doing.
- ☐ Find other activities for them to do, other than screen-based ones. Take them to the library, pull out the Lego, buy some fun board games, a pack of cards, puzzles or craft activities.
- ☐ Regularly spend family time together that doesn't involve a screen. Take a walk in nature, huddle around mugs of hot chocolate, make pancakes, bring all the blankets and make a fort in the living room, camp under the stars in your backyard, build a fire and toast marshmallows. There's a truly wonderful world waiting for us on the other side of a switched off screen!
- ☐ Set limits – tell your kids why you are limiting screen time and when they have reached their daily limit.
- ☐ Turn the TV off when you aren't actually watching it. Having it on in the background the whole time encourages kids to watch it constantly.
- ☐ Have TV or screen-free days – it helps your kids to understand that life exists beyond screens.
- ☐ Avoid eating meals in front of the TV. Sit around a table together, at least once a day.
- ☐ Don't fear the 'B' word! Don't rush to alleviate your child's boredom. It's precisely when the screens are turned off, and the noise is turned down, that new ideas can be born, imaginations can be raised back to life and that creative thoughts can begin to grow.

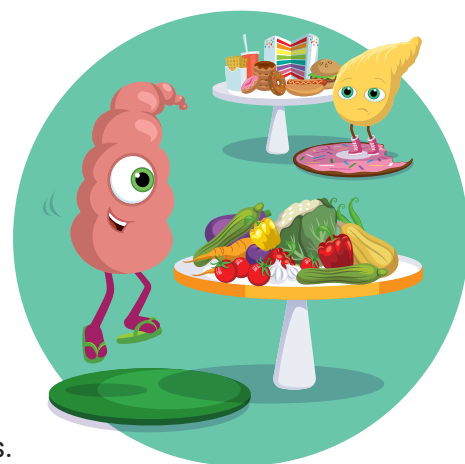


3 EAT GOOD FOOD!

If you had a fancy car, you'd never pour mud into the fuel tank would you? Our bodies are far more amazing than any vehicle, so let's feed them with the right kind of fuel!

What's so bad about junk food?

- When we eat junk food, it doesn't just lead to a short-term sugar high, but far worse long-term side effects too.
- Processed sugars contain no nutritious elements, vitamins or minerals. A lack of quality nutrients can affect the heart and bones.
- While not giving us the fuel we need, junk food still makes us crave more, and then leaves us hungrier sooner.
- It clogs up our digestive system, making it harder for our bowels to do their job while affecting the liver and kidneys too.
- It sends our blood sugar levels on a rollercoaster and can make it harder to concentrate and learn in class.
- Not only does eating junk food deprive children of the essential nutrients they need to grow physically, it also affects their intellectual development.



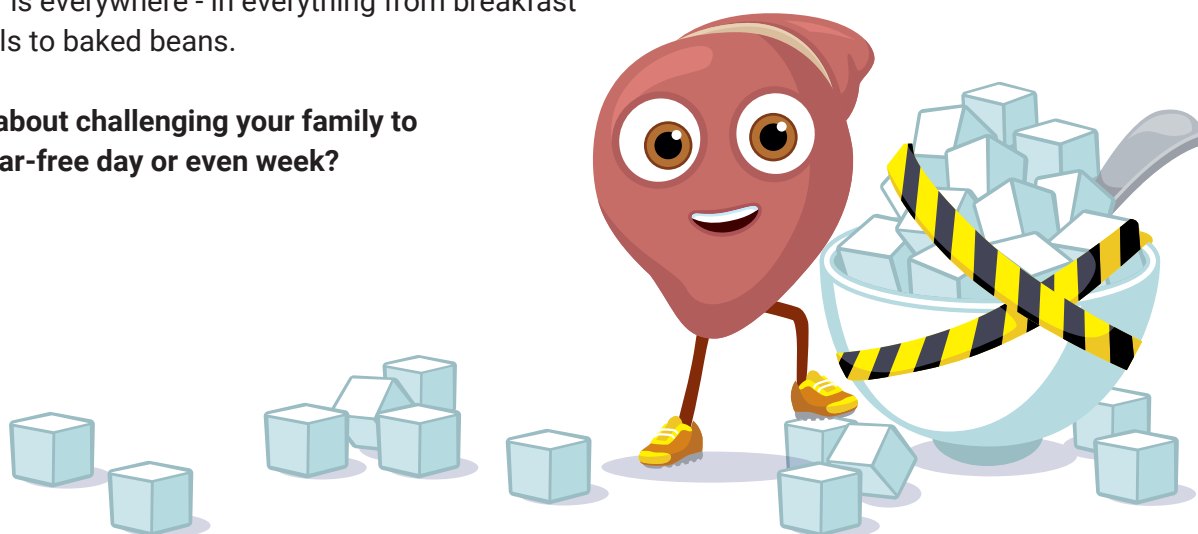
Did you know?

