

# ORGAMITES®

## MIGHTY EDUCATION PROGRAMME

DISCOVER MORE AT [ORGAMITES.CO.ZA](http://ORGAMITES.CO.ZA)

### 1. TEACHER OVERVIEW

## TOOLKIT 3: MIGHTY KIND

THE POWER AND GIFT OF KINDNESS



IN PARTNERSHIP WITH

**live life**  
give life

**ONASSIS**  
FOUNDATION

**SATS**  
SOUTH AFRICAN  
TRANSFUSION SOCIETY

**tell**  
TRANSFUSION SOCIETY  
SOUTH AFRICA

**Giving**  
to help  
others

**Canadian**  
Blood  
Services

**Organ Donation**  
Northern Ireland

**HSC** Public Health  
Agency

**BTS**  
Blood Transfusion  
Society

**ESOT**

# JOIN 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 particular Organites educational toolkit.

Started 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!**

## WHY TEACH KIDS ABOUT HEALTH?

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 ORGANITES?

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

A team of 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.

“Teaching kids to count is fine, but teaching them what counts is best.”

- Bob Talbert



# TOOLKIT 3: MIGHTY KIND!

Are you interested in growing kinder, community-minded kids, whilst also connecting more with your kids over some brilliant activities and shared conversations? This educational toolkit has been created to encourage and inspire kids to take better care of one another and the environment too.

## Free ready-to-go downloadable resources include:

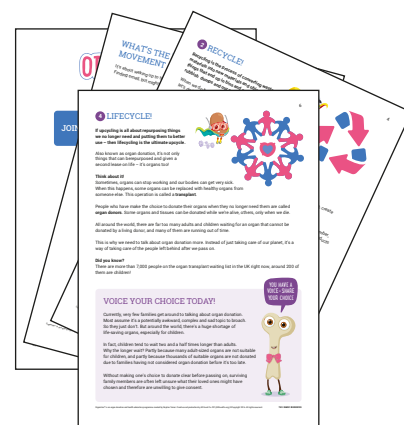
### • Lesson Presentations

We've created two versions. The **Express Version (PDF 3)** is perfect for younger children (Grades 1 to 3) and can be covered in a single lesson. The **Full Version (PDF 4)** is ideal for all other age groups, and includes more insights and fun, interactive challenges for students looking to change the world! To make your job even easier, we've created supporting **Lesson Presentation Notes (PDF 5)**.



### • Family Resources (PDF 2)

To get whole families and households freshly inspired to take better care of one another and the planet, this take-home booklet is jam-packed with amazing facts and really practical next-steps.



### • Additional Teacher Resources

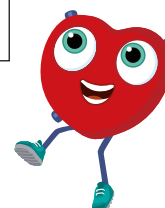
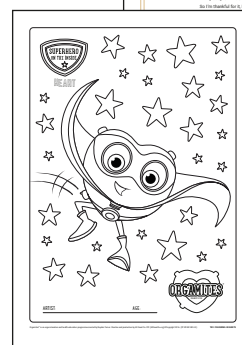
Classroom Activities, Colouring-in Sheets (PDF 6), and other teaching aids are available to further drive the message home. Choose any or all of them, print them out or upload them onto your whiteboard.



### • 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 then a poster for the classroom wall.

- 66 *What a pleasant discussion. So far from a heavy discussion. My kids loved learning about organ donation and transplantations – I am certain the fun Organites characters had a lot to do with that! We talked about how amazing our bodies and organs are, and how medical advances are now able to give so many people a second chance at life. They learned about my choices and how it fits with my cultural beliefs and I am happy that they got to talk about how they feel and voice their own thoughts and decisions*
- Julie Williams, mum of five



## 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 Teacher Resources **or**,

**The really sticky way**—take your time to really explore each of the Organites' Mighty Kind Keys. You can do this by focusing on just one per day/lesson, and putting the suggested tips steps into real-time live action!



