



MIGHTY EDUCATION PROGRAMME

4. LESSON PRESENTATION
TOOLKIT 3: MIGHTY KIND
THE POWER AND GIFT OF KINDNESS

FULL VERSION

IN PARTNERSHIP WITH



ONASSIS
FOUNDATION



Canadian
Blood
Services
BLOOD
PLASMA
STEM CELLS
ORGANS
& TISSUES

Organ Donation
Northern Ireland



Public Health
Agency



In a world where we can
be anything, imagine how
much better life would be
if we all choose to be...

KIND!



Can you think of the last time someone was very kind to you? Who was it and what did they do?



All over the globe, there's a growing movement of people who believe that enough small acts of kindness can make the biggest difference.

In fact, they can change the world!



It's called THE MIGHTY KIND MOVEMENT – and you're all invited!

Imagine how much better life would be if we all chose to be kinder... to ourselves, each other and the world we live in.

Started by the Orgamites, this mighty movement of kindness is growing in power and people every day - all around the world - and you're welcome to join in too!



Who are the Orgamites anyway?

They're a team of nine life-saving organs found in everyone, they're known as the 'mighty organs' because they represent the organs most needed for donation and transplantation.

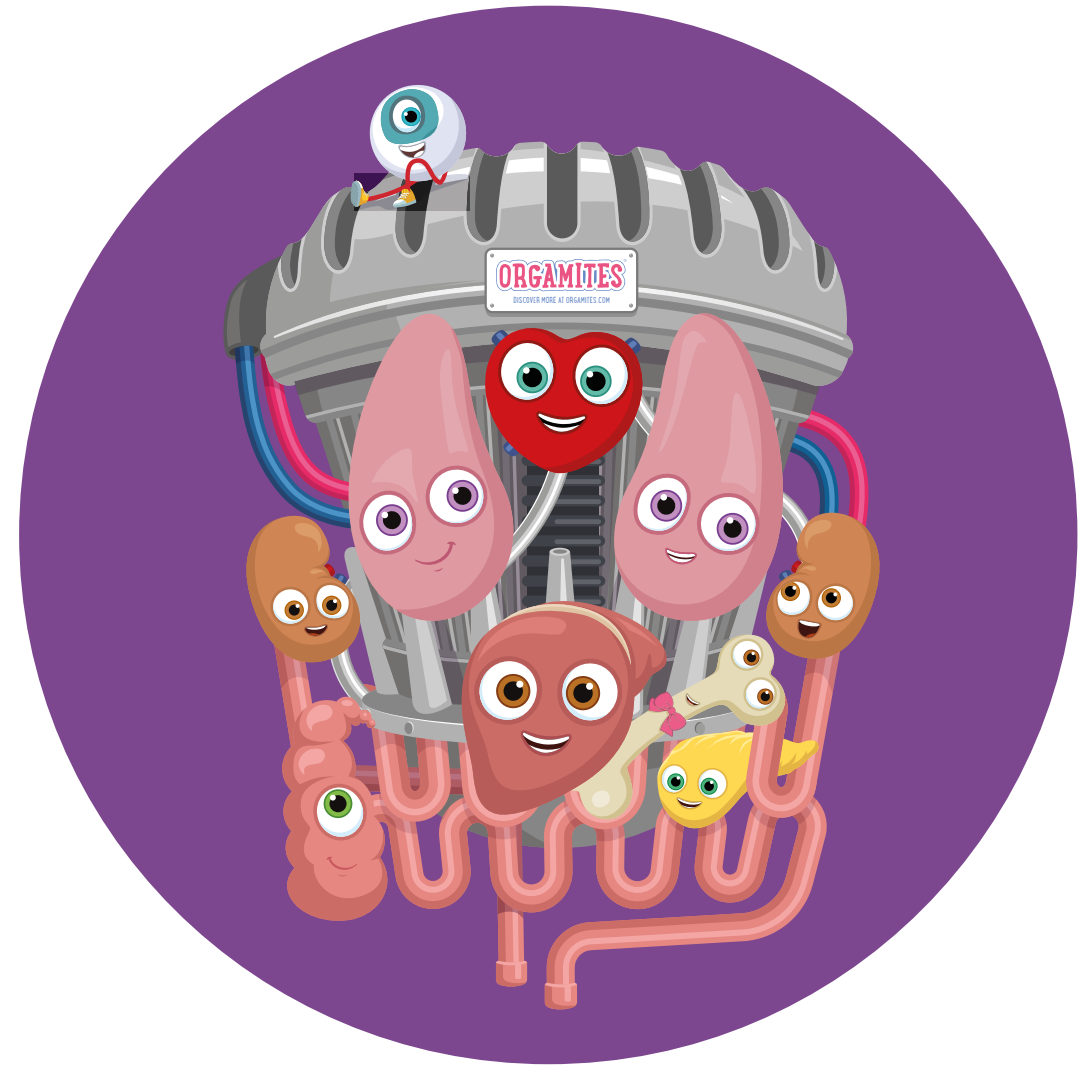


What are organs?

