

ORGAMITES®

IT'S WHAT'S INSIDE THAT COUNTS

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THE MIGHTY EDUCATION PROGRAMME

TOOLKIT 2: MIGHTY HABITS

TEACHER OVERVIEW



IN PARTNERSHIP WITH



ONASSIS
FOUNDATION



Canadian
Blood
Services
BLOOD
PLASMA
STEM CELLS
ORGANS
& TISSUES

Organ Donation
Northern Ireland

HSC Public Health
Agency



Giving
to help
others

BTS
British
Transplantation
Society



OUR HABITS DETERMINE 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. Helping you to empower the kids in your classroom to lead healthier lives is our passion and purpose.

WHY TEACH KIDS ABOUT HEALTHY HABITS?

According to the World Health Organisation, there are several major crises facing the next generation. Most are health-related. Solving them starts with education, and all of us (teachers, healthcare professionals, policy makers, parents and guardians) working together for the good of kids everywhere.

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.

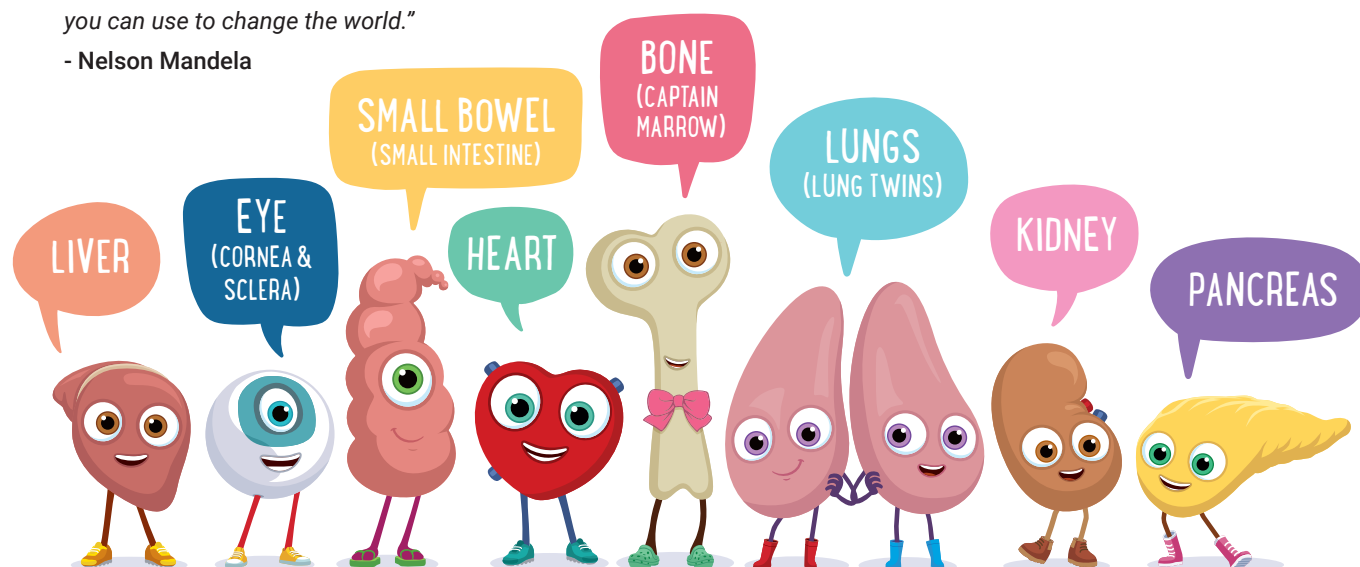
WHO ARE THE ORGAMITES?

As the only organ donation and health education programme of its kind, the Orgamites are here to breathe new life into some of the most neglected life and death issues facing the next generation.

A team of nine life-saving organs found in each one of us, the Orgamites are also known as the 'mighty organs' because they represent the organs most needed for donation and transplantation. Created for kids from the age of 5 to 11, every Orgamites resource aims to close one or more of the major health gaps facing the younger generation (as identified by the World Health Organisation) – inspiring kids everywhere to take better care of their health, each other, and the entire planet too.

