# mito 4 Kids

A school education program about mitochondrial disease

# GUIDE

Mitochondrial Disease (mito) is a debilitating genetic disorder affecting one in 4,300 people, making it one of the most commonly diagnosed genetic diseases. At least one Australian child born each week will develop a severe or life-threatening form of mito. Despite its prevalence, there is a general lack of awareness about mito. Mito Foundation has received feedback that due to this, teachers and classmates find it difficult to understand the needs of children with mito at school.

Together with community members, Mito Foundation has developed the Mito 4 Kids Kit for children, families and community members which aims to explain mito in a way which is accessible to primary school children and their teachers.

Anyone can use the Mito 4 Kids Kit to teach primary school aged children about mito.

## The Mito 4 Kids Kit is designed to contain:

- Teacher Brief
- *A Little Presentation about Mito* PowerPoint Presentation
- *A Little Book About Mito* PDF
- Student Activity Worksheets
- Parent Information Sheet
- Teacher Evaluation Sheet

## Teacher brief

The brief is designed to prepare the teacher and provide an outline for a lesson plan. The kit can be used in its entirety in accordance with the lesson plan or it can be presented as the A Little Presentation about Mito PowerPoint alone. The teacher has the option of both, and the brief document is a guide as to how to run the session.

## *A Little Presentation about Mito* PowerPoint Presentation

*A Little Presentation about Mito* is a set of 20 slides which includes an introduction on mito. There are speaker points you can use which are included below the slides. These points explain, in a child-friendly way, what mitochondria are and how mito affects your body. If you only want to do a read-along of *A Little Book About Mito*, you can choose to start the presentation on Slide 5. The last three slides (18, 19 and 20) can be used as extra factual information, if you wish to present more facts on mito, or can be used to prompt and answer questions at the end of the read-along.

## *A Little Book About Mito* PDF

You can print out this PDF document and use these copies of the book in your presentation. You can also contact Mito Foundation on info@mito.org.au or on (02) 8033 4113 to request copies of the book to be sent to you. Ideally, you will hand out copies of the book to the class to read along during the presentation and for children to take home.

## *A Little Book About Mito* (Parent Insert)

The Parent Insert is designed to be cut out and placed in the front of *A Little Book About Mito* so that when children take the book home, their parents/guardians have an understanding of the purpose of the book and also gain an understanding of mito and what their children have learned.

## Student Activity Worksheets

Teachers will be provided with worksheets for classes K-2, 3-4 & 5-6 classes. Teachers can select and print the worksheet that corresponds with the class they are presenting to.

## Parent Information Sheet

The Parent Information Sheet can be printed out and sent home with the children prior to the presentation, if necessary. This will provide parents/guardians with all the necessary information about the presentation ahead of time.

## Teacher Evaluation Sheet

Mito Foundation would greatly appreciate if you or the classroom teacher would complete the Teacher Evaluation Sheet and send it to us via the helpline or by post to Suite 804, Level 8, 28 Foveaux St, Surry Hills, NSW, 2010. This will allow us to review and update the Mito 4 Kids Kit as the project continues.