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 (or Small Intestine)
- Pancreas



Relax!

To join the Orgamites on their mission to make the world a kinder place, you don't have to hand over any organs!

You don't have to be a certain age, or look a certain way, or think a certain thought...

You just have to want to make the world a better place!



So what's this Mighty Kind Movement 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. Can you think of a small but mighty thing you could do to make the world just a little bit better?

Think of each of these things as keys that unlock a little bit more of a brighter, kinder future for us all.



Are you ready to meet the Orgamites' Mighty Kind Keys?

These are five simple things we can all do that unlock and unleash even more goodness into the world.

So are you ready to change the world?

Let's go!



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.



Did you know?

- There are more pieces of microplastic in the ocean than there are stars in the Milky Way.
- By 2050, there will be more plastic in the ocean than fish.
- At least 8 million tons of plastic is thrown into our oceans each year. That's a garbage truck of plastic — every minute!
- Plastic bags, bottles, lids, straws, fishing gear and disposable containers are the most common plastics in our oceans.



So what can we do to turn the tide?

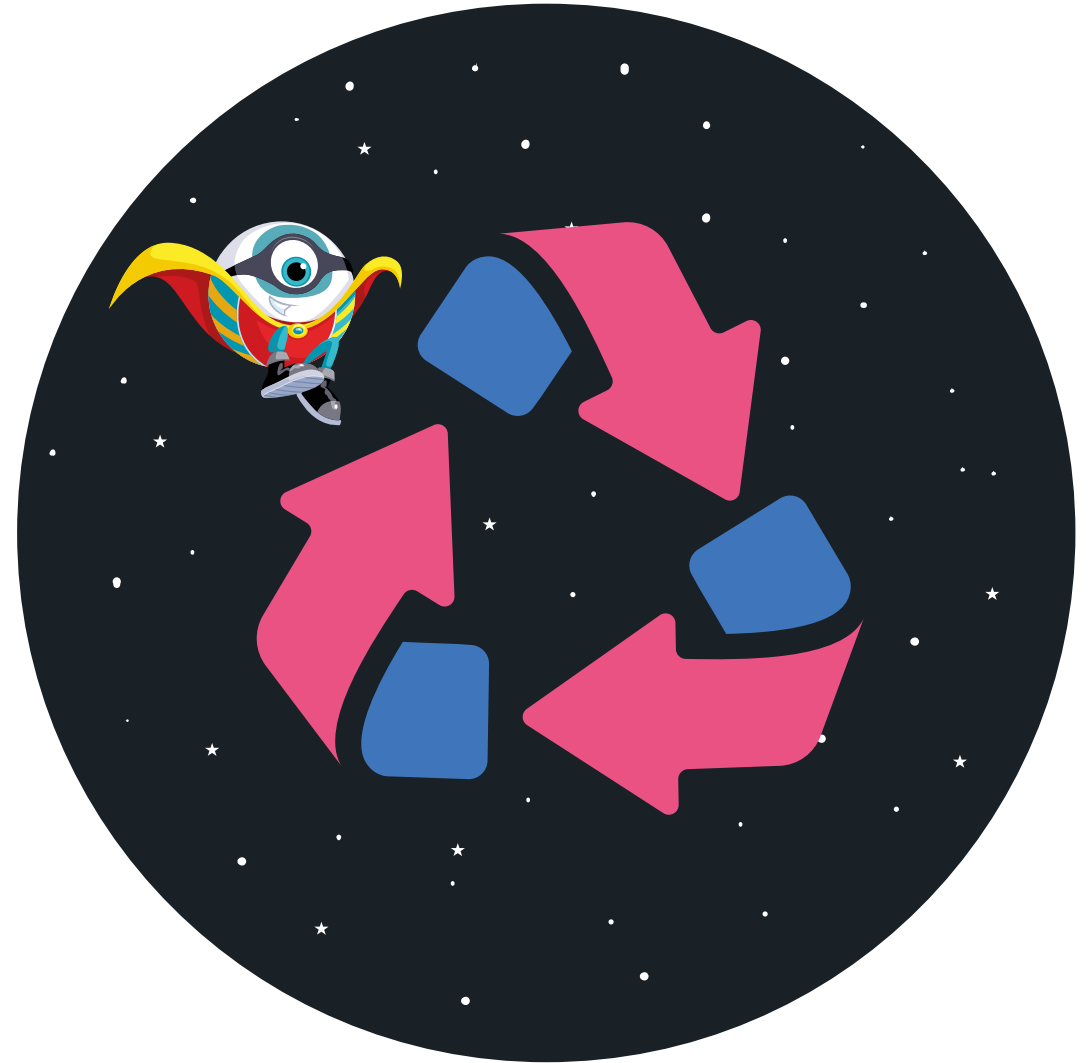
We can **all** reduce the amount of plastic we buy, and when we do use plastic, let's reuse as much as possible rather than just throw it away.



