



IT'S WHAT'S INSIDE THAT COUNTS

MIGHTY EDUCATION PROGRAMME  
**TOOLKIT 2: MIGHTY HABITS**  
LESSON PRESENTATION

EXPRESS VERSION

IN PARTNERSHIP WITH



ONASSIS  
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Canadian  
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ORGANS  
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# We can all be and do so many things...

What do you want to be one day?



One thing we can  
all be (even starting  
from today)...

**is more healthy!**



# What does 'healthy' mean to you?

Getting healthy isn't about looking good on the outside, it's about taking care of our bodies so that they can take care of us!



# Did you know? Our habits are either helping or hurting our health!

It's the small, often unseen choices  
that we make, that make the biggest  
difference in the end.

So let's discover five of the  
mightiest habits out there!



Who better to help  
us than our own body's  
mighty helpers?



# Meet the Orgamites!

These are the mighty organs most needed for organ donations and transplantations.

This means that if a person's mighty organs stop working or aren't working well, they can be replaced with new ones from another person (called an **organ donor**).

The operation that makes this possible is called an **organ transplant**.

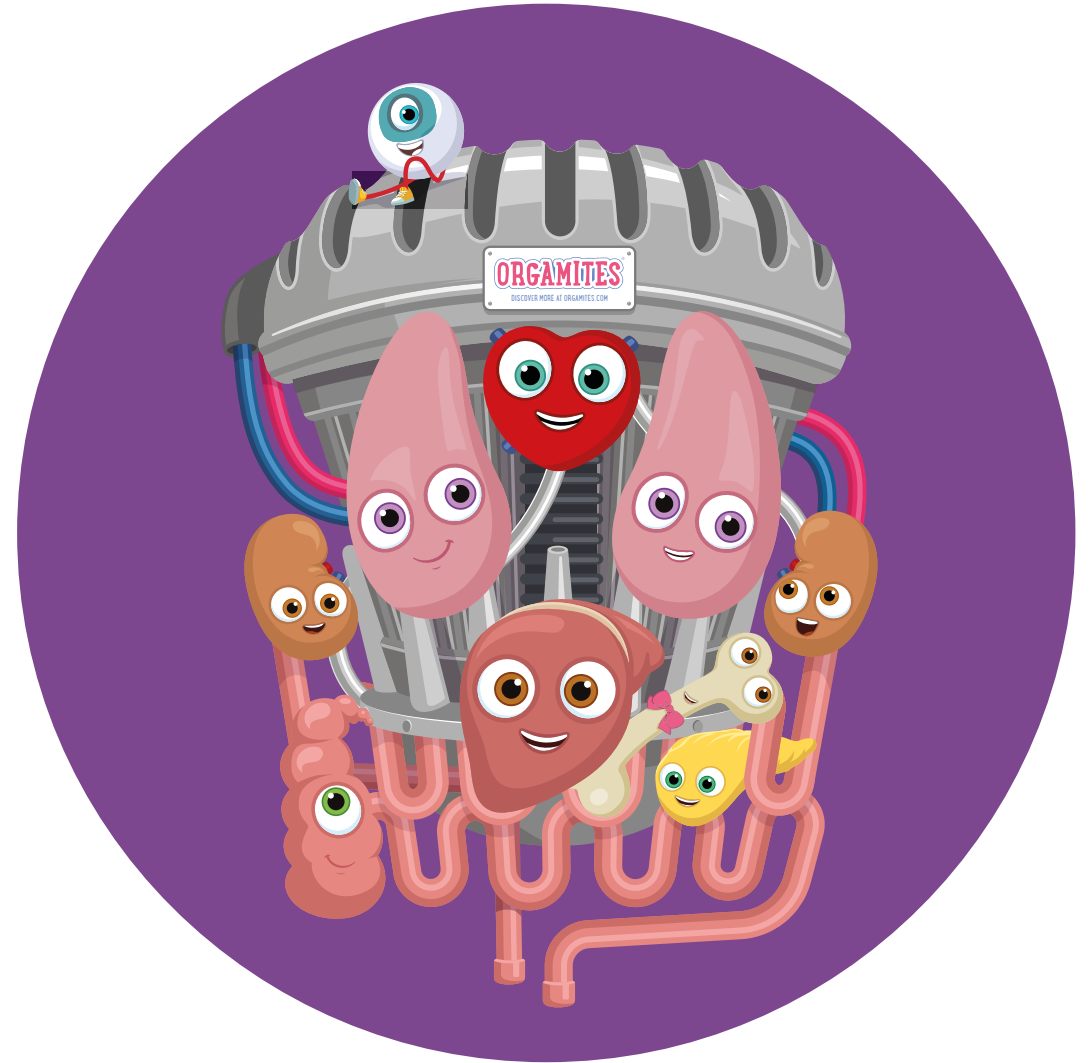


# What are organs?

Good question! Organs are the different working parts inside us. When they work like they should, our bodies work like well-oiled machines!

