

ORGAMITES®

IT'S WHAT'S INSIDE THAT COUNTS

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THE MIGHTY EDUCATION PROGRAMME

TOOLKIT 2: MIGHTY HABITS

LESSON PRESENTATION NOTES



IN PARTNERSHIP WITH



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Canadian
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LESSON PRESENTATION SLIDES

EXPRESS VERSION

ORGANIMITES
THE MIGHTY EDUCATION PROGRAMME
TOOLKIT 2: MIGHTY HABITS
LESSON PRESENTATION
EXPRESS VERSION

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

Meet the Organimites!

What does 'healthy' mean to you?

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

1 GET MOVING AND GROOVING!

2 TAKE A BREAK FROM SCREENS!

3 EAT GOOD FOOD!

4 DRINK MORE WATER!

5 RECHARGE ON SLEEP!

Who can remember all 5 Mighty Habits?

The 5 Mighty Habits are:

What next?

IT'S WHAT'S INSIDE THAT COUNTS!

ORGANIMITES
All Good Co.

FULL VERSION

ORGANIMITES
THE MIGHTY EDUCATION PROGRAMME
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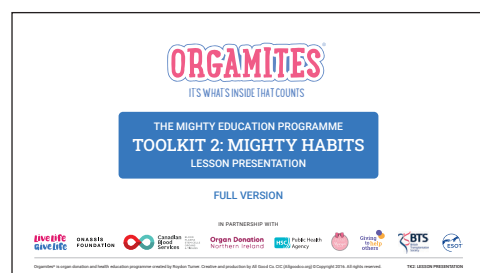
HOW TO USE THIS RESOURCE

These notes are an optional supplement to the 'Mighty Habits' Lesson Presentation. They provide additional facts and helpful info that teachers can use to make their lesson even more memorable. Whether you choose to cover the content in a single lesson, or spread it over several lessons, the following pages will equip you to make the Mighty Habits as memorable as possible.

There are two versions of the 'Teacher Lesson Presentation': 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 why each habit is important, as well as simple steps to put help kids put them into practice.

COVER OF EACH VERSION

(SLIDE 1)



Please note:
The below notes refer to the **FULL VERSION** slides. However, the content below is easy to adapt should you wish to use the shorter **EXPRESS VERSION**.

GENERAL INTRODUCTION

(SLIDES 2 – 5)

To make the lesson as interactive and participative as possible, pause whenever there is a question on the slide to ask your class what they think, making time to hear several answers and opinions.



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 be healthy.

Your habits help (or hurt) your 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!

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!

THE MIGHTY ORGANS AND ORGAN DONATION


(SLIDES 6 – 10)

Slides 6 -7 briefly introduce our organs in general, and the mighty organs in particular. Also known as the Organites, these are the organs most needed for organ donation and transplantation.

Slide 10 seeks to link the health of our organs to our overall health, reminding students that the sooner they start to adopt the following habits, the stronger, healthier and happier they (and their mighty organs) will feel. Slides 8-9 briefly elaborate on the wonder of organ donation and transplantation, and the need for it within your own country.

There are **5 Mighty Habits** in total. Each one includes inspiring facts about its importance, as well as practical steps showing how to firmly embed this habit into your life.

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




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Meet the Organites!

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**.



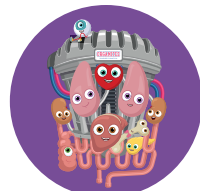
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What are organs?

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




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Did you know?

There are around 7,400 people on the organ transplant waiting list in the UK right now!

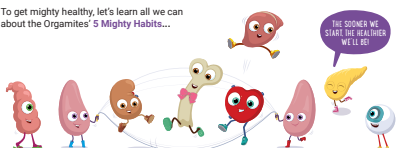
One organ donor can save up to nine lives and improve the lives of many more!