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 landfills, rubbish dumps and our oceans could have been recycled!



Did you know?

- Recycling helps save energy. If you recycle one glass bottle, it saves enough energy to light a 100-watt bulb for four hours, power a computer for 30 minutes, or a television for 20 minutes.
- Recycling one aluminum can saves enough energy to run a TV to watch your favourite movie.



What we can recycle:

- GLASS (bottles, jars & drinking glasses)
- CANS (beverage cans, food cans, and even deodorant and paint cans)
- PAPER & CARDBOARD (including newspapers, magazines, books and longlife milk cartons)
- PLASTIC (most plastic containers, bags and packaging)

What we can't recycle:

- POLYSTYRENE
- P.E.T PLASTICS
(often used in food packaging)
- BATTERIES
- VIDEO TAPES
- MIXED MATERIAL ITEMS
(like toothbrushes)

Can you think of anything else?

Bringing it home...

Look inside your own lunch box
or around your home...

Are there any solutions you can think of
to reduce your plastic use in the future?

Are there any businesses you could write
to or contact that you think use too much
plastic in their packaging?



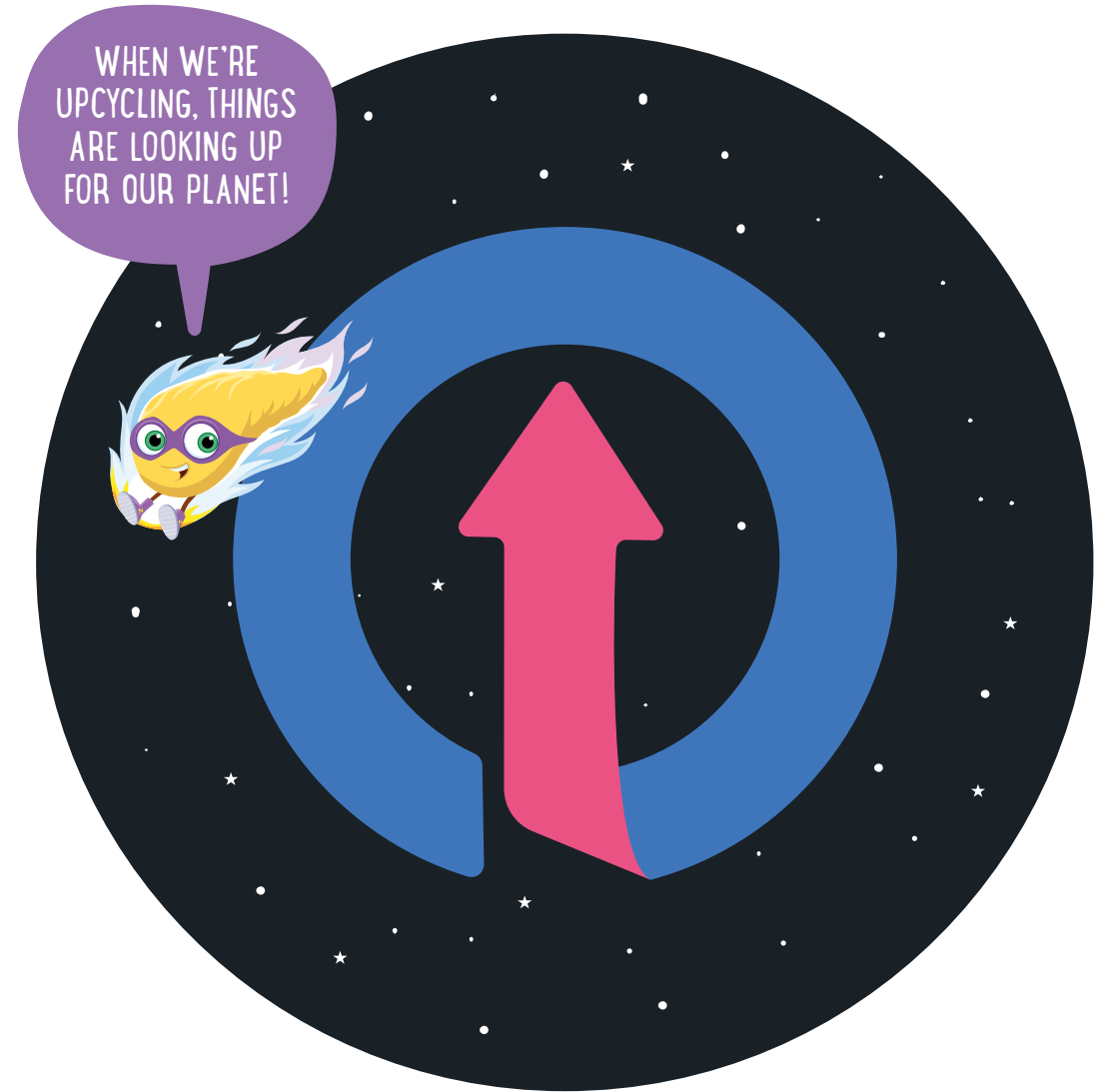
3 UPCYCLE

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, such as plastic. The only limit is your imagination!



Did you know?

- Our clothing and furniture can be upcycled. When we buy vintage clothes, or repurpose an old pair of jeans, or sand down a secondhand desk and give it a new lease on life – we're upcycling.

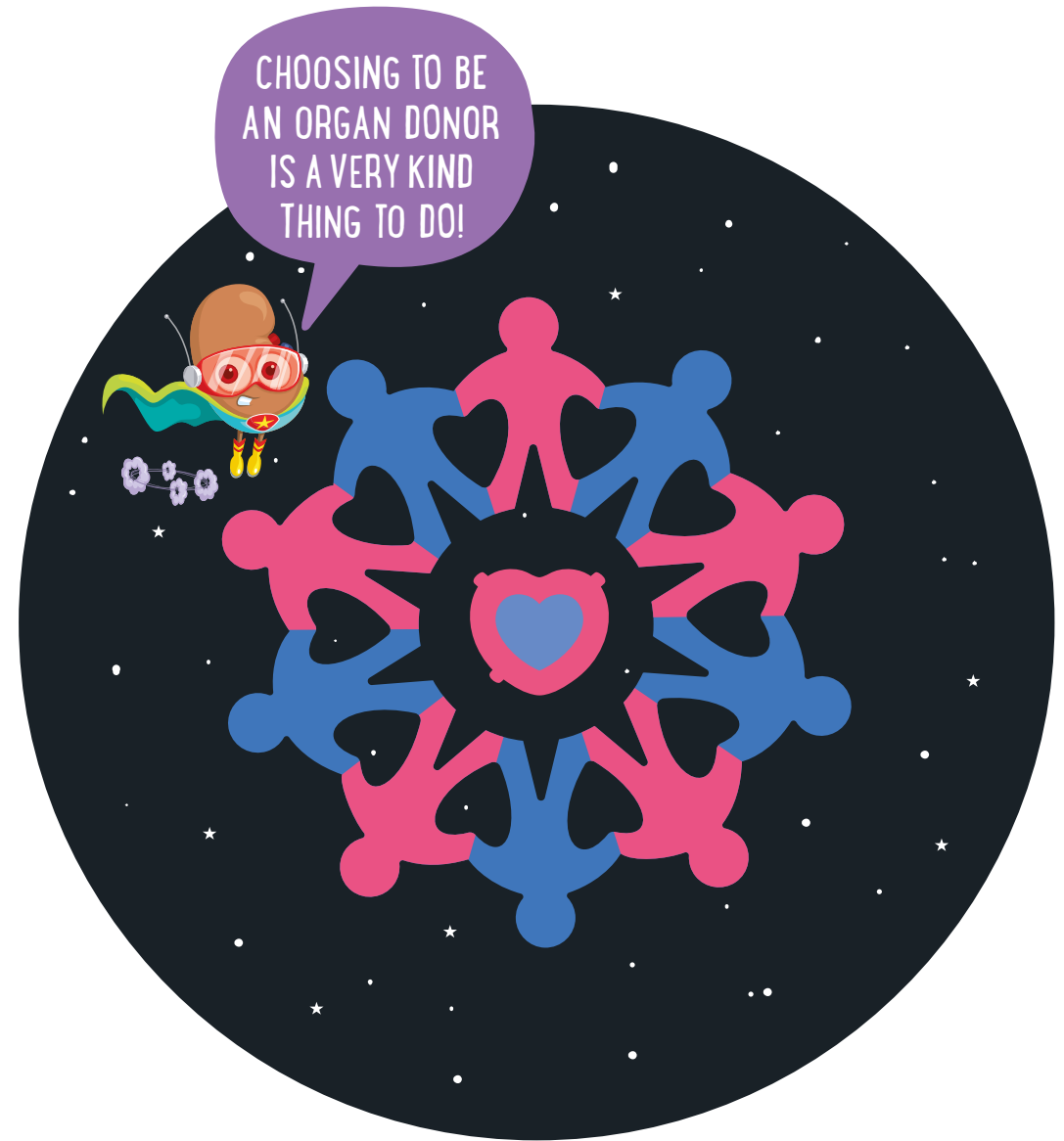
Have you upcycled anything yet?