**Your mighty organs (or Organites) are:**

- Bone (Captain Marrow)
- Heart
- Liver
- Kidney
- Lungs (Left & Right)
- Eye (Cornea & Sclera)
- Small Bowel (Small Intestine)
- Pancreas





# If our organs are healthy and happy, we will be too!

To get mighty healthy, let's learn all we can about the Organites' **5 Mighty Habits...**



# 1 GET MOVING AND GROOVING!

**When we move more, we:**

- Get stronger hearts and muscles.
- Feel less grumpy and more glad!
- Sleep better at night.

**There's no such thing as kiddie-sized exercise! As your body grows and changes, you need more (not less) exercise than grown-ups!**

**Let's get moving and grooving right now!**

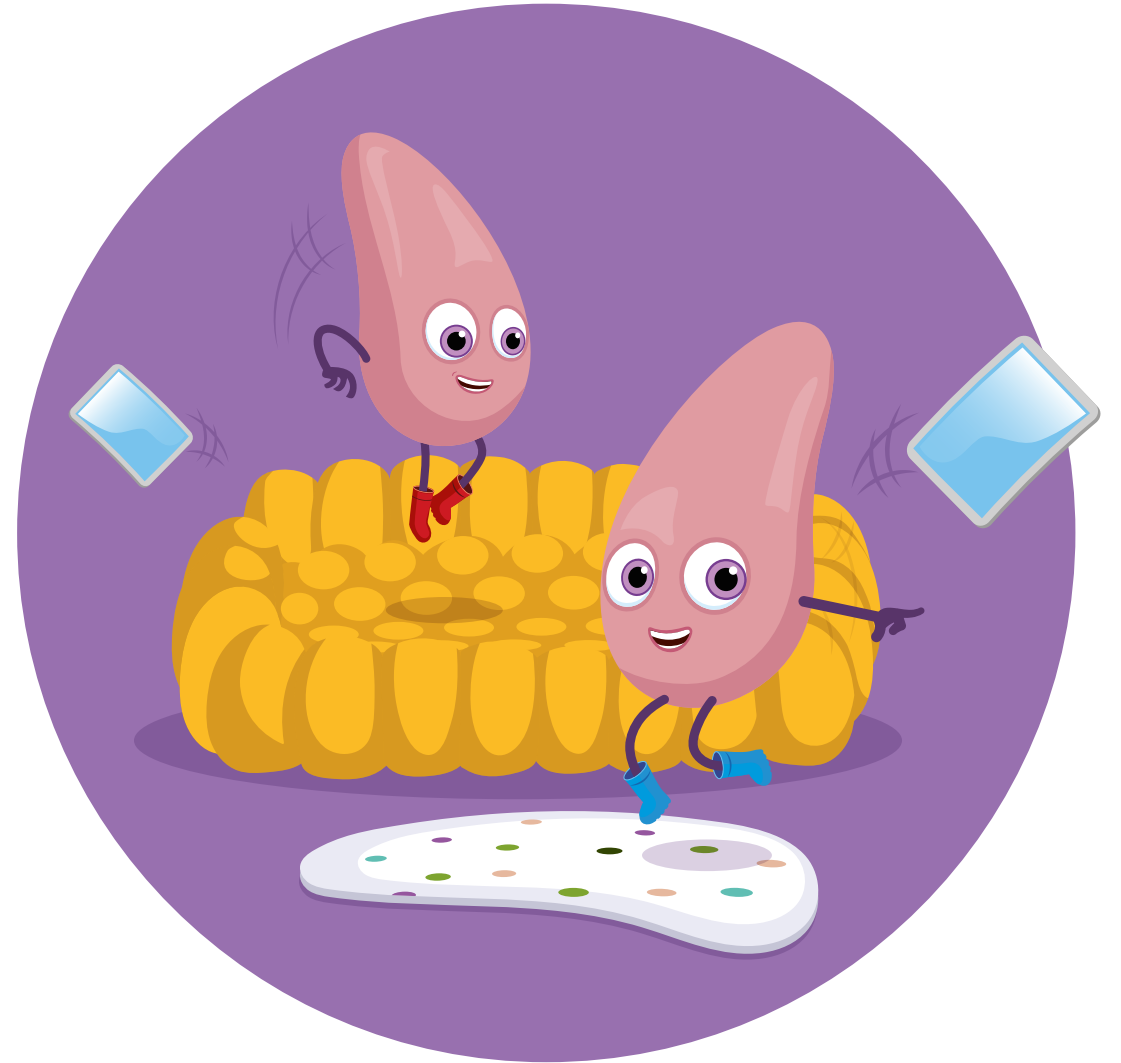


## 2 TAKE A BREAK FROM SCREENS!

**Why is too much screen time a very bad idea?**

- When we stare at screens, we stop moving.
- Our organs (especially our lungs) get squashed.
- Our eyes, hearts and bones take strain too.

**Do you know how much time you spend in front of screens most days?  
Be your own private detective and start tracking those hours!**