“Education is the most powerful weapon you can use to change the world.”

- Nelson Mandela



TOOLKIT 2: MIGHTY HABITS!

Introducing the most important, need-to-know healthy habits out there. Embedded with research-backed insights on how to create and keep habits, we'll help you guide the kids under your care toward a lifetime of healthy living.

Your students will also learn how the health of their organs directly impacts their overall health.

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 healthy habit and how to really apply it to one's life. Interwoven throughout this version, you'll find a number of fun, optional challenges and class activities. To make your job even easier, we've created supporting **Lesson Presentation Notes**.

- Family Resources**

To get whole families and households freshly inspired toward starting healthier habits, send this booklet home to all parents and guardians on the day you introduce the Organites to your class (you can print it or email it to them). Not only does it introduce the Organites, it outlines the Organites' Mighty Habits, and gives families fun, practical challenges to help kick-start new habits too.

- Additional Teacher Resources**

Classroom Activities, Colouring-in Sheets, 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.



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 Teaching Resources **or**,

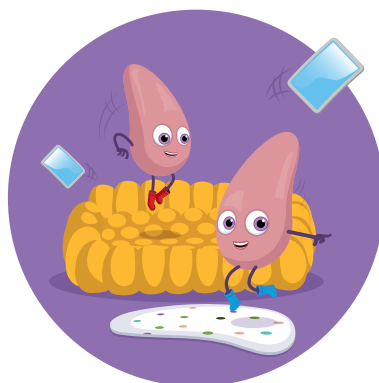
The really sticky way—take your time to really explore each of the Organites' Mighty Habits. You can do this by focusing on just one habit per day/lesson, and putting the suggested tips (outlined on the next page and in the Lesson Presentation Notes) into real-time action!



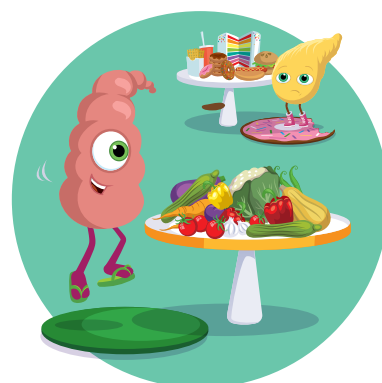
THE ORGAMITES' FIVE MIGHTY HABITS ARE:



1. GET MOVING AND GROOVING!



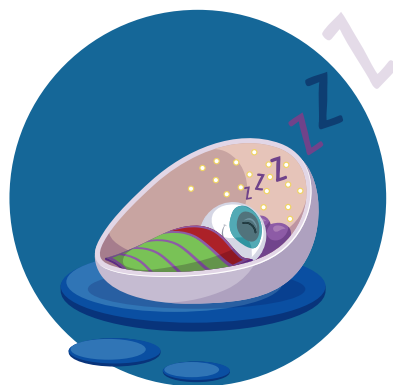
2. TAKE A BREAK FROM SCREENS!



4. EAT GOOD FOOD!



3. DRINK MORE WATER!



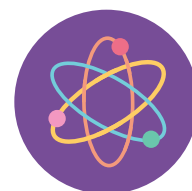
5. RECHARGE ON SLEEP!



FOR A MIGHTY HEALTHY LIFE!

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)

Lesson outcomes include:

- Why and how to exercise more
- Why and how to spend less time on screens
- Why and how to eat healthier foods
- Why and how to drink more water
- Why and how to really prioritise sleep
- A new appreciation for one's health, mighty organs and organ donation in general.



TOP TIPS FOR TEACHERS

To give each of the Mighty Habits the best chance of making a big impression and hopefully becoming lifelong habits, we suggest you add the following fun activities:

1. Get moving and grooving!

After introducing this habit, it's time to get those bodies really moving and grooving! Perhaps you could go for a class walk, or put on some fun music and dance together... whatever you do, try to show how getting moving is the opposite of boring. Then after you've tired your students out, call everyone together and talk about how everyone is feeling... can they feel their hearts beating faster? How do they think their hearts feel about that – happier yes! Can they see how their lungs are working extra hard now too – breathing more deeply? Are any of their muscles burning a little? Which ones? Do they think that's making them stronger? Definitely!