In the past 300 years, the average person's intake of sugar has risen from four pounds a year to almost 200! That's fifty times more sugar per person! Little wonder then that the incidence of diabetes has risen from 3 per 100,000 to 8,000 per 100,000 over the last 100 years... that's an increase of almost 3000%.

MIGHTY FAMILY CHALLENGE #3

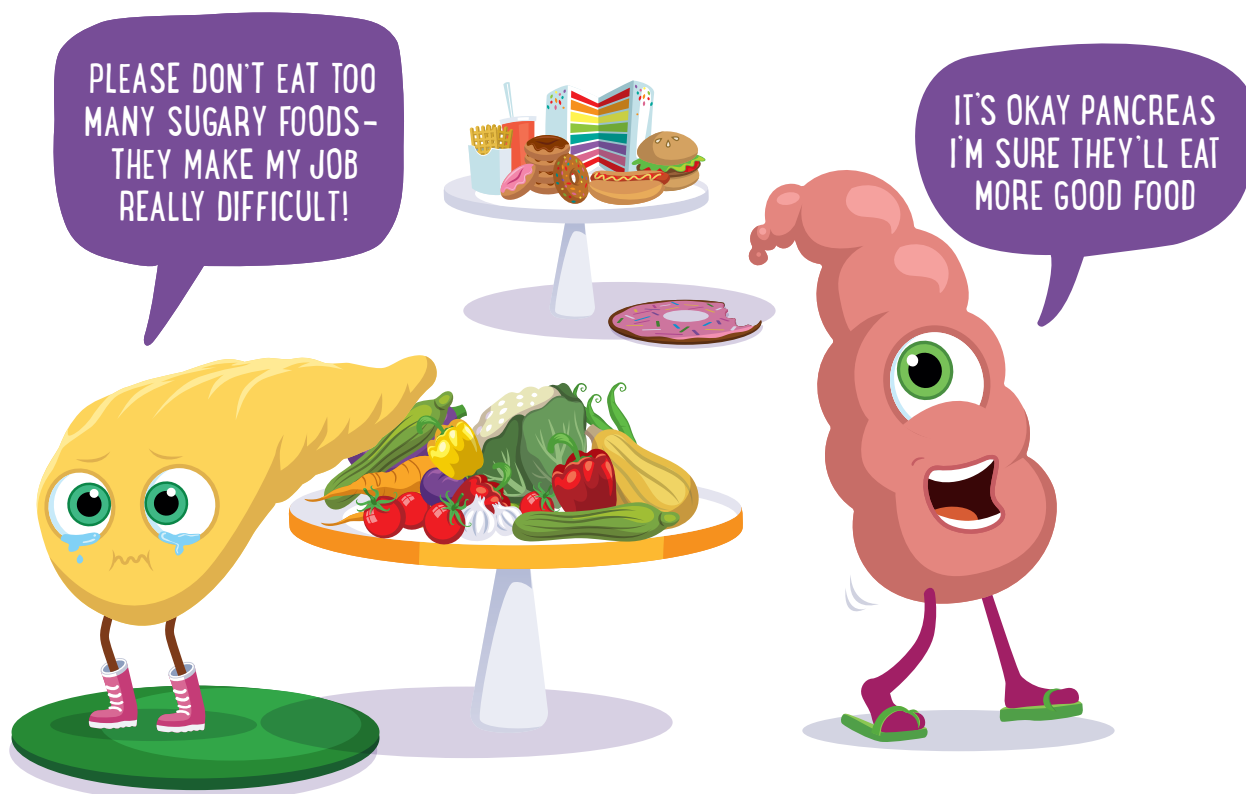
Sugar is everywhere - in everything from breakfast cereals to baked beans.