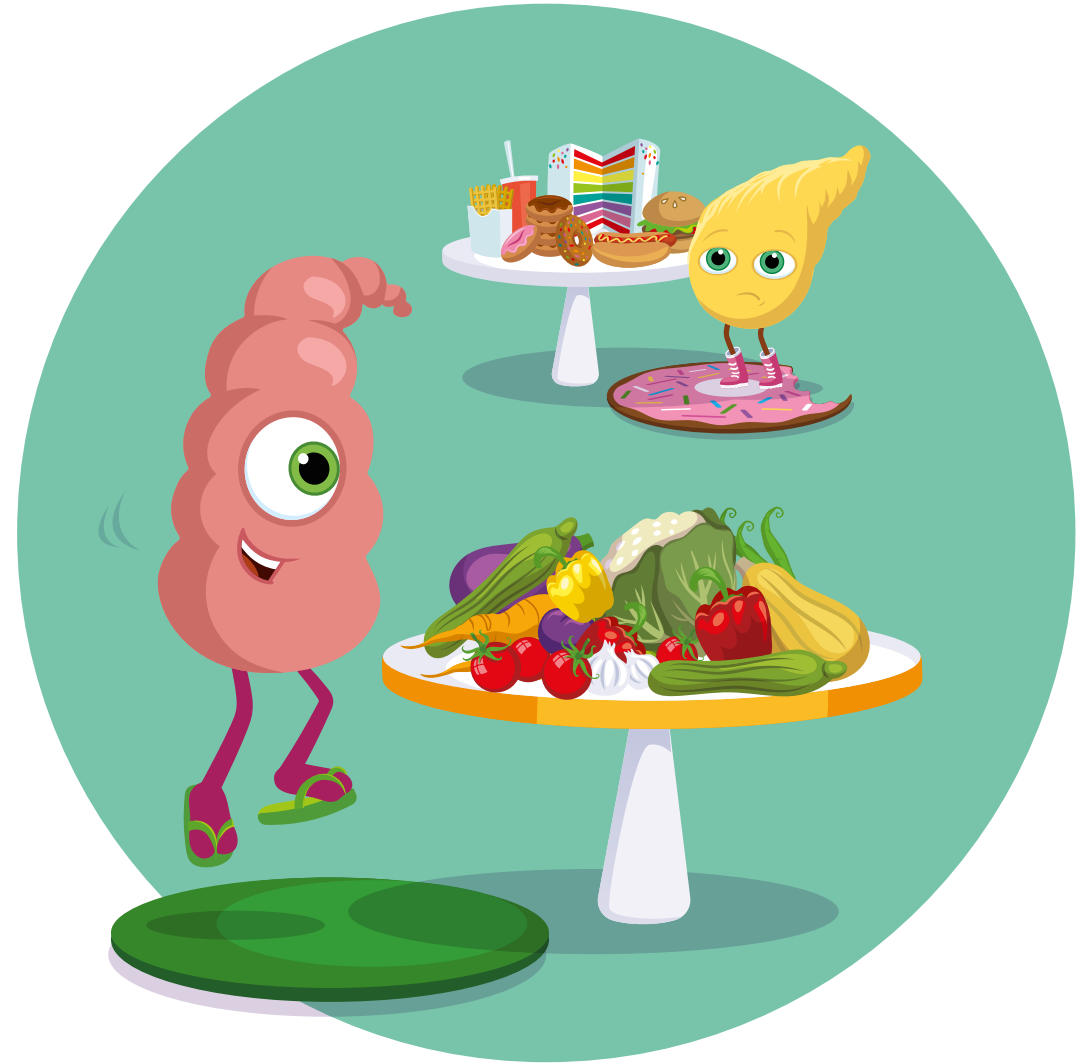


### 3 EAT GOOD FOOD!

#### What's so bad about junk food?

- It doesn't give us the fuel we need, but makes us crave more, and then leaves us hungrier sooner.
- It clogs up our digestive system, making it harder for our bowels, liver and kidney to do their job.
- It sends our blood sugar levels on a rollercoaster and can make it harder to concentrate and learn in class.

**Fuel your body like a super car:**  
**say no to junk food!**



## 4 DRINK MORE WATER!

### 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, we make our organs' work doubly difficult, especially our kidneys.

**Drink at least 6 glasses of water every day. This will help keep all your organs happy, healthy and just the right amount of squishy!**