## TOP TIP FOR TEACHERS

**Make time to talk:** Talking about organ donation helps us to honour one another's choices. No matter which pace you choose, be sure to allocate a little time to recap and reflect on what has been covered in the lesson. Let students share some of their own thoughts and impressions. When teaching about organ donation, focus on the positivity of 'giving a gift', and the difference a transplant can make to a recipient's life. Try to keep the conversation light, positive and non-judgmental. Encourage students to chat about their choices at home, with their parents or guardians.

“The Organites are a truly unique and innovative way to educate children about a topic that can often be difficult to discuss. The characters are relatable, and the lessons they impart are both important and impactful.”

- Byron Grant, Grade 2 Teacher

## 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 and Social Well-being (PSW)           |

**Lesson outcomes include:**

- What the 'mighty organs' are (and why they're mighty)
- What organ donation is about
- Recycling and plogging (Picking up litter while jogging)
- Lifecycling
- Upcycling
- Why it's important to talk about organ donation



# 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!

August is now Orgust, National Organ and Tissue Awareness Month—a full month to rally behind our mighty organs and spread the word across South Africa. Bone Marrow Stem Cell Donation and Leukaemia Awareness Month is observed from 15 August to 15 October in South Africa. Organisations like DKMS Africa, established in 1999 by parents affected by leukaemia, play a pivotal role in raising awareness and encouraging individuals to register as bone marrow donors.

If you haven't already, sign up today for free access to all our toolkits and resources at: [Organites.co.za](https://Organites.co.za)

“When I went looking for foundation education materials about organ donation, at that time I couldn't find any. It's important to teach kids about citizenship and altruism. Organ donation is not just about death, it's part of a medical treatment. Let's treat it the same way as the topic of blood donation; the idea of giving, and helping other people.”

- Bernie Boulet, Grade 2 Teacher and mum of Logan Boulet, Alberta, Canada



# 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're foundational

This is where it all starts. No programme builds a lifelong foundation for health like the Orgamites Mighty Education Programme. We don't just introduce the essentials of health education—we make them stick. Because lasting health starts with education and positive behaviour change.

## 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 capture 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 fundamental 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!

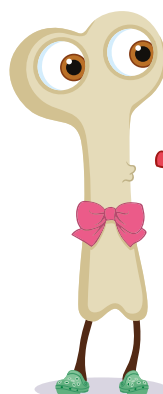
## They really work!

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 curriculum, Orgamites' resources aim to rather complement it – filling in the major health and social education gaps to help avert some of the most significant crisis of our time.

## SAVE THE DATE!

Orgust, formerly known as August, is our 'National Organ and Tissue Awareness Month,' a month of activities 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.

**Save the date at [Orgamites.co.za](https://orgamites.co.za)**



## MIGHTY FAQ

### Do we need to teach these kinds of things?

Students tend to be taught about the basic facts pertaining to their health, the wellbeing of others, and why and how to look after the planet at large. But 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 learn positive social behaviour and 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?

Most 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 feel 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 improves quality of life 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, answer any question they may have, and equip them to have more conversations with their children at home. In South Africa, regardless of whether you are on the organ donor registry, 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.

“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



### 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, religions and cultures?

Many 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. And none say you can't talk about it.

### 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 needing an organ, 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 go from adults to children, but with organs such as heart and lungs the size of the organs needs to match and so the donor and recipient need to be in a similar age bracket.

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

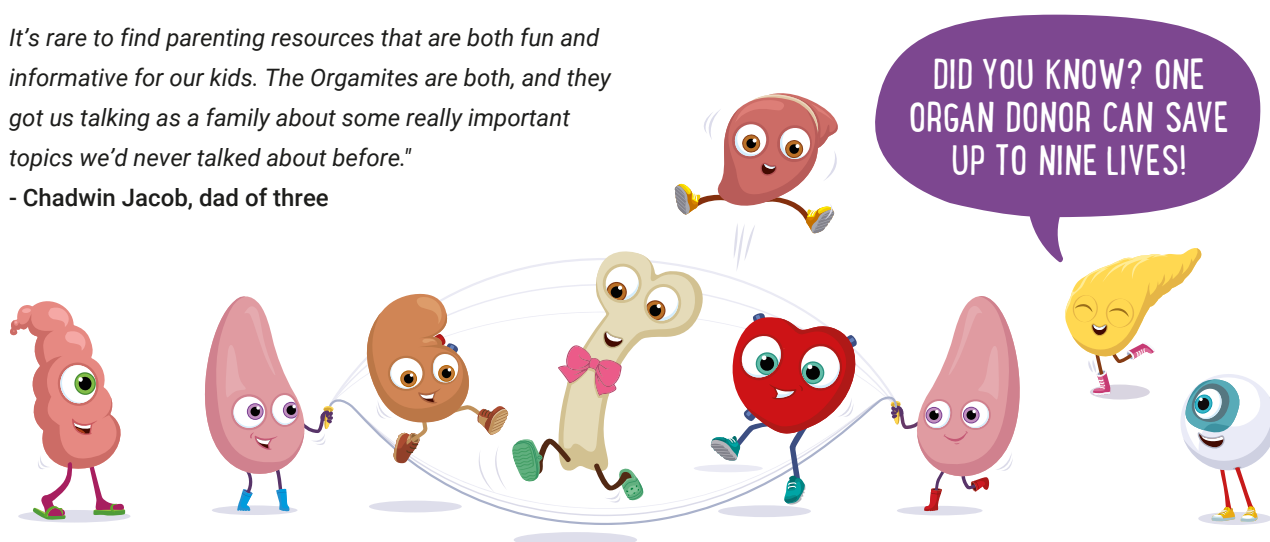
It is your choice. You can choose to donate some organs but not others.

### 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! There is no age limit to sign on to the organ donor register in South Africa and parents can sign up their kids. Ultimately, parents of minors have the final legal say about allowing donation. 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.”

- Chadwin Jacob, dad of three



### What is the organ donation situation in our country?

Currently, there are around 8,000 people on the organ transplant waiting list in the South Africa, 40 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.

### 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. By registering as an Organ Donor and discussing your choice to be an organ donor with your loved ones, you make them aware of something you want to happen when you are no longer capable of sharing that information. While there is no lower age limit, children under 18 always require parental consent when registering as organ donors.

### 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).*

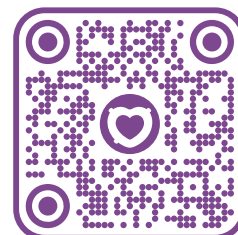
*Our mighty thanks go to all students, teachers, parents, and healthcare professionals for taking part in the Orgamites Mighty Education Programme.*

## YOUR INPUT MAKES A BIG IMPACT!

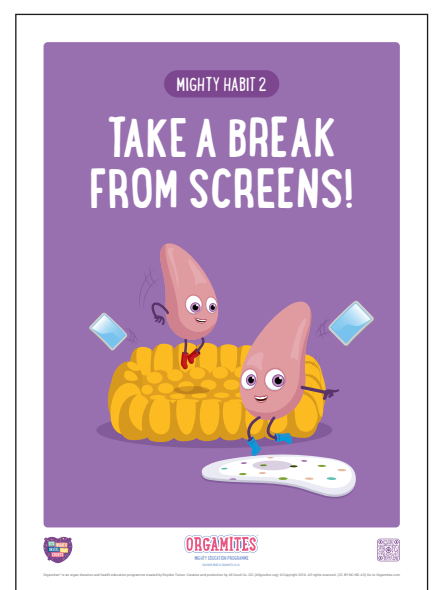
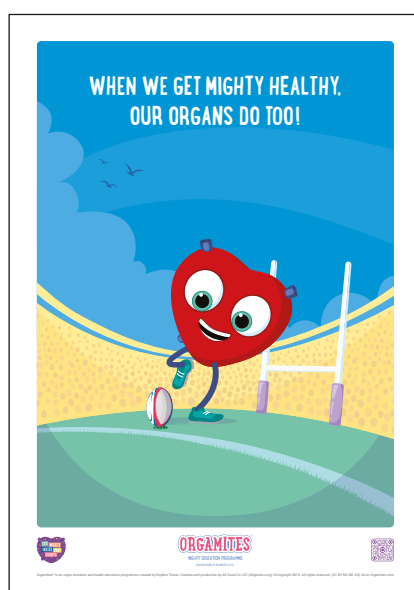
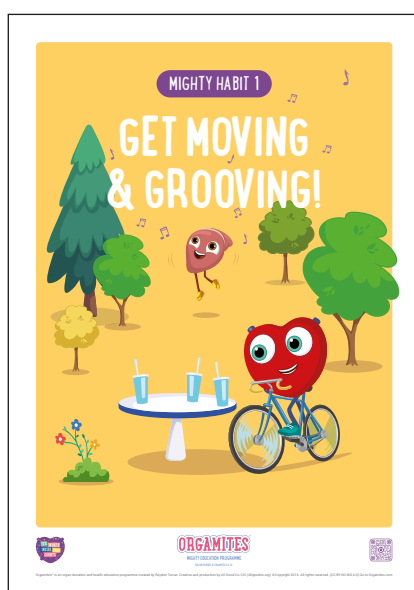
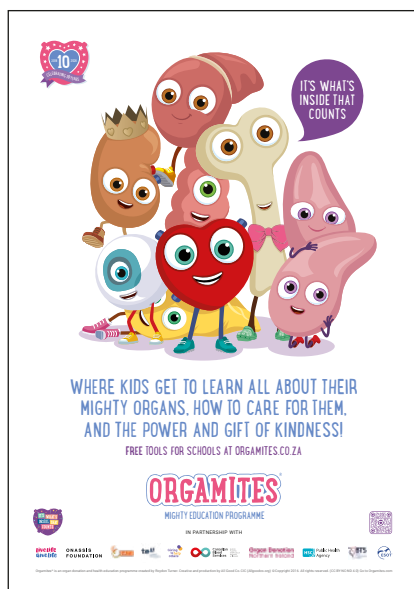
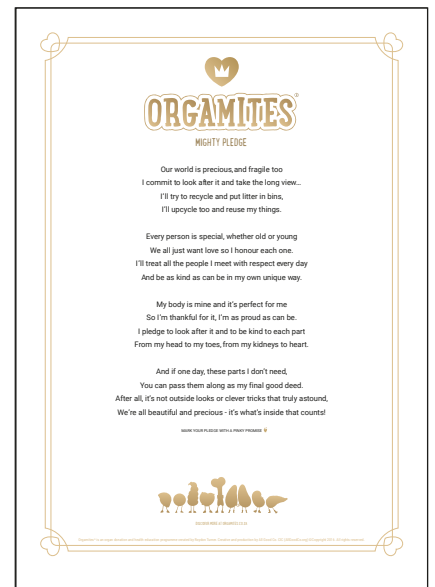
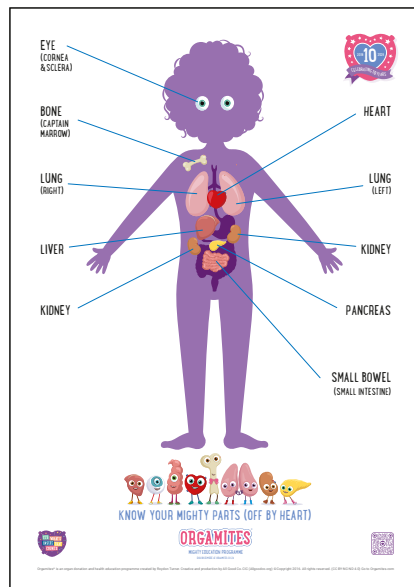
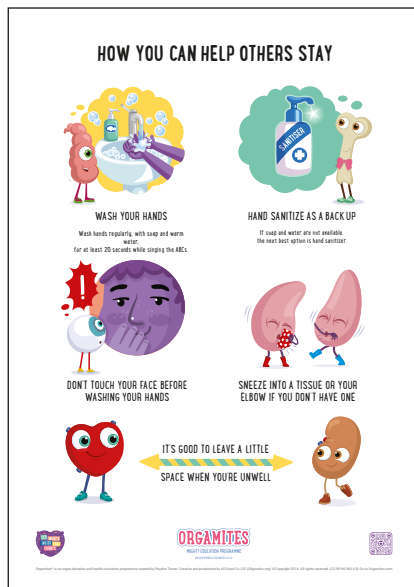
If you've introduced the Orgamites to your classroom, we'd love to know how it's going. Please use our feedback form on the 'Resources Hub' page on our website, and please encourage as many other teachers, students and parents to do so too. Don't forget to...



-  **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!**

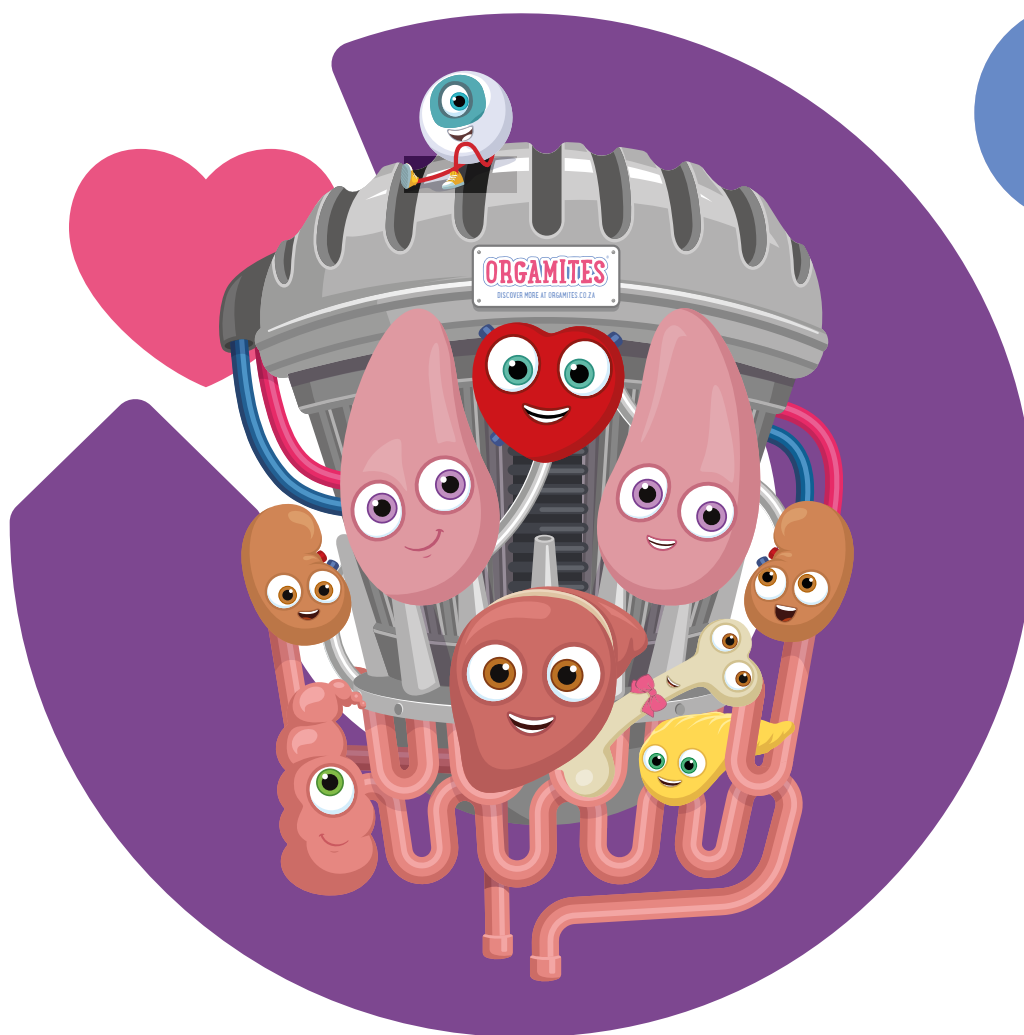


[Orgamites.co.za](https://orgamites.co.za)



**DOWNLOAD YOUR FREE POSTERS AT ORGAMITES.CO.ZA**

SAVE  
THE DATE



START YOUR ENGINES

 **Orgust**

NATIONAL ORGAN AND  
TISSUE AWARENESS MONTH

GO TO [ORGAMITES.CO.ZA](http://ORGAMITES.CO.ZA)

**ORGAMITES**<sup>®</sup>

MIGHTY EDUCATION PROGRAMME

IN PARTNERSHIP WITH

**live life  
give life**

**ONASSIS  
FOUNDATION**

**SATS**

**tell**  
Foundation  
for living legends

**Giving  
to help  
others**

**Canadian  
Blood  
Services**

**BLOOD  
PLASMA  
STEM CELLS  
ORGANS & TISSUES**

**Organ Donation  
Northern Ireland**

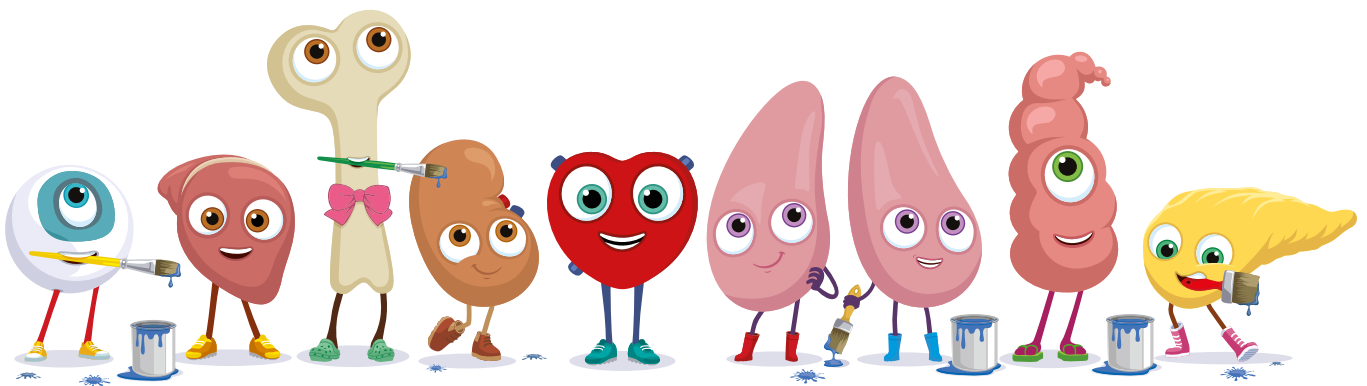
**HSC** Public Health  
Agency

**BTS**  
British  
Transplantation  
Society

**ESOT**

Orgamites<sup>®</sup> is an organ donation and health education programme created by Roydon Turner. Creative and production by All Good Co. CIC (AllGoodCo.org) ©Copyright 2016. (CC BY-NC-ND 4.0)

# IT'S WHAT'S INSIDE THAT COUNTS!



**All Good Co.**

A COMMUNITY INTEREST COMPANY

It's all good at [AllGoodCo.org](http://AllGoodCo.org)