

# ❤️ Donate Buddies Activity Book ❤️

A fun-filled journey about  
kindness, heroes, and life-saving gifts!





# Daily Hero Planner

Date: \_\_\_\_\_



## Schedule:

Plan your day like a real Donate Buddy Hero!

5.00 AM	
6.00 AM	
7.00 AM	
8.00 AM	
9.00 AM	
10.00 AM	
11.00 AM	
12.00 PM	
1.00 PM	
2.00 PM	
3.00 PM	
4.00 PM	
5.00 PM	
6.00 PM	
7.00 PM	
8.00 PM	
9.00 PM	
10.00 PM	
11.00 PM	

## Today's Goals:

Learn one new thing about organ donation

Do something kind for someone

Talk to a friend about what it means to be a hero

## Today's Activities

Watch a video about how organs help the body

Colour in your favourite Donate Buddy character

Play a matching game about organs and their superpowers



# My Donate Buddy Journal

Date: \_\_\_\_\_

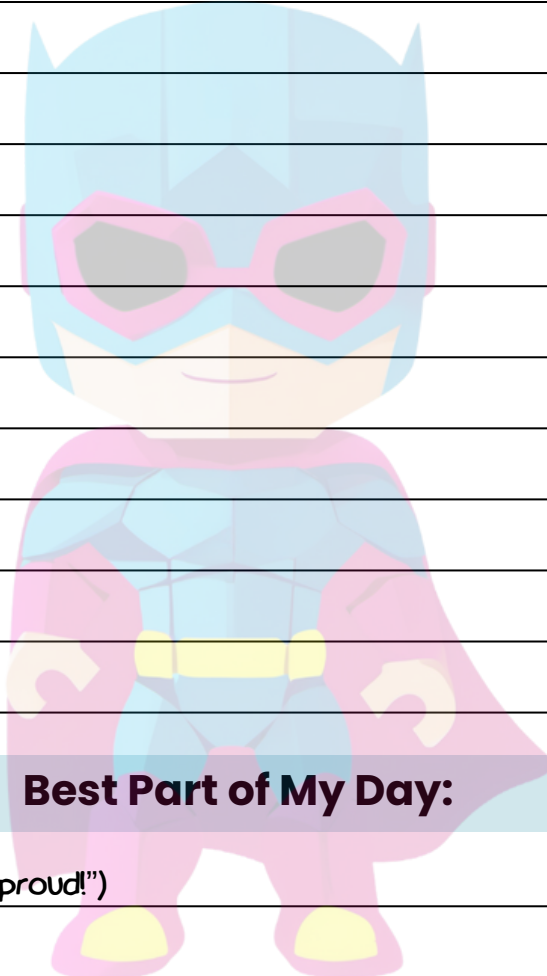
How Was Today?

Location: \_\_\_\_\_



## What Did We Learn or Do Today?

(e.g., "I learned the liver can grow back!")



## Best Part of My Day:

(e.g., "I helped someone and felt proud!")



# Weekly Hero Plan

Week Of: \_\_\_\_\_

Each day, include:

A kindness act | A new body fact | A moment to rest and recharge

Use the space to write fun ways to help others or share what you learned about organ and tissue donation.