How about challenging your family to a sugar-free day or even week?



HEALTHY HABITS FOR EATING GOOD FOOD

- ☐ Make sure you (and your kids) are getting at least five portions of fruit and vegetables every day, plus plenty of whole grains and a little lean protein.
- ☐ Learn to read labels. Sugar is everywhere but it has a lot of sneaky spy names. Sucrose, glucose, fructose, dextrose, and syrup are all different names for undercover sugar. Labels list in order of how much is in the product, so if sugar is one of the first ingredients, that means it is one of the main ingredients.
- ☐ Fizzy drinks, sport drinks, and fruit drinks are the single largest source of added sugar in children's diets. Eliminate them and make water the go-to drink for you and your children.
- ☐ Don't ban foods – that creates conflict and confusion. Instead, try to limit your family's intake of treats and junk food to only special occasions, no more than once or twice a week.
- ☐ Ditch the sugary breakfast cereals. Make sure your kids have some fruits or vegetables with every meal – but especially try to start their day right.
- ☐ Start a one bite rule – children need to be exposed to a food 8-10 times before they get used to it, so encourage them to try just one bite of new healthy foods they previously may have not liked.
- ☐ Get your kids involved in cooking (and possibly growing) their own food – they'll be far more likely to eat it!
- ☐ Beware of low-fat products – they usually replace fat with sugar.
- ☐ Beware of no-sugar products – make sure they haven't just replaced the sugar with equally harmful synthetic sweeteners. These should be avoided altogether.

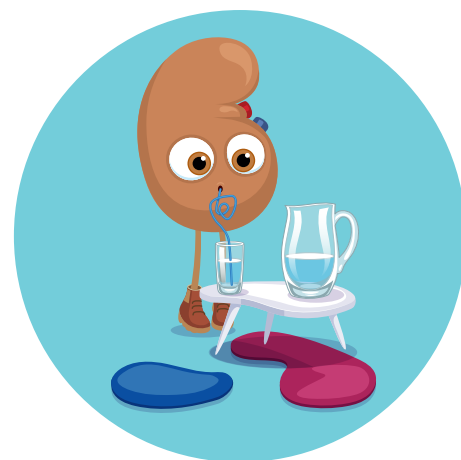


4 DRINK MORE WATER!

Let's get drinking more water and loving it too! Tea, coffee, juices, sodas and fizzy drinks all compete for our thirst's attention but only one choice stands way above them all.

Why is water the drink of champions?

- You're mainly made up of water! It's your main ingredient—60% of you in fact!
- It's what your body really needs. You can survive for weeks without food, but without water you wouldn't last very long at all.
- When we don't drink enough water, our organs have to work doubly hard, especially our kidneys.



Did you know?

Many people are dehydrated and they don't even know it! Symptoms include thirst, dry skin, dark coloured urine, heartburn, headaches, constipation and tiredness. Dehydration occurs when the body loses more fluids than it takes in, and it can be caused by various factors, such as excessive sweating, diarrhea, vomiting, and not drinking enough fluids.

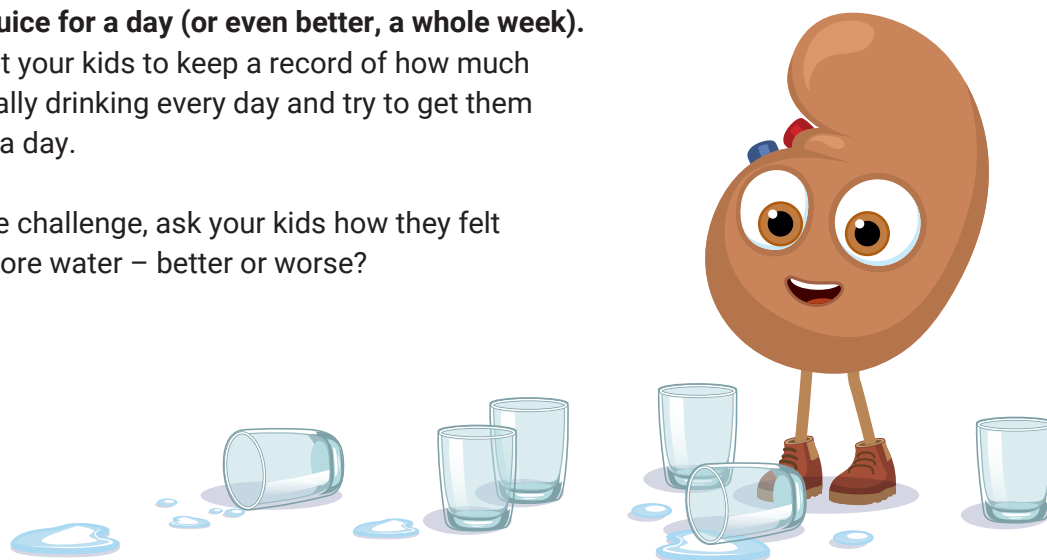


MIGHTY FAMILY CHALLENGE #4

Let's ditch the juice for a day (or even better, a whole week).

You can also get your kids to keep a record of how much water they're really drinking every day and try to get them up to 6 glasses a day.

At the end of the challenge, ask your kids how they felt after drinking more water – better or worse?



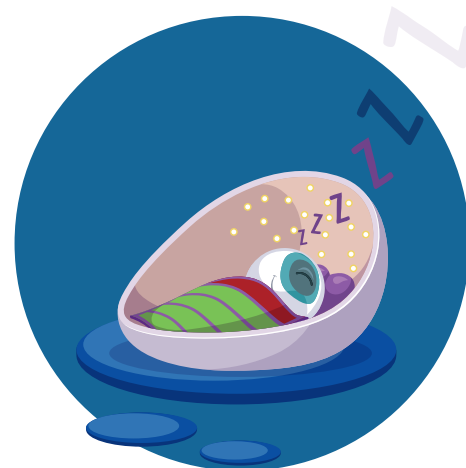
HEALTHY HABITS FOR DRINKING MORE WATER

- ☐ Make an honest assessment of what your kids drink every day. And how about you?
- ☐ Start each day with a glass of water.
- ☐ Drink at least one glass of water with each meal.
- ☐ Limit your family's consumption of fizzy drinks and fruit drinks. Make water the go-to drink in your house!
- ☐ Some kids aren't used to the taste of water—add a slice of their favourite fruit or a fresh sprig of mint. Fun-shaped ice cubes can also help!
- ☐ Give your kids an eco-friendly straw when they drink water. Kids love straws!
- ☐ Make water readily available – have a water jug handy and in reach for your kids. If your kids are younger, always have a sippy cup with water where they can reach it.
- ☐ Consider buying a water filter – it will improve both the taste and the quality of your drinking water.



5 RECHARGE ON SLEEP

Sleep is nature's way of recharging us for the day ahead. Instead of resting like we do, our amazing organs set to work while we sleep: repairing, recovering and growing stronger, while our feelings and memories get processed, and our thoughts get a little more organized.



Children who don't get enough sleep report:

- Increased anxiety and stress.
- Drowsiness.
- Impaired memory.
- Poor concentration at school.

The long-term effects are even worse. Prolonged sleep deprivation puts a strain on the heart, liver, bowel and pancreas. This leads to a weakened immune system, high blood pressure, impairments to hunger receptors (leading to overeating), and an increased risk of heart attacks, stomach ulcers, strokes, obesity and diabetes.

