

ORGAMITES®

MIGHTY EDUCATION PROGRAMME

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2. FAMILY RESOURCES

TOOLKIT 3: MIGHTY KIND

THE POWER AND GIFT OF KINDNESS



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INTRODUCING THE MIGHTY KIND MOVEMENT!

Imagine how much better life would be if we all chose to be kinder... to ourselves, each other and the world we live in. That's the vision behind this educational programme.

Brought to life by the Organites, it's a growing movement of teachers, students and families who believe that enough small acts of kindness can make the biggest difference.

In fact, they can change the world!

WHO ARE THE ORGANITES?

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

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

Created for kids aged 5 to 11, every Organites 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. At school, your child has been learning about what it means to be 'Mighty Kind'.

Turn the page to start bringing kindness even closer to home!

“The power of education extends beyond the development of skills we need for economic success. It can contribute to nation-building and reconciliation”
- Bob Talbert



WHAT'S IT ALL ABOUT?

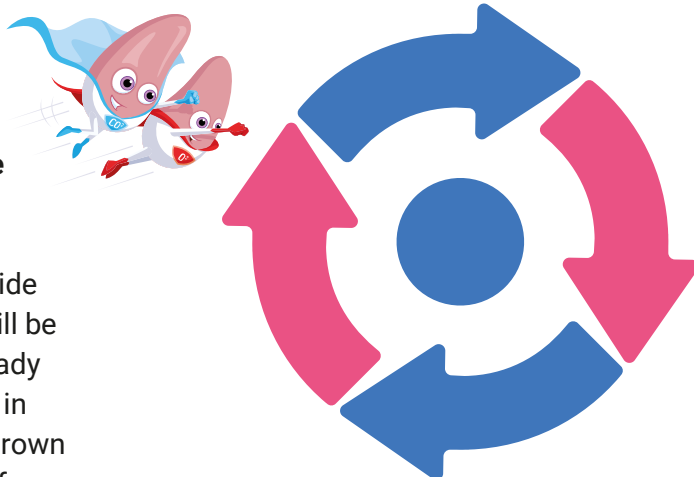
It's about waking up to the problems we face in the world, but instead of letting them overwhelm us, finding small, but mighty, ways to make a real difference, starting with the Organites' **5 Mighty Kind Keys**.



1 REDUCE AND REUSE!

Reduce means to cut back on the amount of trash we generate. Reuse means to find new ways to use things that otherwise would have been thrown out.

Over 300 million tons of plastic is produced worldwide every year. It's now estimated that by 2050, there will be more plastic in the ocean than fish, and there's already more microplastic in the ocean than there are stars in the Milky Way. At least 8 million tons of plastic is thrown into our oceans each year. That's a garbage truck of plastic – every minute!



TOP TIPS

Take your own cup and ditch the bottled water.

If you get your coffee to go, consider bringing your own coffee cup. Most outlets offer a discount if you do. And while you're at it, stop buying plastic water bottles and keep your reusable bottles. It's a simple change that will save the environment and a little of your money too.

Ditch the plastic preserves.

Instead of wrapping food in plastic, use brown paper bags or reusable containers. Reusable eco-wraps are another excellent non-toxic option.

Buy less plastic.

It's as easy as that: make a point of pausing every time you're about to buy anything plastic and ask yourself, "Do I really need this? Is there a less plastic option?"

MIGHTY FAMILY CHALLENGE #1

Over the next week, collect all the single-use plastic containers your family uses – don't throw any of it away. Single-use plastic refers to any plastic that packages the products you buy or eat and is not able to be reused: Food wrappers, water bottles, lids, straws, take-away plastic utensils, other forms of packaging – you name it. Rinse them out if need be, and keep them for one entire week.

At the end of the week – stand back and reflect as a family together! Are you surprised by the amount of plastic? What are some of the common culprits? Are there any solutions you can think of to further reduce your plastic use?