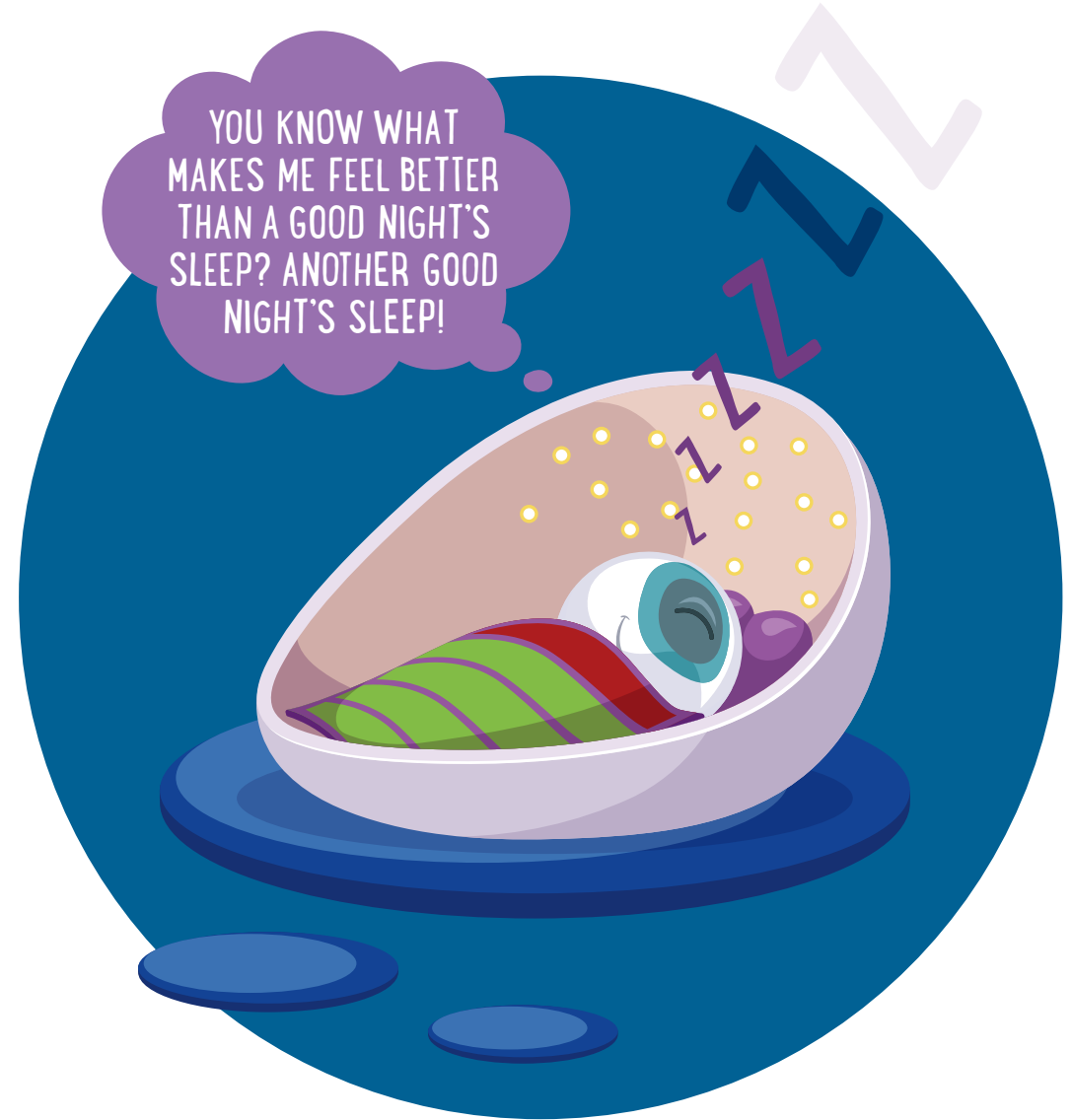


## 5 RECHARGE ON SLEEP!

