

# The Emotional Alchemy: Grief & Gratitude

(Year 8 - Ages 13-14)

## 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 1: 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 2: The Rules of Engagement (Ethics)

In Australia, these letters must be Anonymous.

Why? List 2 reasons why it might be dangerous or harmful if the families knew each other's names immediately.

[illegible]

The Challenge: You must express deep thanks without saying "I am John Smith from Sydney."



e : [admin@donatebuddies.com.au](mailto:admin@donatebuddies.com.au)  
w: [www.donatebuddies.com.au](http://www.donatebuddies.com.au)



## Donate Buddies

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.

**Draft:**

"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."

---

---

---

---

---

---

---

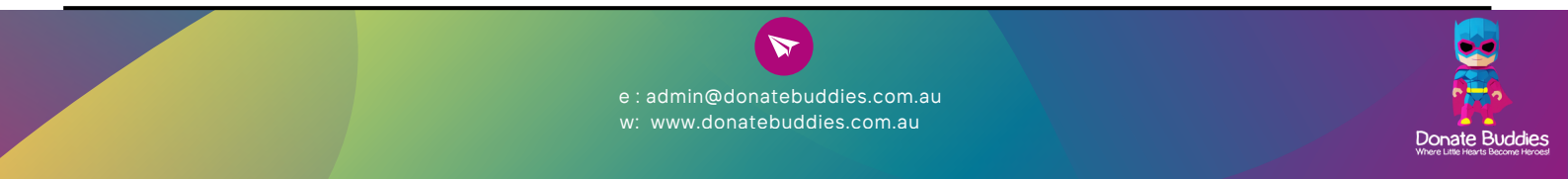
---

---

---



This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.



### Extension: The Design Challenge

Design a Logo or Icon for an "Opt-in" campaign that represents "Stepping Forward" or "Raising a Hand."

Sketch here:

