

# The Alchemist's Hourglass: Restoring Time

## (Year 7 - Ages 12-13)

### Lesson 4 of 9

Name: \_\_\_\_\_ Class: \_\_\_\_\_

**Mission Briefing:** An Alchemist understands that the most precious element in the universe isn't gold—it's Time. Today, you will map your own future to understand the value of time. Then, you will investigate what happens when that time freezes, and how a Donor has the power to unfreeze it.

#### Part 1: The Future Map (Your Timeline)

**Task:** Imagine your life is a map waiting to be drawn. Plot 5 major goals or dreams you hope to achieve in the future. Think about travel, career, hobbies, or family.

Age 15-18 (High School):	
Age 20-25 (Young Adult):	
Age 30+ (Career/Life):	
One "Dream Travel" Destination:	
One "Big Achievement" (e.g., writing a book, building a house):	

**Reflection:** How would you feel if someone told you today that you could not plan for any of these things because you had to stay in the hospital every day?

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## Part 2: The Frozen Map (Case Study)

Profile: Sam, Age 13.

- Condition: Heart Failure.
- Reality: Sam is in the ICU. He is attached to a machine that pumps his heart for him. He cannot leave his room. He cannot go to school. He cannot play soccer (his passion). He is waiting for a donor heart.

Task: Compare your map to Sam's "Frozen Map."

Category	Your Reality	Sam's Reality (Waiting List)
School	I go to school every day and see friends.	
Movement	I can run, walk, and play sports.	
Planning	I can plan for next year's holiday.	

The Hourglass: If Sam does not get a donor heart, his sand will run out. If he does get a donor heart, what happens to his "Future Map"?

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### Part 3: The Alchemist's Gift (Quality of Life)

**Definition:** "Quality of Life" means having the energy and health to actually enjoy your time.

**Task:** Look at the list below. Circle the things that a Transplant would give back to Sam.

- [ ] Breathing without a machine
- [ ] Becoming a billionaire
- [ ] Playing soccer again
- [ ] Eating dinner with his family at home
- [ ] Flying like Superman
- [ ] Going to his high school graduation

**Analysis:** Why is a transplant often called "The Gift of Life" AND "The Gift of Time"?



## Part 4: The Time Capsule (Gratitude)

**Task:** Write a short message to your "Future Self" (Age 80). Acknowledge how lucky you are to have had the health to live a full life.

"Dear Future Me, I am writing this when I am 13. I hope that over the last 60 years, you used your time well. I hope you got to..."

"Don't count the days, make the days count."



## Extension Challenge: System Sketch

Below draw a Diagram of the "Organ Sprint." Include the Donor Hospital, the Transport (Heli/Jet), and the Recipient Hospital. Label the "Time Limit" on your drawing.



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