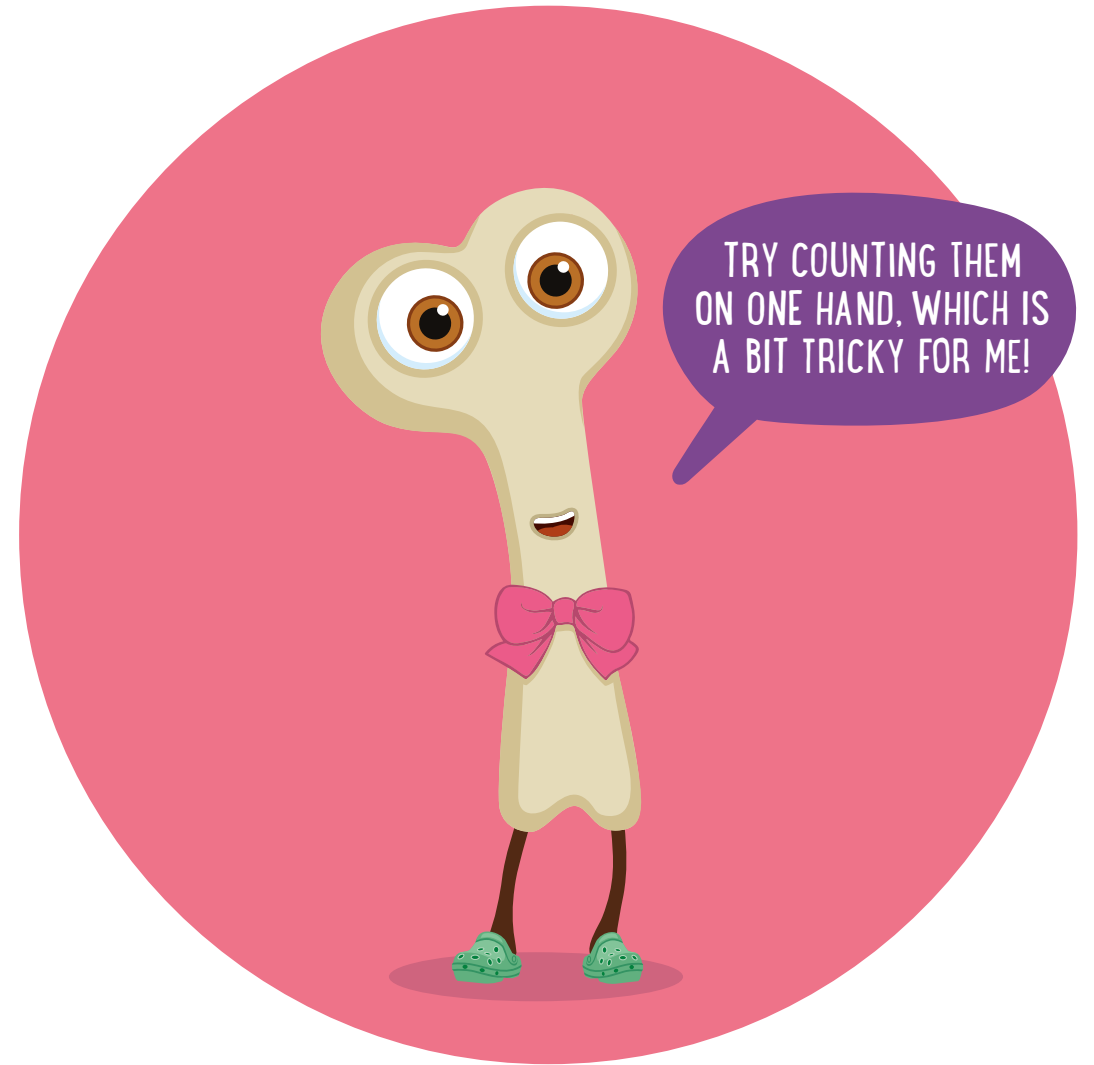
**Here's how to get the very best rest:**

