



## Lesson One

**TRUE**

**ACTIVITY 1:** In your pairs, draw lines to match each statement to the correct side.

**FALSE**

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- 1) Heroes only exist in books and films.
  - 2) Anyone in your family can be a hero.
  - 3) You need to have muscles to be a hero.
  - 4) All heroes fight bad guys and criminals.
  - 5) Each one of us has the power to save a life.
  - 6) Heroes never feel scared.
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**ACTIVITY 2:** In your pairs, write down 5 adjectives to describe a real-life hero.



## Lesson Two

**ACTIVITY 3:** In your pairs, match the question to the correct answer below.

**What is living kidney donation?**

It is easier to find a close match from a donor who is a family member or someone from the same ethnic background.

**What is a kidney transplant?**

This is when a living person gives one of their healthy kidneys to someone whose kidneys are not working very well.

**What is the easiest way to find a matching donor?**

The special surgery that is carried out to replace a diseased or damaged kidney with a healthy kidney (from the donor).

**ACTIVITY 4:** In your pairs, use the pictures as clues to list 7 ways that we can keep our kidneys healthy.



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