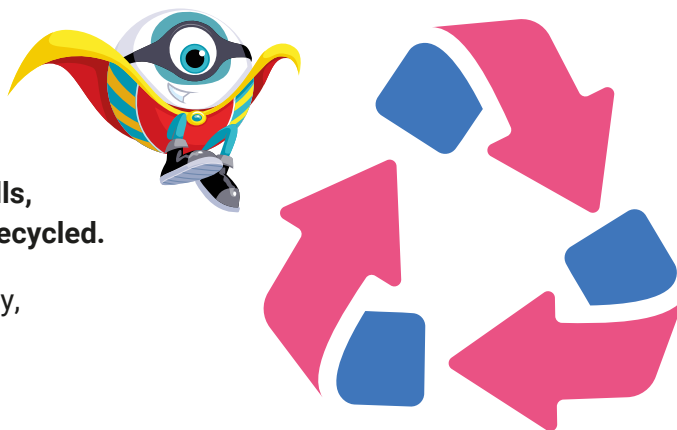
2 RECYCLE!

Recycling is the process of converting waste materials into new materials and objects. A lot of things that end up in bins and, eventually in landfills, rubbish dumps and our oceans, could have been recycled.

When we do buy plastic that we need to throw away, let's do it responsibly.

Did you know?

Only 9% of all plastic ever produced has been recycled.



TOP TIPS

Begin a new bin!

Most plastic, tin, paper and glass should not be thrown away. If you haven't already done so, create a separate bin for recyclables.

Look at labels.

Look out for the number written in the recycling triangle on most plastic items. The higher the number, the harder it is to recycle. As a basic rule, try to avoid, or greatly reduce your purchasing of any products with a number higher than 3.

Think bigger.

Don't stop at the kitchen! There are so many other things you can recycle: outdated tech, empty ink cartridges, empty spray cans and toiletries - recycle it all!

MIGHTY FAMILY CHALLENGE #2

Apart from reducing your plastic use, look to increase your recycling habit too. And to move to the next level, it's time to go plogging!

What's plogging?

Plogging combines the health benefits of exercise with the environmental benefits of cleaner, greener public spaces. You don't need much to get started... just a willing attitude, a public space (it could be a walk around your block, a beach, a park, anywhere really) and a bag for each participating plogger - get the kids hunting for trash like it's treasure!

At the end of your plog, dispose of all the collected trash responsibly. Then give each other high fives—only after washing your hands really well!



3 UPCYCLE!

Upcycling is the process of reusing or repurposing objects that otherwise would be thrown away.

Often, this is done using items that can't be recycled and the end results can be beautiful, and so creative.

What can be upcycled?

You can upcycle glass, metal, fabric, wood, cardboard, tin, and packaging that would otherwise be thrown away, the same as plastic. The only limit is your imagination!

TOP TIPS

Look for inspiration.

Think about how you can transform something old or unused into something new and useful. You can find ideas in books or online, or by simply observing the objects around you. You can even involve your family or friends in the process and brainstorm ideas together.

Get creative.

Use different materials and experiment with colours and patterns to create unique designs. Mix and match materials for a one-of-a-kind artwork.

Think sustainably.

Upcycling reduces waste and helps the environment. Use materials that would otherwise be thrown away, and think long-term about the project's purpose to reduce waste even further.

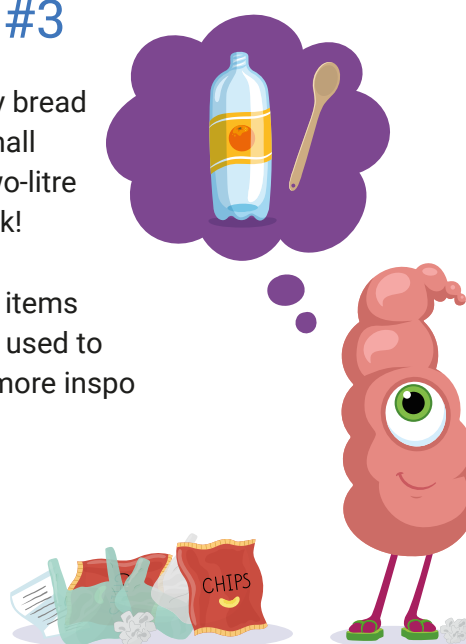


MIGHTY FAMILY CHALLENGE #3

Let's build a better future by making some EcoBricks! Empty bread bags, chip packets, straws, you name it – anything that's small enough and not recyclable can be stuffed into a dry, clean two-litre plastic bottle until it is so full, it becomes a certified EcoBrick!