**Monday**

**Tuesday**

**Wednesday**

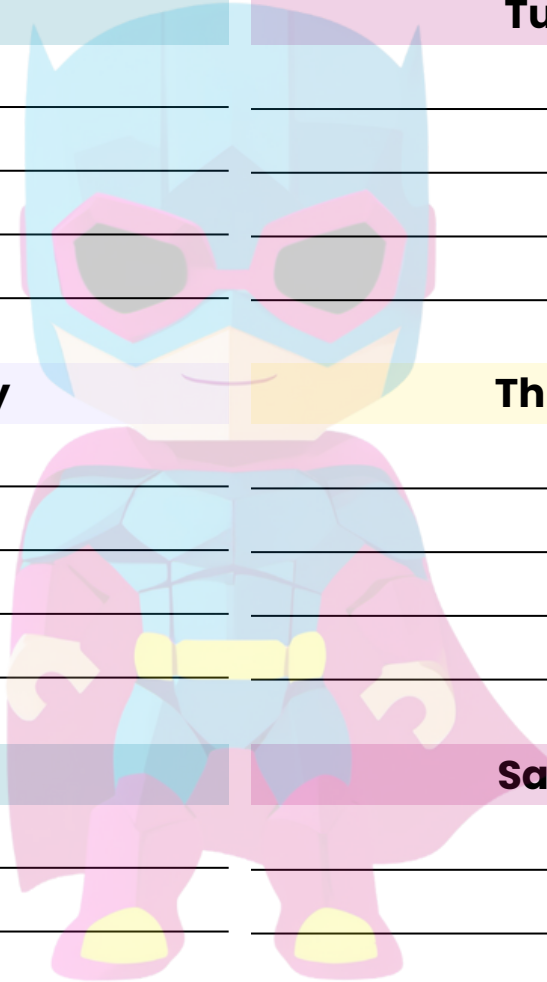
**Thursday**

**Friday**

**Saturday**

**Sunday**

**Notes**







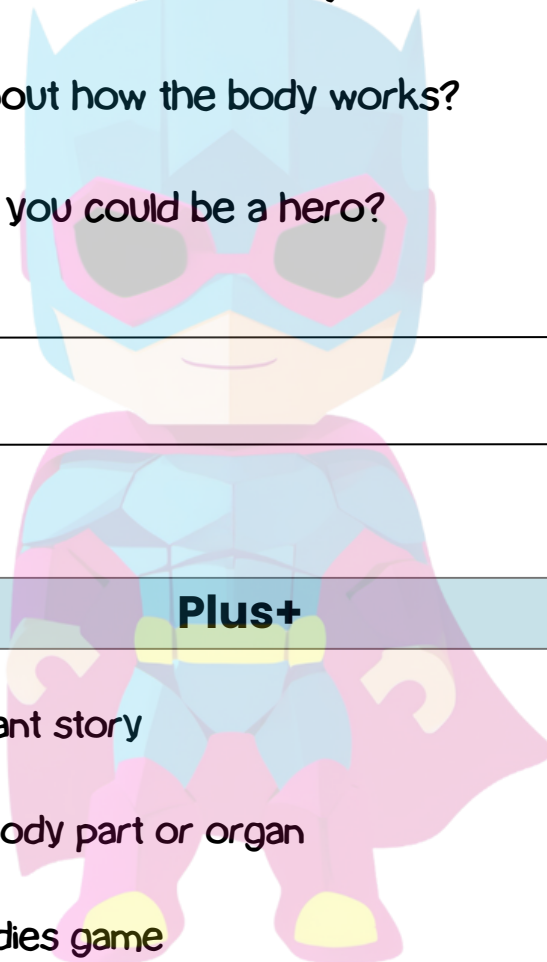
# Hero Habits for Everyday

## Have You

- ★ Learned something new about the human body?
- ★ Said something kind to someone today?
- ★ Asked a question about how the body works?
- ★ Thought about how you could be a hero?
- ★ \_\_\_\_\_
- ★ \_\_\_\_\_

## Plus+

- ★ Read about a transplant story
- ★ Drew a picture of a body part or organ
- ★ Played a Donate Buddies game
- ★ Made/built something creative
- ★ Helped someone at home or school
- ★ Wrote a thank-you note to a helper





# Donate Buddy Daily Checklist

Morning	S	M	T	W	T	F	S
Make bed							
Brush teeth							
Ate breakfast							
Stretched or did a breathing exercise							
Learned a new organ fact							

Afternoon	S	M	T	W	T	F	S
Read book for 30 minutes							
Played a Donate Buddies activity							
Helped someone							
Learned about an organ that can be donated							
Creative activity - Coloured or crafted							