2. Take a break from screens!

To illustrate just how hard it is on our organs to sit around all day while we watch screens, why not play a game whereby you play music and dance around, but everyone has to freeze (stand totally still) when the music is turned off. Absolutely no movement is allowed. As soon as someone moves, they have to sit down. Continue until no one is left standing, then talk about how hard that was to do. That's how it feels for our organs too! You may want to also teach your class how to give their incredible eyes a break from screens. Although it's not true that our eyes will turn into squares if we're always staring at screens, too much screen time does put a strain on our eyes. When we do a few extra blinks and then look away to focus on something in the distance (not just right in front of us), it's like we give our eyes a mini holiday!



3. Eat good food!

By eating less junk food, and enjoying more good food – we can look after our organs the way they look after us. Most junk foods are highly processed, and full of either sugar, oil, salt, artificial flavourants and/or refined carbohydrates. Most kids don't know this, and don't know how to read labels on food packaging to check.

Why not ask your students to bring in a few food wrappers to school, then perhaps in smaller groups, get them to read the listed ingredients and discover what's lurking inside some of their favourite snacks. Let them know that sugar is often disguised with other names: sucrose, glucose, fructose, dextrose, and syrup are all different names for sugar. You could also bring in a little mathematics: measuring which foods have the most preservatives, or the least sugar, which snacks are healthier and which ones should just be for special occasions.

4. Drink more water!

Let's get drinking more water and loving it too! Every child could be encouraged to decorate their water bottle, and also be able to have it with them at all times (even while they work at their desks). As a fun, memorable activity, why not create a fun 'water bar' at school? You'll need a few jugs or refillable water containers with taps.

Encourage the children to bring something healthy to flavour the water... slices of lemon, strawberries or blueberries, sprigs of mint, sticks of cucumber, etc. Set up different 'flavours' of water based on different additions, and then perhaps get kids to perform a 'blind tasting'... without knowing which water comes from which jug, they must guess what was added to their water just by tasting it.

5. Recharge on sleep!

This one's harder to practice at school! To make sure everyone is recharging on sleep, why not set your students the challenge of going to bed and waking up at exactly the same time for 7 nights in a row (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. Talk about the results and their experience after the week is up.

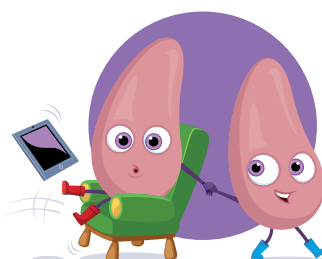
All together now!

After you've taught through all the Mighty Habits, take a minute to ask the students if they can remember all five of them. Ask them which of the five they would like to focus on getting right first, or most. You may want to play a game whereby you shout out a number (1-5) and they have to do the mime action of that particular habit - for example pretending to drink water if you shout out '4', or lying down to sleep if you shout out '5'. Switch it up, and do the actions yourself – asking them to guess which habit you're miming!

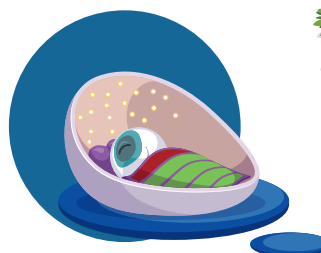
“Educating children about their organs and how to keep healthy was an unexpected highlight of the term! The lessons and resources provided by the Orgamites went deeper than simply providing information, they offered inspiration, light-hearted fun and loads of opportunities for meaningful discussions.”
- Gregory Hex, Primary School Teacher



“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—giving kids the opportunity to openly learn about and discuss saving lives through organ donation. Educating young people is the way to change the world—important movements always start with younger generations.”
- Dr. William Wall, Transplant Surgeon, London Health Science Centre



“Far from being a difficult subject to broach - the Orgamites have swept into our school bringing light, laughter and a gentle touch to the topic of organ donation.”
- Kate Johnston, Grade 1 Teacher



MIGHTY TOOLS

Created in collaboration with teachers and healthcare professionals, all our educational toolkits aim to empower teachers with the very best tools so that they can inspire the next generation to not only know better, but live better too! Although self-standing, our toolkits sequentially build upon one another:

Toolkit 1: MIGHTY ME

Do your students know just how incredible their bodies really are? Let's start by looking under the hood, discovering where our mighty organs are, why they're amazing and what each part really does. We'll also introduce kids to the concept of organ donation.