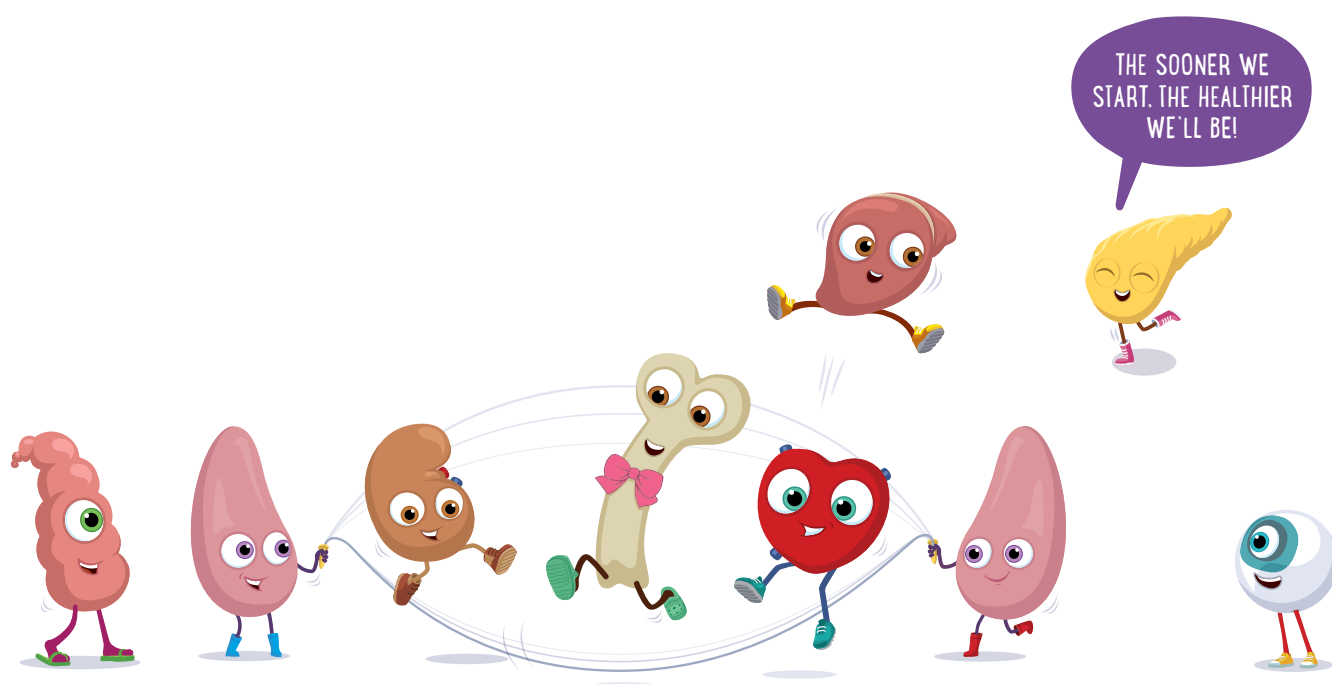
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If our organs are healthy and happy, we will be too!

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



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1 GET MOVING AND GROOVING!

(SLIDES 11 – 12)

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

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.



After introducing this, it's time to get those bodies really moving and grooving!

Some ideas:

Perhaps you could go for a class walk together, or put on some fun music and dance together... whatever you do, try to show how getting moving and grooving is the very opposite of boring.

Then after you've tired your students out, call everyone together and talk about how everyone is feeling... perhaps focus on one or two of the mighty organs – like the heart and lungs...

Can they feel their hearts beating faster?

How do they think their hearts feel about that? Happier definitely!

Can they see how their lungs are working extra hard now too – breathing more and more deeply?

Are any of their muscles burning a little? Which ones?

Do they think that's making them stronger? Definitely!

Think about it...

Can your students think about other ways to make this healthy habit really stick? Here are a few suggestions from the "Family Resources":

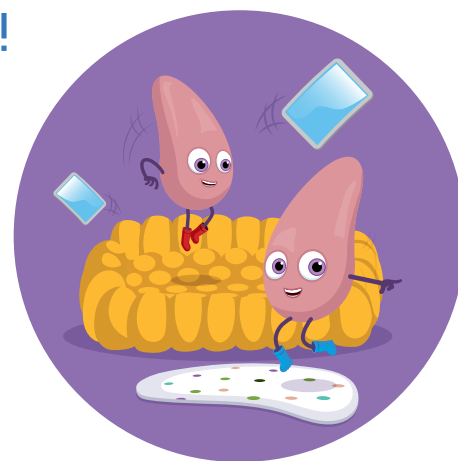
- Walk (instead of drive or take the bus) when you can.
- Play games like hide and seek, frisbee or tag instead of online games all the time.
- Regularly go to a park or local playground after school or on weekends.
- Take loads of dance breaks—in between studying, school lessons and series episodes!

2 TAKE A BREAK FROM SCREENS!

(SLIDES 13 – 14)

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!



Let's get practical

To illustrate just how hard it is on our organs to sit around all day while we watch screens, why not play a game called "Musical Chairs", 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 - if we force them to sit still while we stare at screens all day!

Hard stares

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!

In addition, students might be encouraged (via the take-home Family Resource) to start keeping a record of how much time they actually spend on screens. This may be something you want to pick up on during class a few days or weeks later – asking them to share their scores and best ideas to get off screens and into real life a little more!

Think about it...

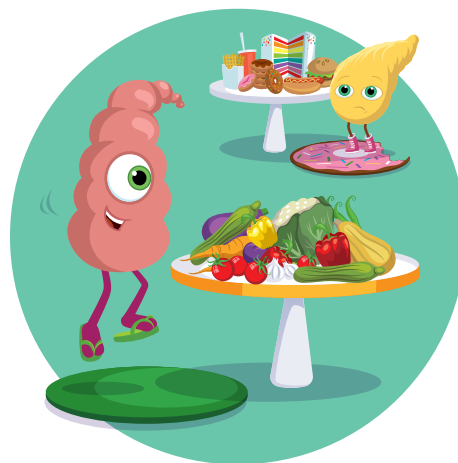
Can your students think about other ways to make this healthy habit really stick?? Here are a few suggestions from the Family Resource:

- Spend family and friendship 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.
- Turn the TV off when you aren't actually watching it. Having it on in the background the whole time encourages you to watch it constantly.
- Have TV or screen-free days – it helps us to understand that life exists beyond screens.

3 EAT GOOD FOOD! (SLIDES 15 – 16)

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!

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.



What's in a label?

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.

Think about it...

Can your students think about other ways to make this healthy habit really stick? Here are a few suggestions from the "Family Resources":

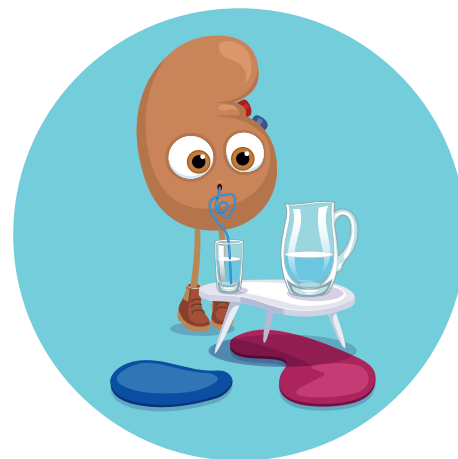
- Make sure you're getting at least five portions of fruit and vegetables every day, plus plenty of whole grains and a little lean protein.
- Learn to read labels. Sugar is everywhere but it has a lot of sneaky spy names. Sucrose, glucose, fructose, dextrose, and syrup are all different names for undercover 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.
- Ditch the sugary breakfast cereals.

4 DRINK MORE WATER!

(SLIDES 17 – 18)

Tea, coffee, juices, sodas and fizzy drinks all compete for our thirst's attention but only one choice stands way above them all. When we don't drink enough water, our organs really struggle.

Sadly, many people (including kids) are dehydrated and don't even know it. Symptoms include dry skin, dark coloured urine, heartburn, headaches, constipation and tiredness. It's time to get drinking more water and loving it too!



Let's get practical

Toast to health! As a fun activity, why not create a 'water bar' in your class? You'll need a few jugs or refillable water containers. Encourage students to bring something healthy to flavour the water... slices of lemon, strawberries or blueberries, sprigs of mint, sticks of cucumber, etc. 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.

Bottle the joy! Encourage students to bring their own reusable water bottles to school. Every child could then be encouraged to decorate their water bottles, and keep them with them at all times (even while they work at their desks).

Lead by example. Show your students that you prioritise staying hydrated by keeping a water bottle on your desk and taking sips throughout the day. Integrate water breaks into your daily routine, allowing students to take a few minutes to drink water and refill their water bottles during designated times, and especially during physical education classes, outdoor play, or any other sports activities.

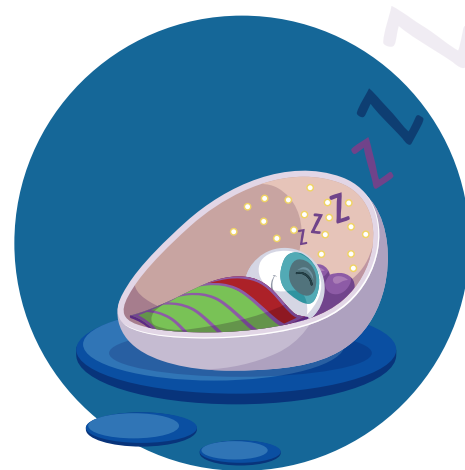
Think about it...

Can your students think about other ways to make this healthy habit? Here are a few suggestions from the Family Resource:

- Start to track how much water you usually drink every day.
- To increase your water intake, start each day with a glass of water and drink at least one glass of water with each meal.
- Use an eco-friendly straw when you drink water to make it a little more fun!

5 RECHARGE ON SLEEP

(SLIDES 19 – 20)



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

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 a whole week (the weekend included).

Research has shown that consistent sleep and wake times help our body clocks 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 affects the quality of their next day.

Talk about the results and their experience after the week is up, or every morning during this 'mighty sleep experiment'.

You could ask them:

How much sleep did you get last night?

How do you feel now?