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 - organs and people can too!



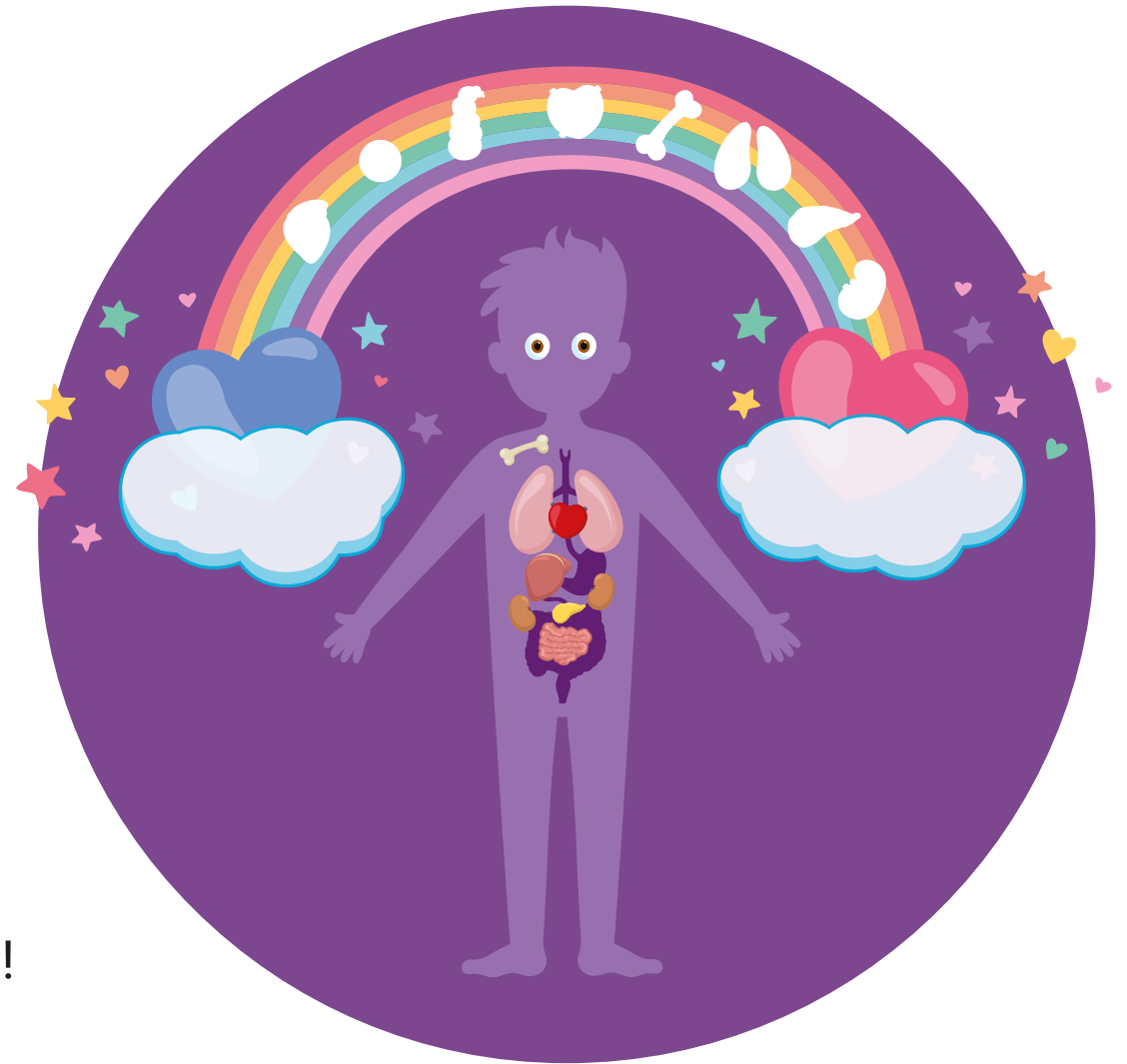
MORE ABOUT ORGAN DONATION

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**.

Did you know:

There are more than 8,000 people on the organ transplant waiting list in South Africa right now!



LET'S TALK ABOUT LIFECYCLING

- Helping people we may never meet or know... that's true kindness.
- Organ donation (or lifecycling) is often misunderstood as a sad thing to talk about – but it's really all about saving people's lives and making the most of life!
- It's about seeing ourselves as part of a much bigger whole - and giving to others when we no longer need what we've got.



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.



