

The Emotional Alchemy: Grief & Gratitude

(Year 9 - Ages 14-15)

Lesson 7 of 9

Name: _____ Class: _____

Mission Briefing: An Alchemist knows that words have power. A single letter can heal a broken heart. Your mission is to step into the shoes of a Recipient (someone whose life was saved). You must write a letter to the Donor Family that bridges the gap between their grief and your gratitude.

Part I: The Dual Emotion (Empathy Map)

Task: Analyze the conflicting emotions of the two sides.

The Person	The Grief (Sadness)	The Gratitude/Pride (Joy)
The Donor Family	Example: They have lost someone they love.	Example: They are proud their person is a hero.
The Recipient	Example: They feel guilty that someone had to die.	Example: They are happy to be alive and healthy.

The Bridge: What is the one thing that connects these two groups?



Part 3: The Letter of Gratitude (Creative Writing)

Scenario: You are a 14-year-old who received a Lung Transplant.

- Before: You couldn't run, play sport, or even laugh without coughing. You were in hospital for months.
- Now: You are back at school. You just played your first game of basketball.

Task: Draft your letter to the Donor Family.

- Tip 1: Acknowledge their loss first (respect).
- Tip 2: Tell them what you can DO now (the "Gift of Time").
- Tip 3: Promise to take care of the gift.

"To the family of my donor,

I am writing this letter to simply say...

Because of your kindness, last week I was able to

I promise you that I will

With gratitude, A Recipient."