Let's get practical

- During parent-teacher meetings or conferences, take the opportunity to discuss the importance of sleep and its impact on a child's academic performance and behaviour. Offer suggestions on creating a conducive sleep environment at home and establishing consistent bedtime routines.
- Integrate sleep education into the curriculum elsewhere by discussing the importance of sleep during health or wellness lessons. Include topics such as the benefits of adequate sleep, the impact of technology on sleep, and strategies for creating a healthy sleep routine.
- Offer tips to parents on creating a sleep-friendly environment at home. Discuss the importance of a cool, dark, and quiet bedroom and suggest practical solutions such as using blackout curtains, white noise machines, or soft lighting to promote better sleep.

Think about it...

Can your students think about other ways to make this healthy habit really stick? Here are a few suggestions from the "Family Resources":

- Turn off the TV two hours before bed. Staring at a screen stops the production of melatonin, the sleep hormone.
- Turn down the temperature. People sleep best at 15 to 19°C (or 60 to 67°F).
- No fizzy drinks or coffee in the evening. Especially not for kids.
- Take a warm bath or shower just before bed.

ALL TOGETHER NOW! (SLIDES 21-22)

After you've taught through all of the **5 Mighty Habits**, take a minute to ask the students if they can remember them all.

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!



NEXT STEPS (SLIDE 23 - 25)

Now equipped with lots of insights into both their health and organ donation, these slides seek to offer students a clear, simple and practical way forward.

The Mighty Pledge is completely optional. It is a call to all to be kinder to ourselves, other people and the planet we all share. Consider making it together, and even displaying it somewhere in your classroom.

Why voice your choice? Because sometimes a person will have chosen to donate their organs but their family doesn't know about their choice and so their organs don't end up being donated. Only a third of adults have shared their organ donation choice with their family - and far fewer kids! That's why it's really important for people to continue to talk about their choice with those closest to them, so that their family can honour that choice.



WHAT NEXT?

Teachers have access to a variety of 'Additional Teacher Resources' to enhance the learning experience and drive the message home: Classroom Activities, Colouring-in Sheets, Posters and other teaching aids are all freely available. Choose any or all of them, print them out or upload them onto your whiteboard.

Object Lessons (Toolkit 1: Mighty Me!)

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).

Family Resources

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

Mighty Pledge Certificate and Classroom Poster

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

Have you discovered Toolkits 1 and 3?

Although self-standing, our toolkits sequentially build upon one another. **Toolkit 1: Mighty Me** empowers students and their families to learn all about their vital and mighty organs, whilst being introduced to the concept of organ donation. **Toolkit 3: Mighty Kind**, seeks to show people how powerful their small, individual choices can be—inspiring them to change the world through kindness.






Got questions or ready to share your Organites art?

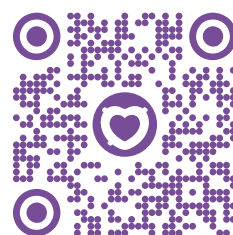
For any questions or to share your Organites art with us, please write to: info@organites.com

To download additional free Organites resources, go to: Organites.com

YOUR INPUT MAKES A BIG IMPACT!

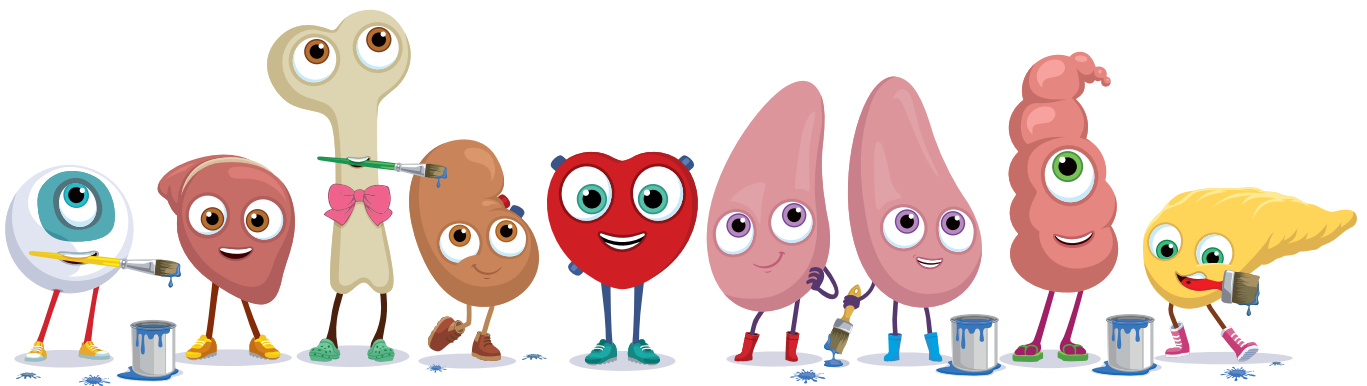
If you've introduced the Organites to your classroom, we'd love to know how it's going. Please use our feedback form on the 'Resources Hub' page on our website, and please encourage as many other teachers, students and parents to do so too. Don't forget to..

-  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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