How much sleep do we need?

For adults, seven to eight hours sleep per night is recommended, but children need even more - around ten hours per night for primary school children, and nine hours per night for teenagers.

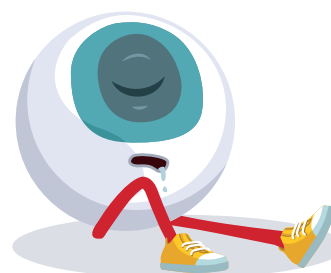
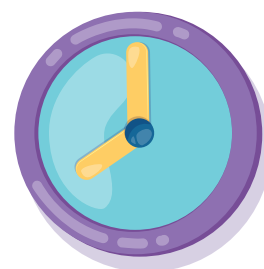
Did you know?

Melatonin is your body's very own homemade sleeping potion! It's made by the smallest organ in your body: the pineal gland.

MIGHTY FAMILY CHALLENGE #5

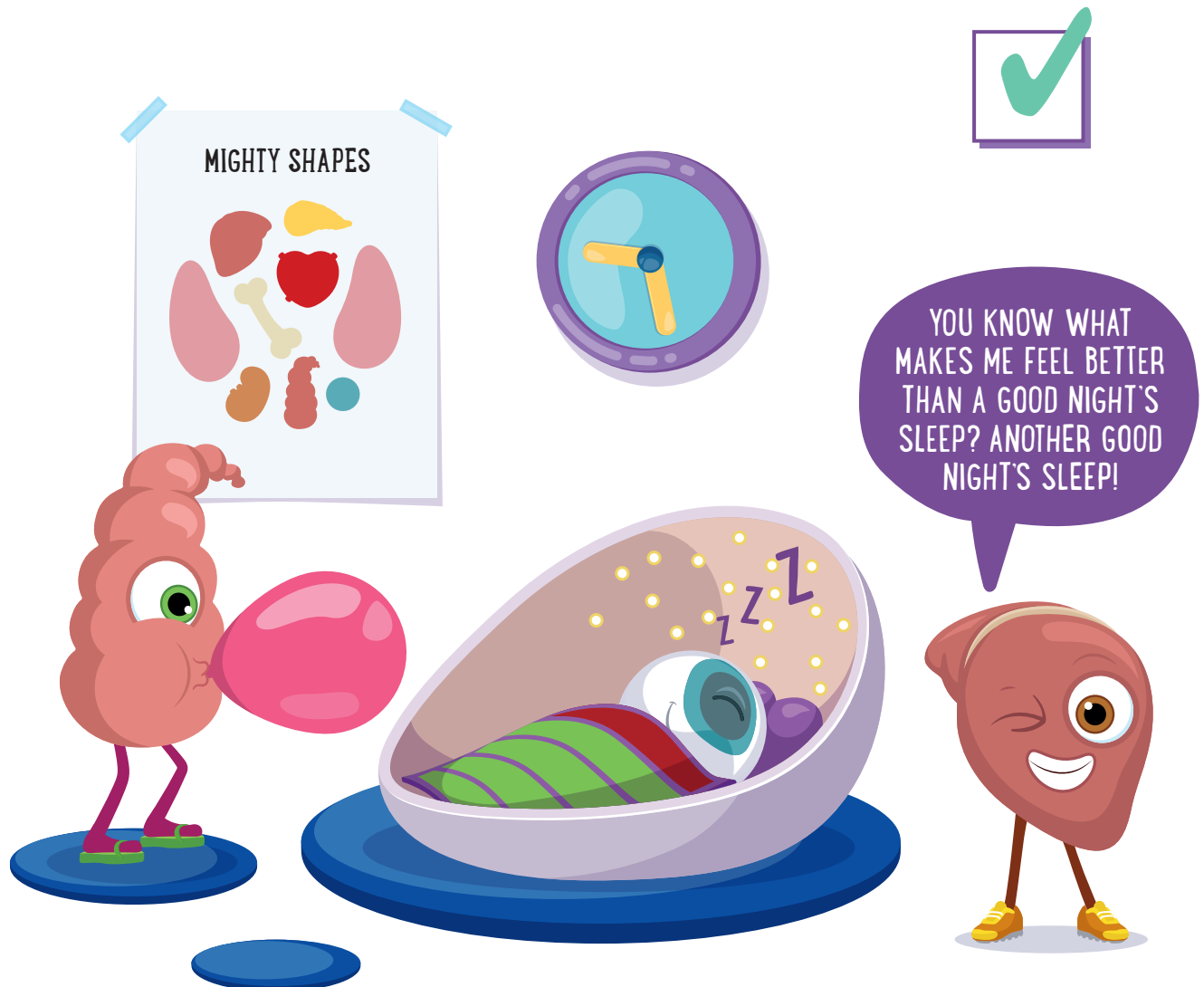
For a whole week, make sure your kids go to bed and wake up at the same time (weekends included).