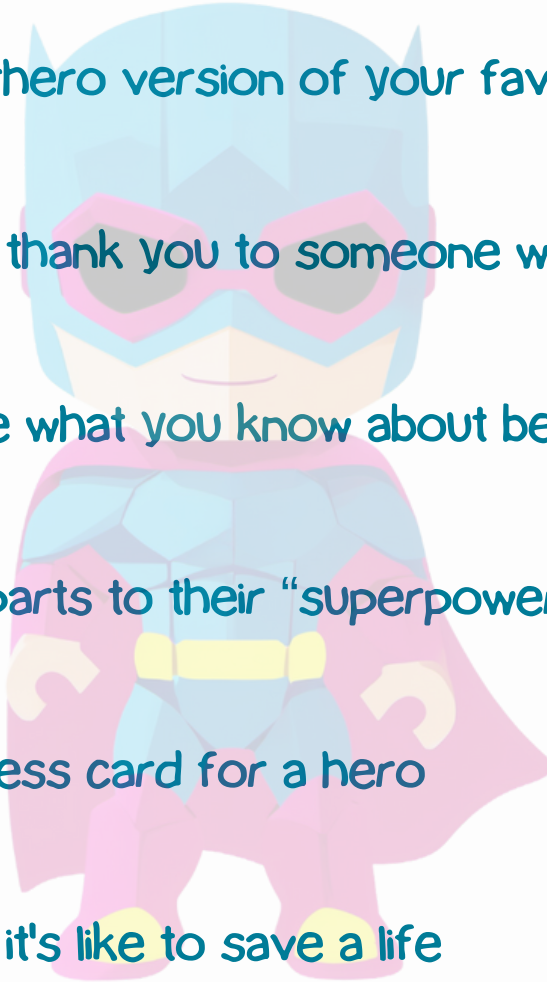
Evening	S	M	T	W	T	F	S
Tidy room, prepare for tomorrow							
Watched a feel-good story							
Wrote in journal							
Brush teeth							
Relaxed and said one thing you're grateful for							

POINTS COLLECTED							
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# Donate Buddy Adventure List

- ☐ Learn 5 organs that can be donated
- ☐ Draw a superhero version of your favourite organ
- ☐ Write or say thank you to someone who helps others
- ☐ Tell someone what you know about being a donor
- ☐ Match body parts to their “superpowers”
- ☐ Make a kindness card for a hero
- ☐ Imagine what it's like to save a life
- ☐ Talk to your family about being a donor
- ☐ \_\_\_\_\_






# Kindness & Body Fun List




 Say something kind to 3 people




 Watch a story about organ donation




 Draw a picture of your heart helping someone




 Write a note to someone brave




 Learn what lungs do




 Wiggle like a jelly (liver wiggle!)




 Play a "hero pose" game




 Colour in a transplant hero page



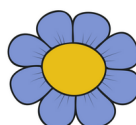
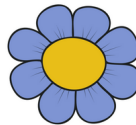
 Make a Donate Buddy badge



 Learn how you can help save a life one day



 Say a body fact out loud





# Kindness Coin Tracker

TOTAL BUDGET: \_\_\_\_\_

KIND ACT / HERO TASK	ESTIMATE	ACTUAL
Told someone a fun body fact.	(1 coin)	

KINDNESS COINS EARNED	ESTIMATE	ACTUAL
Did a good deed	(2 coins)	

NOTES	ESTIMATE	ACTUAL
Completed a Donate Buddies challenge	(5 coins)	



# Hero Book List

[illegible]

Draw a heart, organ, or smiley for each book you finish!

# Books About Brave Bodies

Instructions:

Colour in the books on the shelf every time you read or listen to a story about:

 Kindness

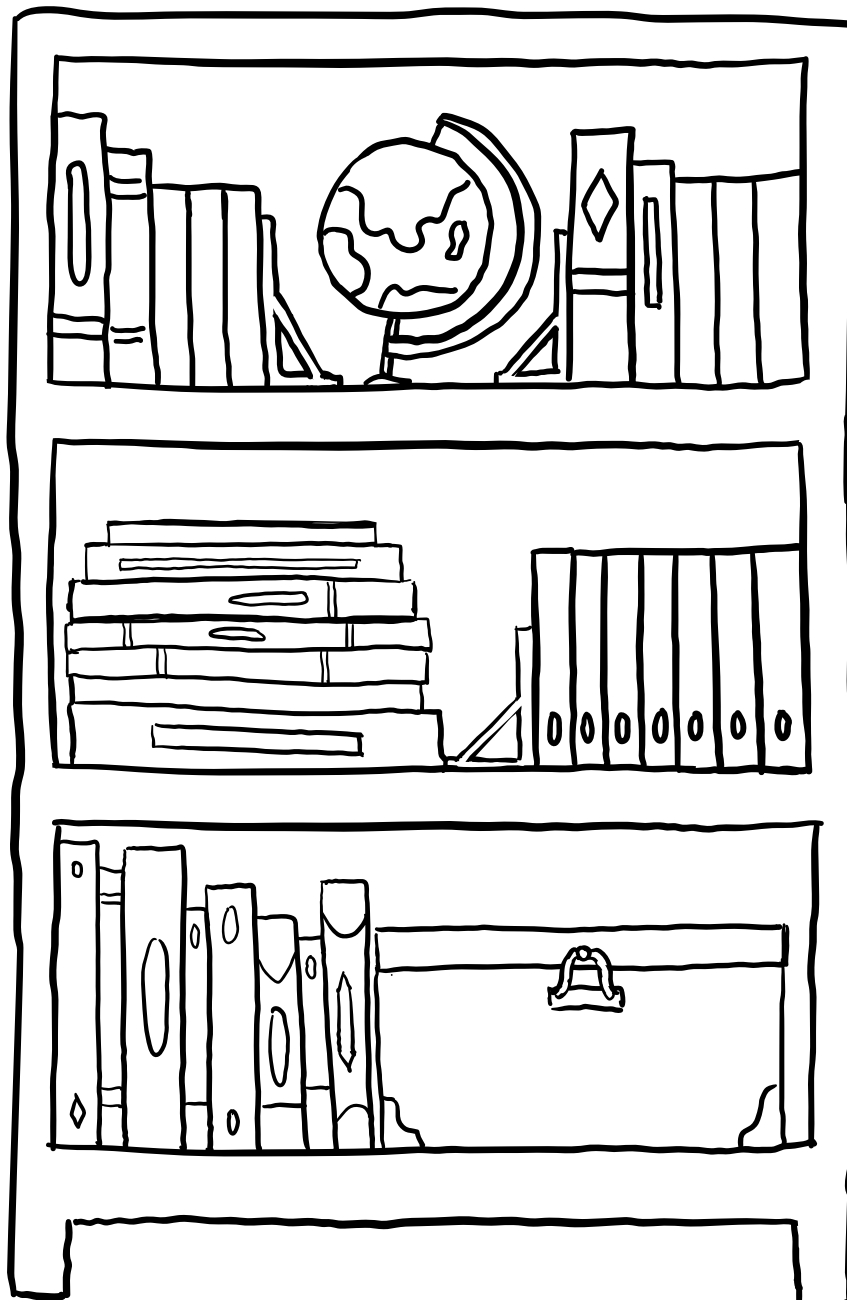
 Saving lives

 Helping others

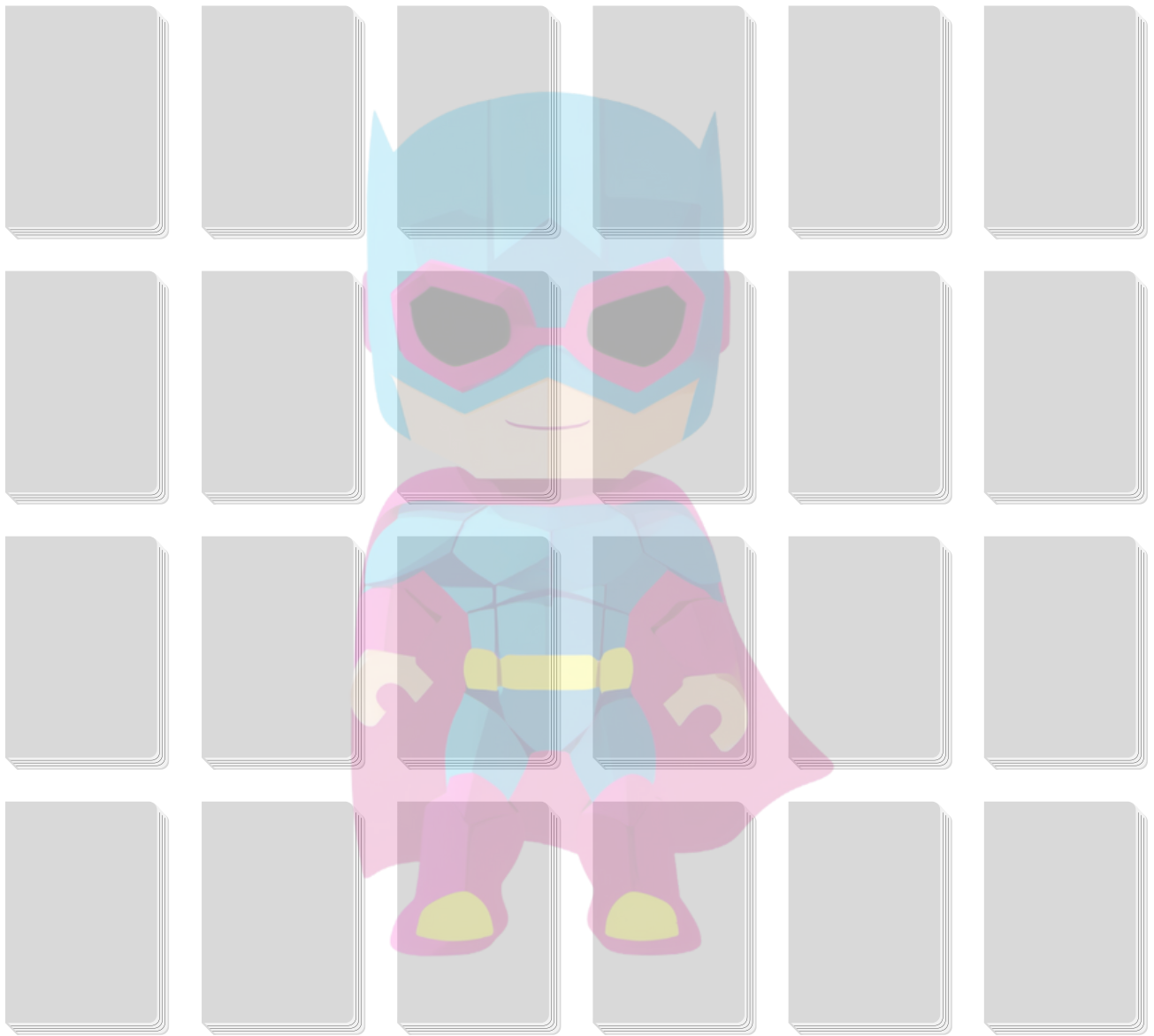
 Being brave

 Organ or tissue donation

Can you fill the whole shelf?



# Donate Buddies Reading Tracker



**Total Number of Books:**

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# Hero Book Review

## BOOK DETAILS

**Title:** .....

**Author:** .....

**Genre:** .....

**Year:** .....

## READING STATUS

**Date  
Started:**

.....

**Date  
Finished:**

.....

## MY FAVOURITE QUOTE

## BOOK SUMMARY

eg: What was this book about? Did

someone help or save another person?"

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## MY THOUGHTS

Did it remind you of a Donate Buddy  
Hero?"

# Transplant Hero Films to Watch

## MOVIES THAT INSPIRE!

Instructions:

Use this page to keep track of movies, shows, or videos that teach you about kindness, courage, and saving lives through organ donation!

🎬 Each time you watch something inspiring, colour in a clapperboard and write the title inside it.

★ Bonus: Add a star for how much you liked it!


# Donate Buddy Film Reflection

FILM REFLECTION – BECOME A MOVIE HERO!

Instructions:

Watched a movie or video about being a hero, helping others,  
or organ donation? Write about it below!