Apart from keeping micro plastics and small non-recyclable items out of landfills, oceans and our biosphere, EcoBricks can be used to build some amazing things! Search online to find out or for more inspo and info visit: ecobricks.org

Top Tip: Use a chopstick or the back of a wooden spoon to really stuff the plastic down and squeeze as much into each EcoBrick as you can.



4 LIFECYCLE!

If upcycling is all about repurposing things we no longer need and putting them to better use – then lifecycling is the ultimate upcycle.

Also known as organ donation, it's not only things that can be repurposed and given a second lease on life – it's organs too!

Think about it!

Sometimes, organs can stop working and our bodies can get very sick. When this happens, some organs can be replaced with healthy organs from someone else. This operation is called a **transplant**.

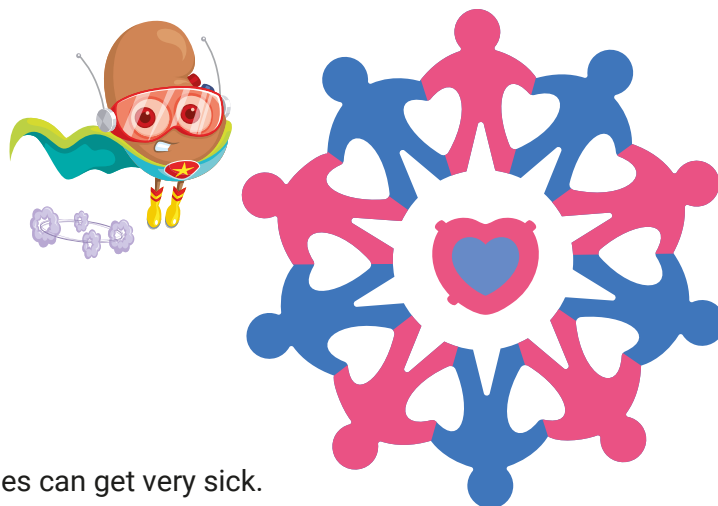
People who have made the choice to donate their organs when they no longer need them are called **organ donors**. Some organs and tissues can be donated while we're alive, others, only when we die.

All around the world, there are far too many adults and children waiting for an organ that cannot be donated by a living donor, and many of them are running out of time.

This is why we need to talk about organ donation more. Instead of just taking care of our planet, it's a way of taking care of the people left behind after we pass on.

Did you know?

There are more than 8,000 people on the organ transplant waiting list in the South Africa right now, and around 40 of them are children!



MIGHTY FAMILY CHALLENGE #4

Currently, very few families get around to talking about organ donation. Most assume it's a potentially awkward, complex and sad topic to broach. So they just don't. But around the world, there's a huge shortage of life-saving organs, especially for children.

In fact, children tend to wait two and a half times longer than adults. Why the longer wait? Partly because many adult-sized organs are not suitable for children, and partly because thousands of suitable organs are not donated due to families not having considered organ donation before it's too late.

Without making one's choice to donate clear before passing on, surviving family members are often left unsure what their loved ones might have chosen, and therefore are unwilling to give consent. So go on – find a time to introduce the topic and chat about it as a family.



5 BE KINDER!

Let's not just do kind things – let's BE kind people.

Let's make it our mission to leave whatever place we enter a little cleaner and kinder than we found it.

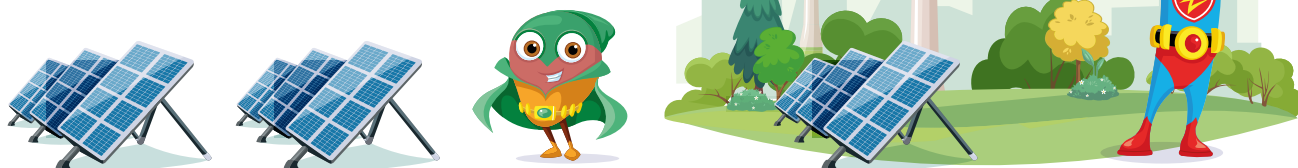
Let's leave behind smiles, not sadness, and footprints, not litter or the scars of fires.

Let's work together to share more of our ideas, time and energy on things that build a better future for everyone.

And in a little while – if we're all a little kinder – our world will be a better place for having had us in it.

Did you know?

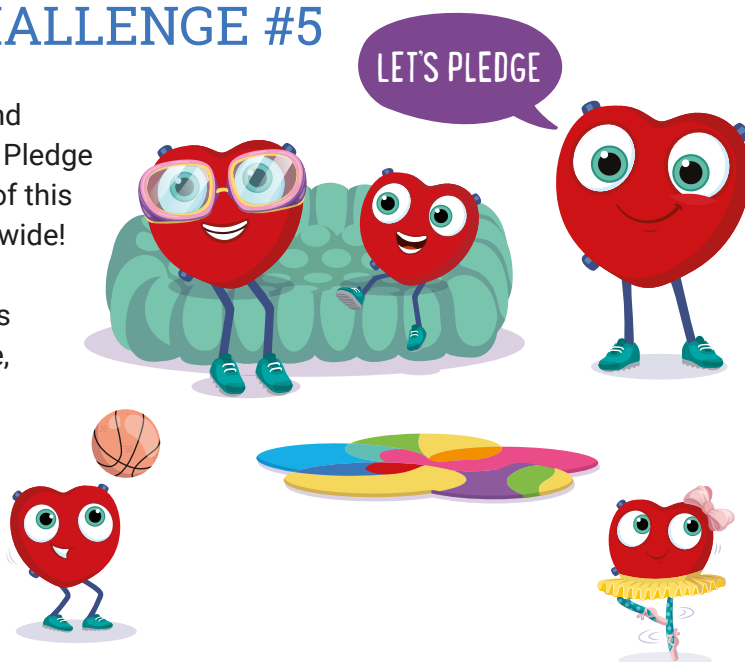
Unlike the polar ice caps and fossil fuels – kindness is a renewable energy! The more of it you share, the more of it you get back!



MIGHTY FAMILY CHALLENGE #5

It's time to get a little braver, prouder, and louder too! Consider making the Mighty Pledge as a family, (you can find it at the back of this booklet), and share your choice far and wide!

Only by having more open conversations about organ donation, from an early age, can we hope to solve the problem and save more lives – both now and for generations to come.



MIGHTY KIND MADE PRACTICAL

Redefine what it means to be kind.

Kindness isn't just underrated, it's often misrepresented too. Let's teach our kids that kindness is not a meek or weak attribute. Rather, true kindness is the ultimate demonstration of inner strength and real security. It takes courage to be kind, and it doesn't always come naturally to little people either, so celebrate the small ways your kids might demonstrate kindness.

Extend kindness far and wide.

As if being kind to those we love isn't hard enough, what about the 'other people'? These are the people in our lives who we disagree with, it's the people who believe and live very differently to us, it's those who have (intentionally or not) offended, annoyed or hurt us. Our kids are watching how we talk about and treat these people especially.

Don't forget to have courageous conversations.

One of the most loving and kind things a parent can do is to realise that their job is not to primarily prepare the road for the child, but to rather equip the child for the road – no matter what bumps and twists and turns await. Wisely exposing our kids to some of the realities of real life is not easy, but it's vital.






Got questions or ready to share your Orgamites art?

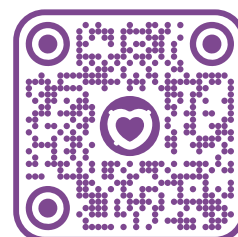
For any questions, to share your art with us, to enquire about a Golden Heart Award for your school, or to download free Orgamites resources, visit: [Orgamites.co.za](https://orgamites.co.za)

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, South African Transplant Society, Transplant Education for Living Legacies (TELL) and European Society for Organ Transplantation (ESOT).

YOUR INPUT MAKES A BIG IMPACT!

Please visit our 'Resources Hub' on the Orgamites website 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. 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.co.za](https://orgamites.co.za)



ORGAMITES®

MIGHTY PLEDGE

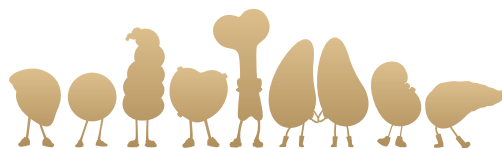
Our world is precious, and fragile too
I commit to look after it and take the long view...
I'll try to recycle and put litter in bins,
I'll upcycle too and reuse my things.

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!

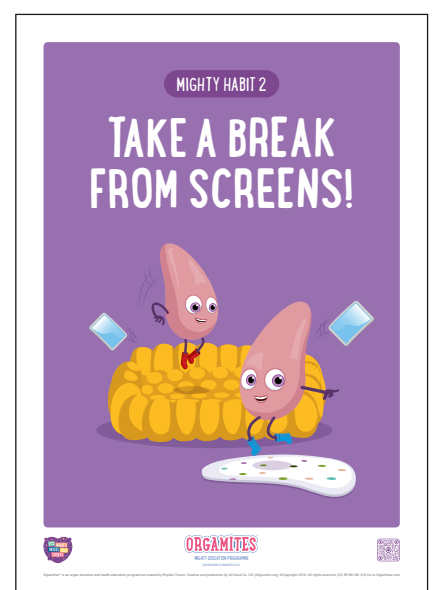
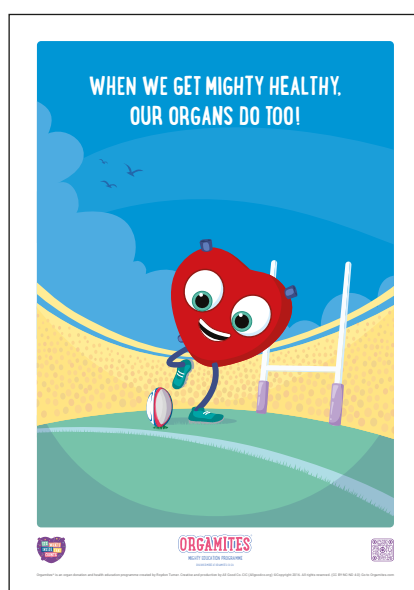
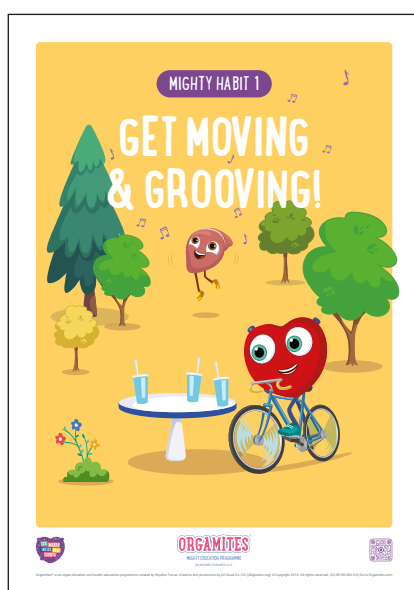
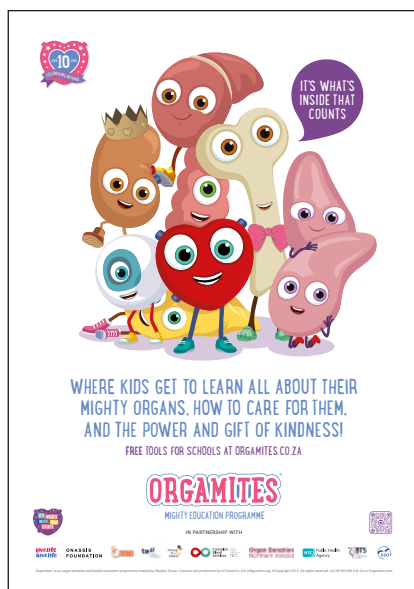
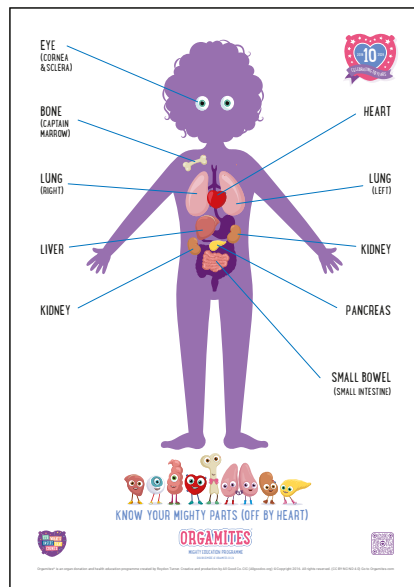
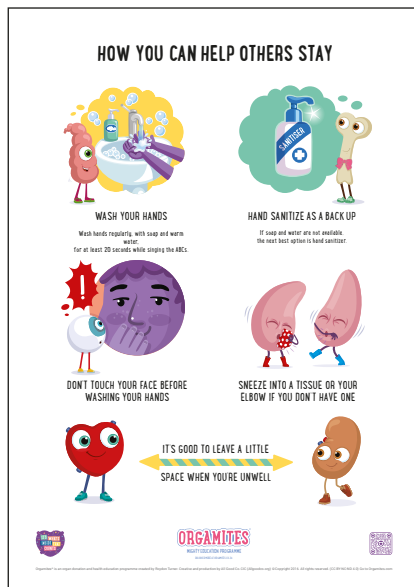
NAME OF PLEDGER



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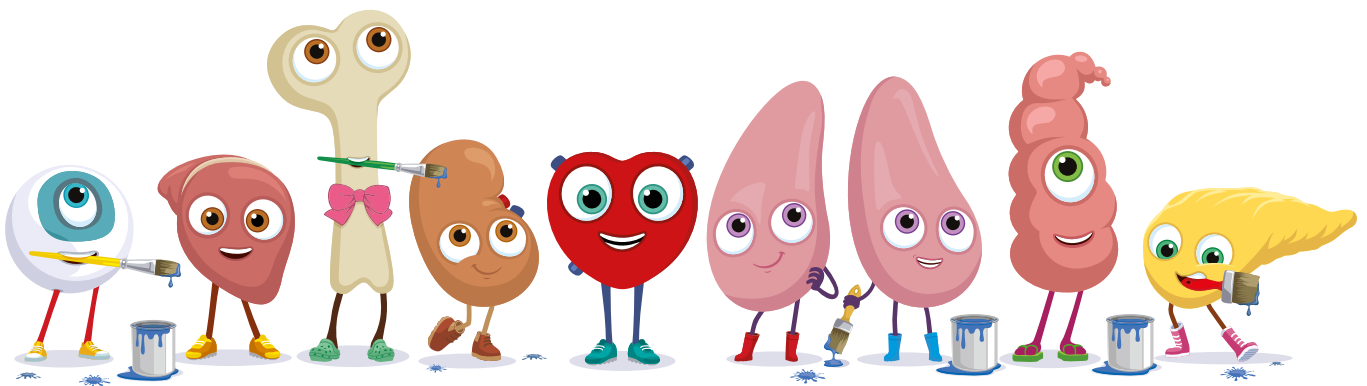


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