Research has shown that this helps their body clock to reset if they were out of sync before. Encourage them to keep a record of how much sleep they've gotten every night over this week, and to see for themselves how much the amount of sleep they get affects the quality of their next day.



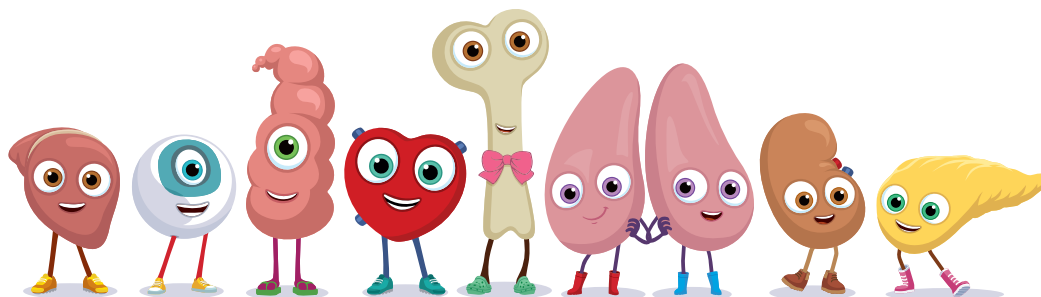
HEALTHY HABITS FOR RECHARGING ON SLEEP

- ☐ If you have more than one child, they might need different bed times that suit their body clocks and stages better.
- ☐ Set a pattern and stick to it, even on weekends. Radically different sleep patterns on the weekend will only disrupt sleep throughout the next week.
- ☐ Turn off the screens two hours before bed. Staring at a screen stops the production of melatonin, the sleep hormone.
- ☐ Turn down the temperature. People sleep best at around 21°C (or 70°F).
- ☐ Make sure your kids aren't scared at night – address any night-time fears.
- ☐ Is everyone getting enough exercise? If we aren't physically tired, it's harder to fall asleep.
- ☐ No fizzy drinks or coffee in the evening. Especially not for kids.
- ☐ Take a warm bath or shower just before bed.
- ☐ If your child has persistent sleep problems and nothing seems to help, speak to your doctor to ensure there aren't any underlying health issues.



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.



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.

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://orgamites.ca/Orgtober)

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

YOUR INPUT MAKES A BIG IMPACT!

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!](#)



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 astound,
We're all beautiful and precious - it's what's inside that counts!