Toolkit 2: MIGHTY HABITS

We've created the ultimate list of healthy habits all kids everywhere need to know. Combined with research-backed insights on how to form habits, we'll show you how to guide the kids under your care toward a lifetime of healthy living.



Toolkit 3: MIGHTY KIND

Anything healthy grows and brings life to others. That's why we move beyond just looking at ourselves in this toolkit, to showing how we can work together to make the world a healthier, happier place. Anchored in practical activities everyone can do - we demonstrate what/why/how kindness can change the world.



Stop the clocks!

We've also initiated two global awareness months—Mayrrow: Bone Marrow and Stem Cell Education Month (also featuring Blood) and Orgtober (Organ Donation Education Month).

If you haven't already, register your school today for free access to all our toolkits and resources, 'Mayrrow' and 'Orgtober' months, the Golden Heart Awards and more: [Orgamites.com](https://www.orgamites.com)

“The Orgamites are an invaluable tool which is child-friendly and gently introduces the topic of organ donation. The focus on the individual organs through cute Orgamite characters not only ties into the National Curriculum but allows children to understand the function of organs and their interrelationship.”

- Kate Lewis, teacher and mother of James, recipient of a heart donation at the age of 5



OUR MIGHTY APPROACH

Created to help kids everywhere take better care of their health, each other, and the entire planet, the Orgamites' range of educational toolkits is unlike any other...

They inform!

Of course, knowledge is power – so we provide loads of it (all science-backed, medically verified and packaged for kids), but our educational resources don't stop there.

They inspire!

If we're aiming to motivate kids to live mighty, we must captivate their imaginations, not bore them to death! Instilling students with more awe and wonder (about their bodies and the world and people around them) is foundational to our approach.

They empower!

To embolden kids to not just know better, but live better, every Orgamites resource is anchored in fun challenges and practical action steps that lead to incremental improvements and personal ownership.

They're FREE!

We believe that all kids everywhere deserve a fighting chance of a brighter future. That's why we're committed to delivering world-class resources for every school, at no cost.

They really work!

Just like the hidden veggies in every mum's spaghetti bolognese, all the important stuff is in there, but the kids won't see it coming! Never competing with existing curriculums, Orgamites' resources aim to rather complement them – filling in the major health and social education gaps to avert what is quickly becoming the most significant crises of our time.

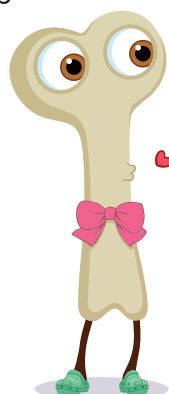


SAVE THE DATE!

Orgtober, formerly known as October, is our 'Organ Donation Education Month,' a month of activities, activations, and events all dedicated to promoting organ donation education among children, teachers, and families the world over.

By highlighting the importance of organ donation and encouraging more people to consider organ donation, we hope to create a worldwide movement that will impact generations to come and save countless lives too.

Register at [Orgamites.com](https://www.orgamites.com)



MIGHTY FAQ

Do we need to teach healthy habits?

Whilst students tend to be taught about the basic facts pertaining to their bodies, organs and health, there is often minimal space and time in the curriculum to truly engage with these topics in a way that can be easily applied to their day-to-day lives. Studies indicate that the sooner children form healthy habits, the more likely they are to stick with them and lead healthier lives into adulthood.

What is the Orgamites role in all of this?

The majority of school-going children value being informed about what their various organs actually do, how to keep healthy, and what organ donation and transplantation is all about. Yet, many teachers, parents, and healthcare professionals believe they lack the necessary information and resources to address the topics adequately. In every country where the Orgamites educational tools and resources have been introduced, the feedback has been overwhelmingly positive. Such multi-faceted, long-term strategies are gradually increasing the number of organs donated, reducing the lengthy waiting lists, augmenting the number of lives saved, and ultimately normalising organ donation. What's more, they're bridging the health education gaps to ensure there are far less pitfalls for the next generation to fall into.

How does this fit into a larger category and mindset?

Focusing on organ donation for children promotes a broader mindset of health, emphasising what's inside our bodies as essential. Positive affirmations and a healthy living guide play a role in this approach, fostering empathy, compassion, and community support. Prioritising organ health encourages people to make mindful lifestyle choices, promoting body positivity and self-acceptance. Ultimately, this approach saves lives and nurtures a holistic view of wellness.

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 the UK, regardless of the 'opt out' system, family members are always 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, very few have 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.

“Directly affected by the devastating impact of a family member in need of a transplant, at a very young age I decided to become a scientist. Today, I am here to use my voice and skills to support one of the most exciting and heart-warming projects I have ever encountered, the Orgamites! Education, compassion and generosity are taught through this educational programme, to make our world better for us, and our children!”

- Dr. Eva Tsaousidou, Postdoctoral Research Associate, Harvard T.H. Chan School of Public Health



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.

What about different faiths?

Most religions 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 and sclera), skin, tendons, heart valves and arteries. Living donors can donate a kidney or part of their liver, bone marrow (stem cells), and blood. For organ transplants 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?

Some organs can be donated between adults and children, but many others (such as the heart and lungs) require that the donor and recipient organs are of similar size. For this reason, young children on the organ donor waiting list are often waiting for life-saving organs that can only be donated from similarly aged donors.

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

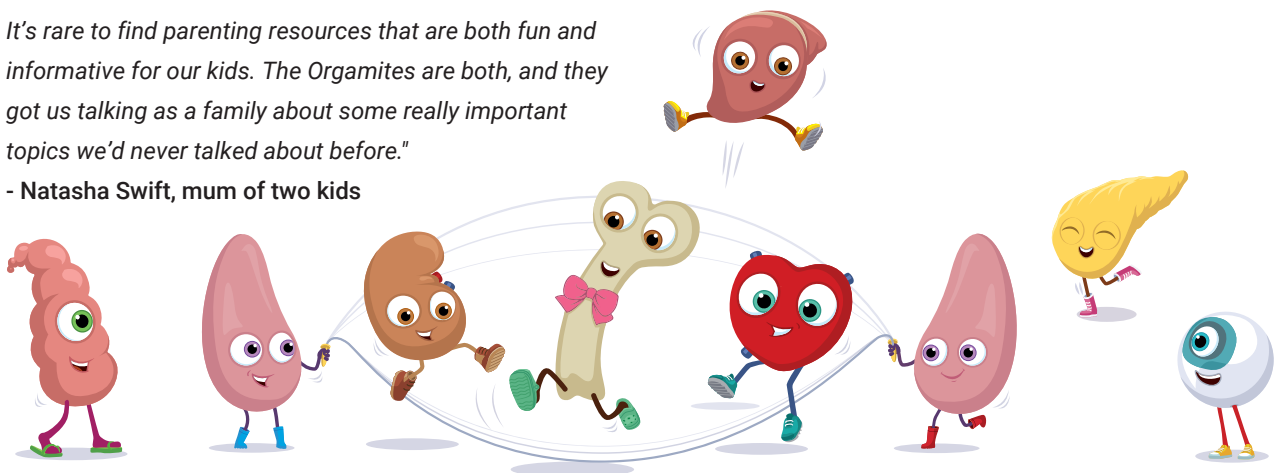
It is your choice. You can choose to donate some organs but not others.

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 12 in Scotland and under 16 in the rest of the UK **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.

“It's rare to find parenting resources that are both fun and informative for our kids. The Organites are both, and they got us talking as a family about some really important topics we'd never talked about before.”

- Natasha Swift, mum of two kids



What is the organ donation situation in our country?

Currently, there are around 7,400 people on the organ transplant waiting list in the UK, 230 of them are children. Every day someone dies while waiting for an organ transplant. Children tend to wait two and a half times longer than adults, owing to a significant shortage of child organ donors, leading to children and their families waiting for a life-saving donation that tragically doesn't always come to fruition.

What is the 'opt out' system?

All adults in the UK are now considered to have agreed to be an organ donor when they die unless they have recorded a decision not to donate or are in one of the excluded groups. This is commonly referred to as an 'opt out' system, also known as 'deemed consent', or 'presumed consent'.

Can children join the NHS Organ Donor Register?

Parents and guardians from all communities and ethnicities can register their children, and children can register themselves at any time (and it only takes 2 minutes). By registering your decision on the NHS Organ Donor Register and talking to your loved ones, you can leave them certain about your choice. While there is no age limit, children under the age of 12 in Scotland and under 18 in the rest of the UK always require parental consent when registering as organ donors.

Got questions or ready to share your Orgamites art?






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

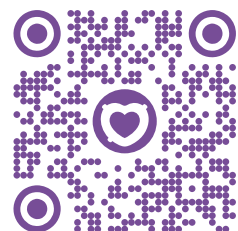
To register your school for 'Mayrrow' or 'Orgtober' month, enter the Golden Heart Awards, or to download any additional free Orgamites resources, go to: [Orgamites.com](https://www.orgamites.com)

The Orgamites Mighty Education Programme is brought to you by All Good Co. in partnership with Live Life Give Life, Onassis Foundation, Canadian Blood Services, Organ Donation Northern Ireland, the Public Health Agency, British Transplant Society and Team Margot. Our mighty thanks go to all teachers, parents, and healthcare professionals for taking part in this programme.

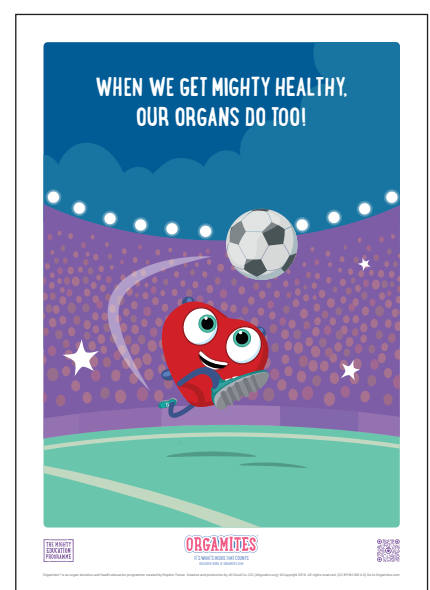
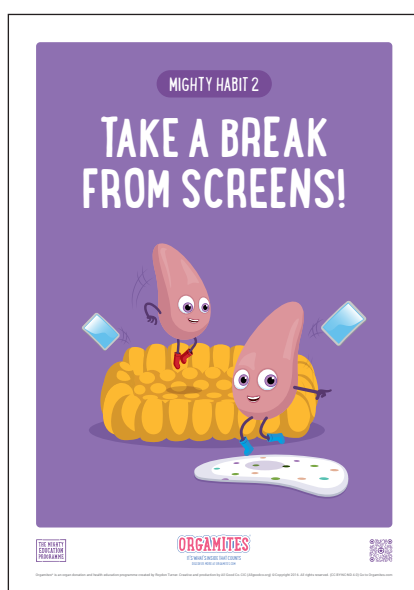
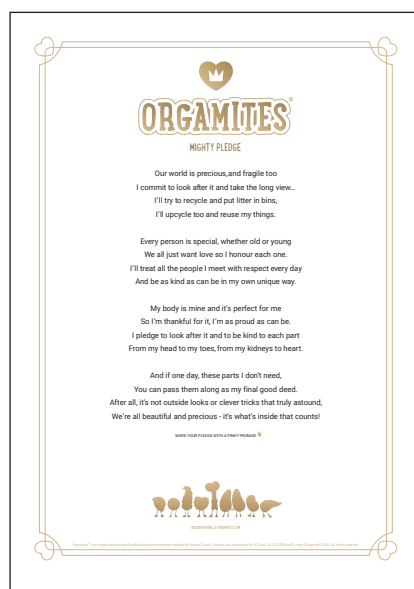
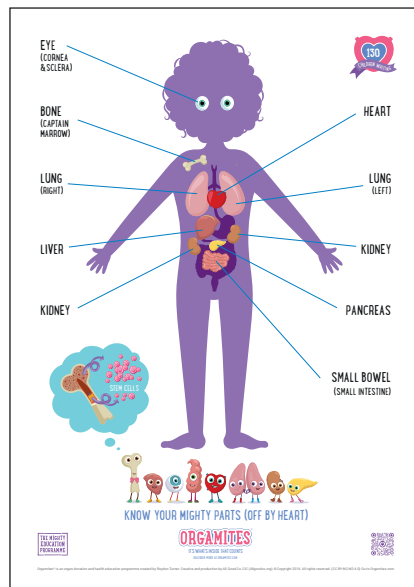
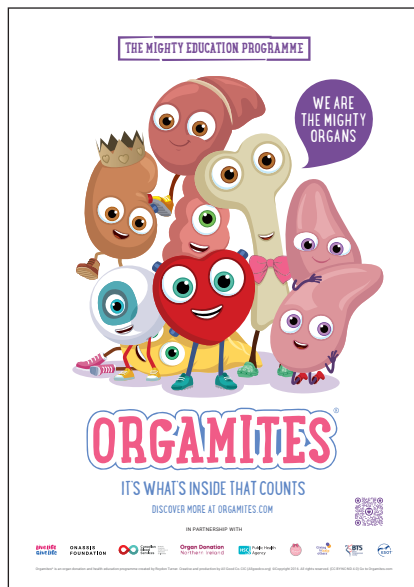
YOUR INPUT MAKES A BIG IMPACT!

If you've introduced the Orgamites to your classroom, we'd love to know how it's going. Please use our feedback form on the 'Resources Hub' page on our website, and please encourage as many other teachers, students and parents to do so too. Don't forget to...

-  1. Know Your Mighty Parts (off by heart)
-  2. Know Your Options
-  3. Share Your Choice
-  4. Take The Mighty Pledge
-  5. Be Your Mighty Self!