**Movie Title**

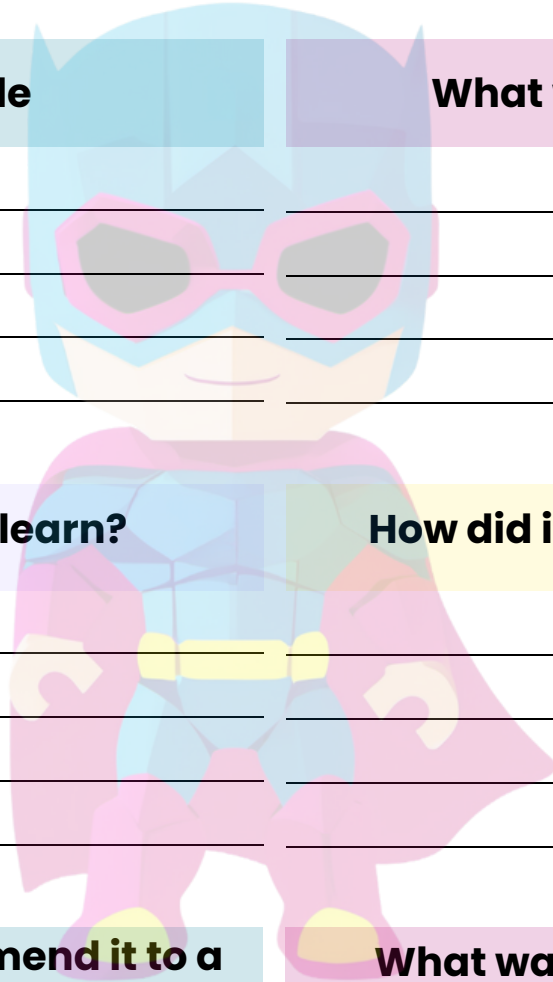
**What was it about?**

**What did you learn?**

**How did it make you feel?**

**Would you recommend it to a friend? Why or why not?**

**What was your favourite moment?**

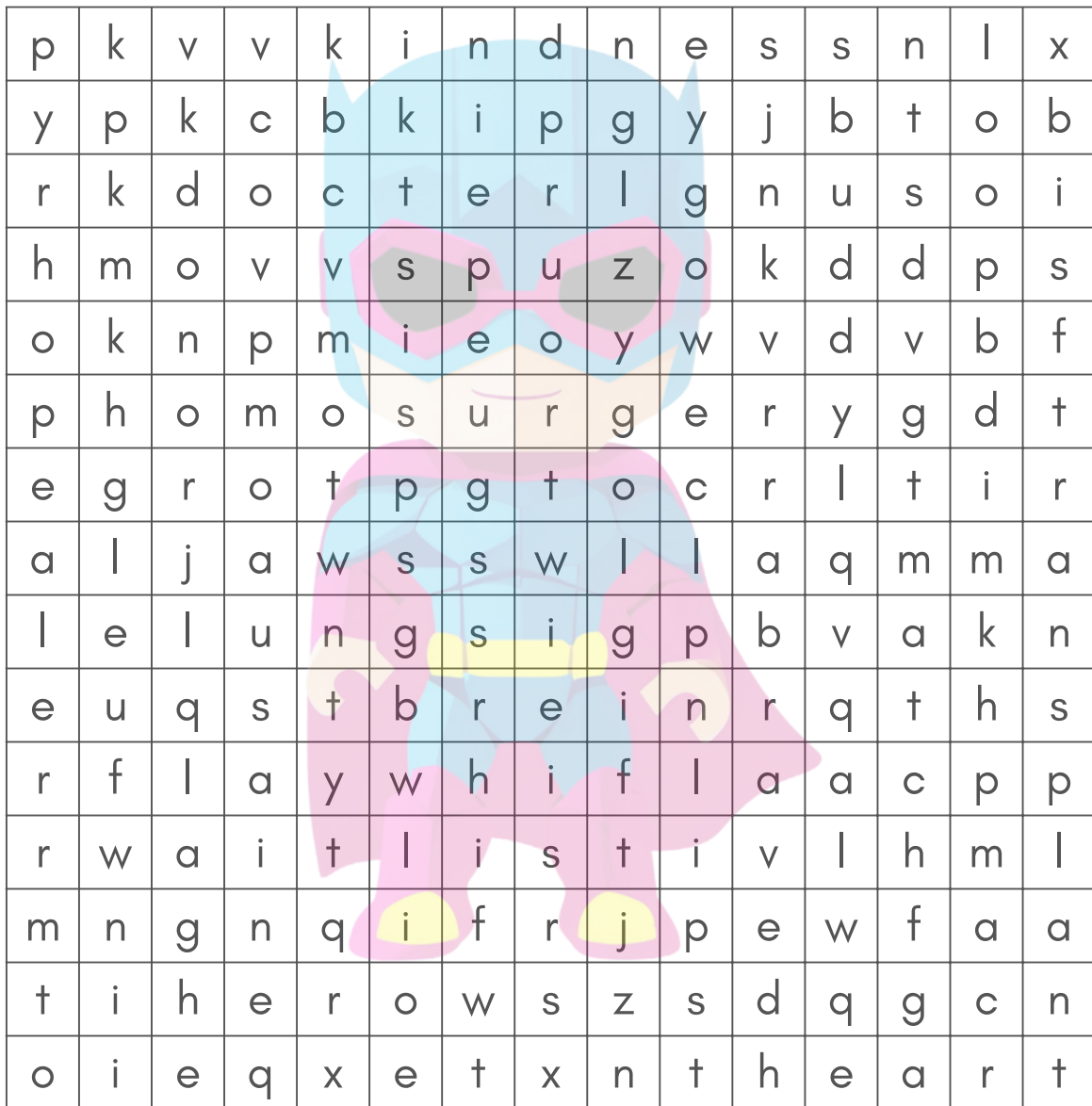


# Transplant Wordsearch

## Instructions:

Can you find all the hidden words about organ and tissue donation? 🌱

Look up, down, across, and diagonal—some words might surprise you!



donor

lungs

heart

transplant

life

gift

hero

match

hope

kindness

waitlist

doctor

brave

surgery

buddy

# Donate Buddies Notes