- Make your bedroom as dark as possible.
- Stick to a regular bedtime.
- Avoid looking at screens before bed.
- No fizzy drinks or coffee in the evening.
- Take a warm bath or shower just before bed.
- Make sure you're getting enough exercise in the day.

**Kids like you should be getting about 10 hours of sleep every night.**



# Who can remember all 5 Mighty Habits?



# The 5 Mighty Habits are:




1. Get moving and grooving!
2. Take a break from screens!
3. Eat good food!
4. Drink more water!
5. Recharge on sleep!

Can you think of any other ways to stay mighty healthy?





# What next?

-  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!





# ORGAMITES®

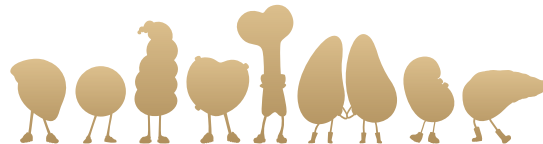
## MIGHTY PLEDGE

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.

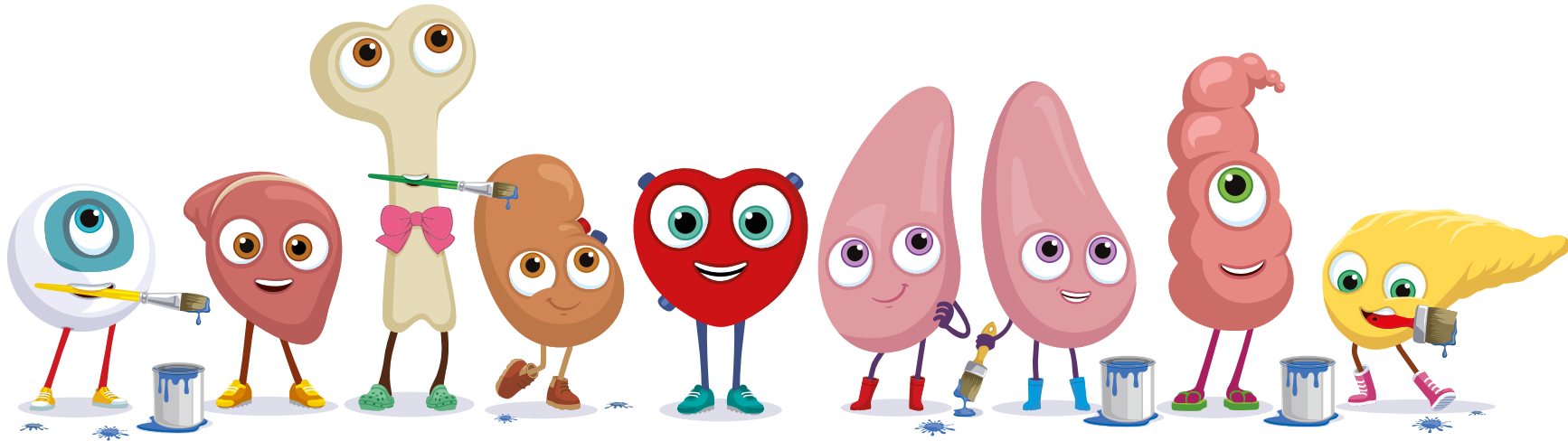
My body is mine and it's perfect for me  
I'm thankful for it, I'm as proud as can be.  
I pledge to look after it and to be kind to each part  
From my head to my toes, from my kidneys to heart.

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 our looks or clever tricks that astound...  
We're all beautiful and precious -  
it's what's inside that counts!



ALWAYS REMEMBER

# IT'S WHAT'S INSIDE THAT COUNTS!





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