

# The Letter Archive

## Teacher Resource: The Letter Archive

### Sample Anonymous Letters Between Donor Families & Recipients

These letters model:

- Anonymity (no names, places, ages, dates, hospitals, teams)
- Sensitivity
- Respectful tone
- Balanced emotion
- Short, gentle personal details
- Hope + acknowledgement of grief

Teachers may use these during discussions, modelling, or as examples before students write their own anonymous letters.

### ✉ **LETTER 1 — From a Recipient to a Donor Family** **Theme: A Second Chance at Life**

Dear Donor Family,

I don't know how to begin a letter like this, except to say thank you. Your loved one has given me something I could never have found on my own — another chance. I have been able to breathe more freely, walk further, and wake up each morning without the fear that used to sit on my chest.

I think every day about the courage and generosity behind your decision. Even though I never knew your loved one, they have become a part of the milestones I now get to experience — laughing with my family, returning to school, and planning for things I didn't think I'd live to see.

There are no words big enough for this kind of gratitude. I hope you find comfort in knowing that your loved one's kindness continues to live on.

With my deepest thanks.



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## ✉ LETTER 2 — From a Donor Family to a Recipient Theme: Comfort in Knowing the Gift Lives On

Dear Recipient,

Thank you for your thoughtful letter. Knowing that our loved one was able to help someone brings us comfort on days that still feel very heavy.

We miss them dearly, but hearing that you are doing well helps us imagine them out in the world, still making a difference. They were the sort of person who always wanted to help others, so it feels right that part of them has gone on to help you.

We wish you strength, healing, and many brighter days ahead. Please know that your kindness in writing to us has touched our whole family.

Warm regards.

## ✉ LETTER 3 — From a Teen Recipient to a Donor Family Theme: Returning to Ordinary Life

Dear Donor Family,

I want to thank you for the incredible gift your family has given me. Before my transplant, everyday things were becoming impossible — school, sport, even hanging out with my friends. Since the surgery, I've been slowly getting my strength back, and for the first time in a long time, I feel hopeful.

I know your family had to make a very hard decision, and I want you to know that I carry that with me. I think about your loved one often. I promise to use this gift to live fully and kindly, just as they must have.

Thank you for giving me the chance to return to the normal life I'd been missing.

With gratitude.



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## ✉ **LETTER 4 — From a Donor Parent to a Teen Recipient** **Theme: Pride + Grief Together**

Dear Recipient,

Thank you for your letter. Losing our child was the hardest moment of our lives. Nothing prepares you for that. But knowing that part of them has helped you brings us a sense of pride mixed with our grief.

Our child always wanted to make others smile, and knowing their gift has helped you breathe easier and move forward gives us a small piece of light in a dark time.

Thank you for honouring them with your words. We wish you a life filled with the joy and courage they showed every day.

Sincerely,

## ✉ **LETTER 5 — From a Recipient to a Donor Family** **Theme: A Gentle, Minimal Letter (for modelling simplicity)**

Dear Donor Family,

Thank you for the generous gift that has helped save my life. I think about your loved one often and I am grateful for the strength and kindness behind your decision.

Please know that my family and I appreciate this gift more than words can express.

With warm thanks.



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## ✉ LETTER 6 — From a Donor Family to a Recipient Theme: The Echo of Kindness

Dear Recipient,

We appreciated receiving your letter. It meant a great deal to us to know that our loved one was able to help you. Although we continue to grieve, your message has reminded us that kindness can ripple outward even in the hardest moments.

We hope you continue to recover and live your life in a way that brings you joy.

Thank you for your thoughtful words.