Who can remember the
5 Mighty Kind Keys
to making the world
a better place?







The 5 Mighty Kind Keys are:

1. Reduce and Reuse
2. Recycle
3. Upcycle
4. Lifecycle
5. Be Kinder

Can you think of any other ways
we can all make a big difference?



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®

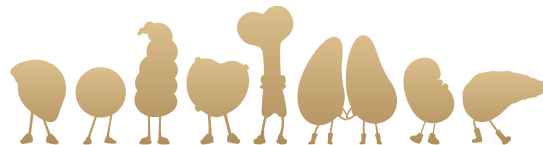
MIGHTY PLEDGE

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.

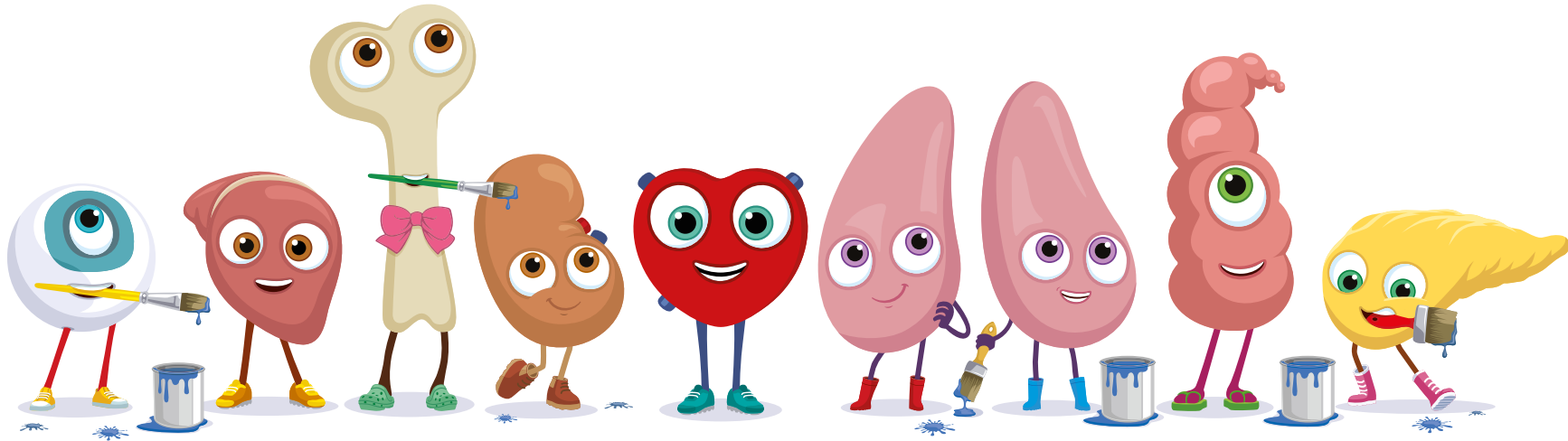
My body is mine and it's perfect for me
I'm thankful for it, I'm as proud as can be.
I pledge to look after it and to be kind to each part
From my head to my toes, from my kidneys to heart.

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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