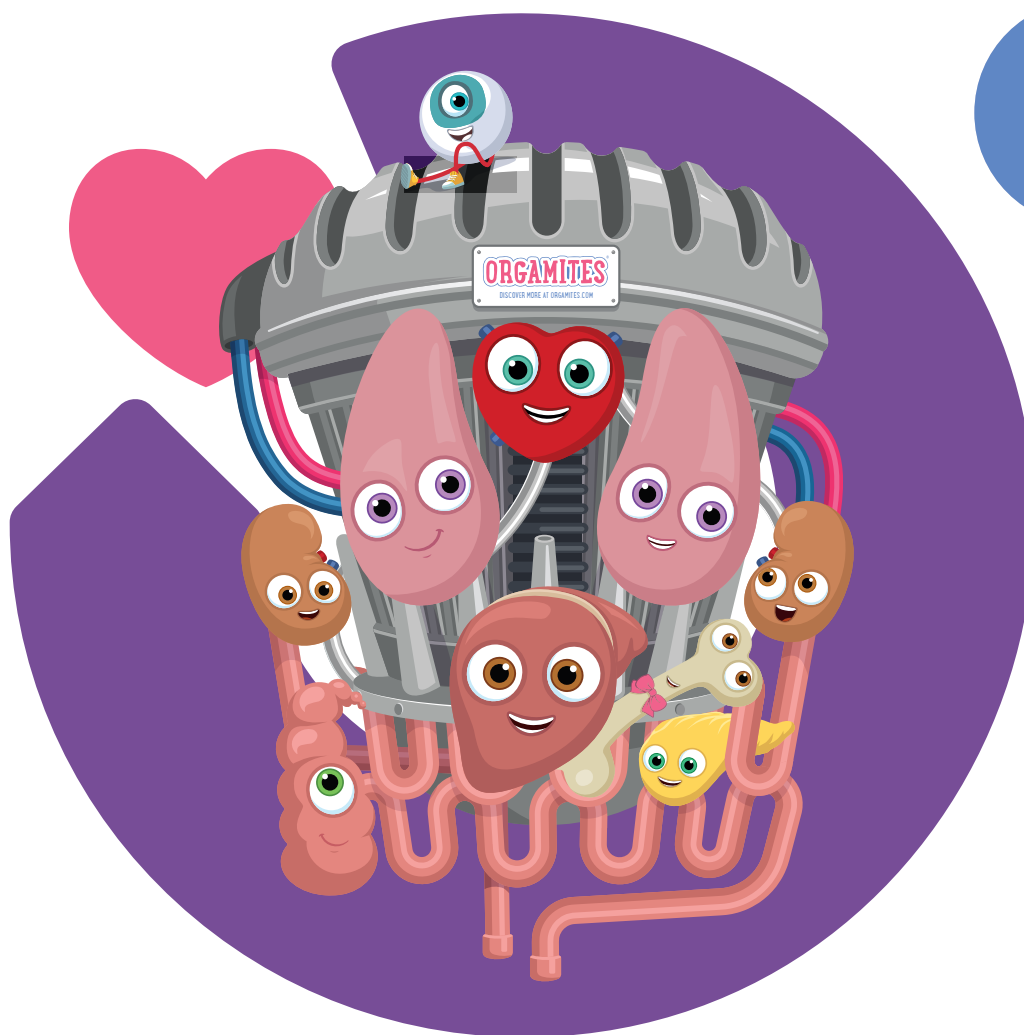


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SAVE
THE DATE



START YOUR ENGINES

Orgtober

ORGAN DONATION EDUCATION MONTH

GO TO ORGAMITES.COM

ORGAMITES[®]

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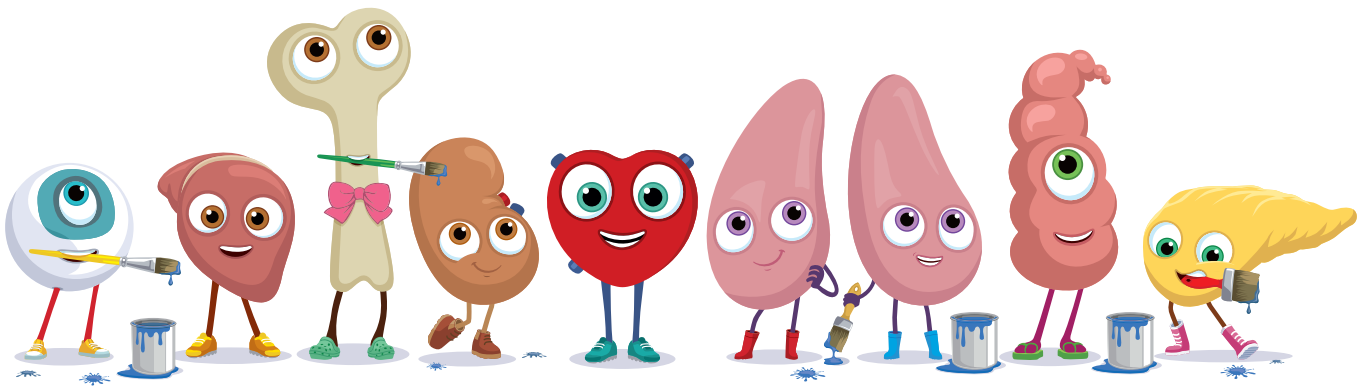
**Organ Donation
Northern Ireland**

HSC Public Health
Agency

ESOT

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IT'S WHAT'S INSIDE THAT COUNTS!



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