NAME OF PLEDGEE

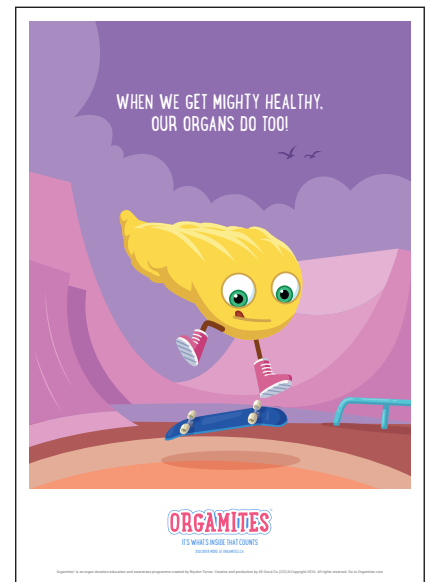
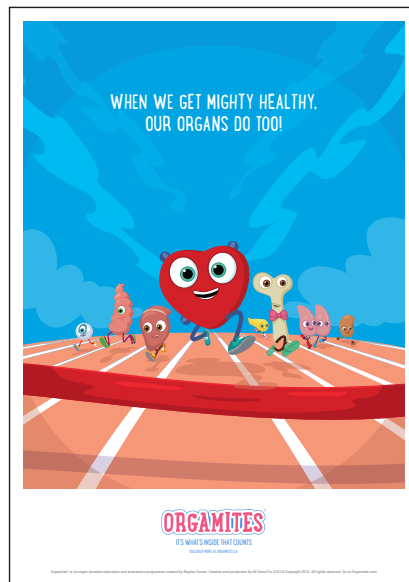
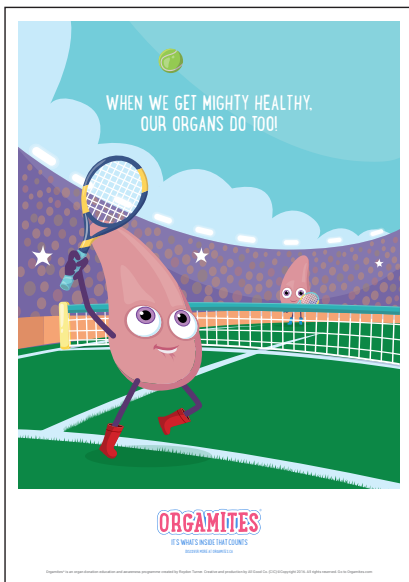
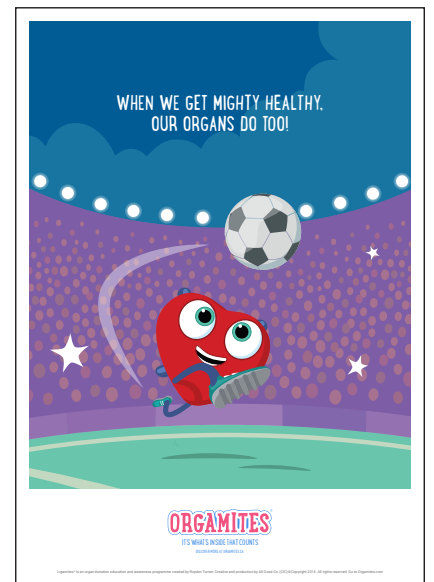
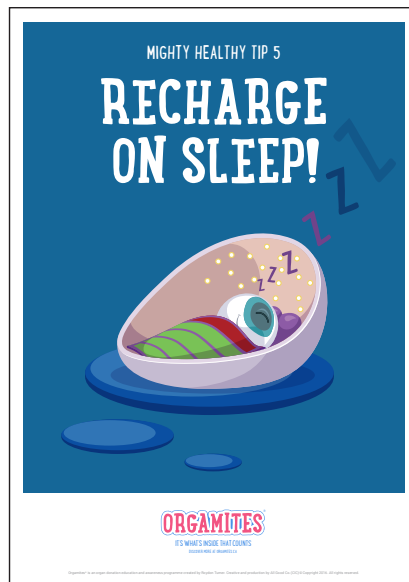
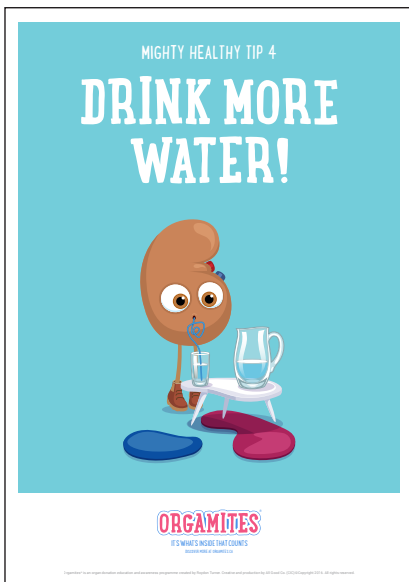
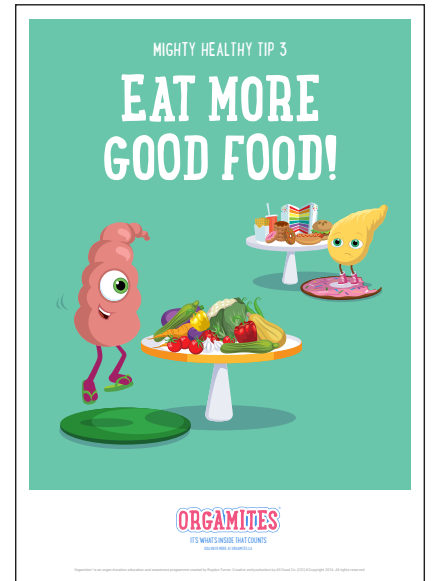
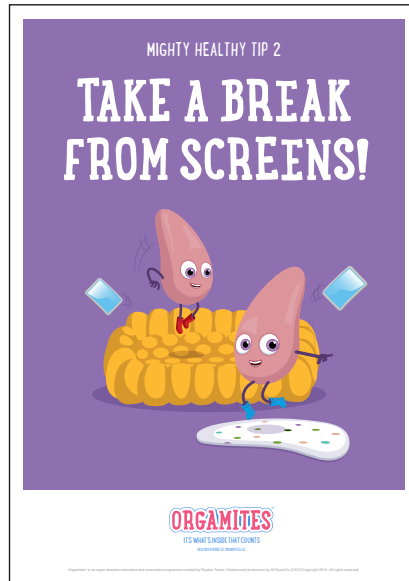
BE MIGHTY PROUD



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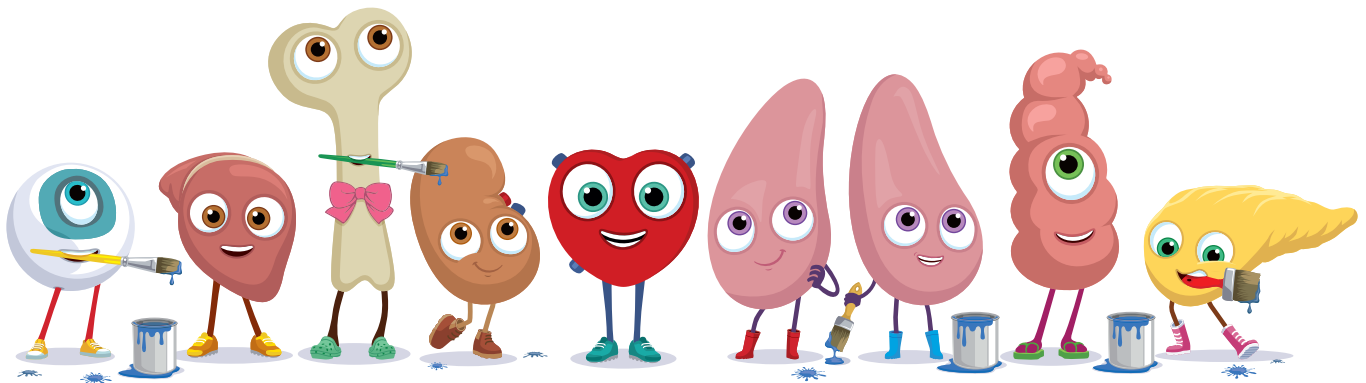


CHILD AND PARENT
PINKY PROMISE PRINTS



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IT'S WHAT'S INSIDE THAT COUNTS!



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