

# The Alchemist's Legacy: Finding Light in Loss

(Year 7 - Ages 12-13)

## Lesson 7 of 9

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

**Mission Briefing:** An Alchemist knows that matter is never destroyed; it only changes form. When a Hero leaves this world, their story doesn't end. It transforms into a Legacy. Today, you will investigate how a family finds light in the darkness, and you will write a message to the "Keepers of the Flame."

### Part 1: Decoding the Story

**Task:** Listen to the story of "Ben" (The Keeper of the Flame). Analyze the emotions of his family using the "Emotion Mixer."

**The Situation:** Ben has passed away. His family is devastated.

**The Catalyst:** They remember Ben told them he wanted to be a donor.

**The Emotion Mixer:** Identify two feelings the family experiences at the same time.

- The Heavy Feeling: (e.g., Grief, Shock) \_\_\_\_\_
- The Light Feeling: (e.g., Pride, Comfort) \_\_\_\_\_

**Analysis:** Why did knowing Ben's wish make it easier for his Mum to say "Yes"?

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## Part 2: The Phoenix Metaphor

**Symbolism:** The Phoenix is a mythical bird that burns to ash and is reborn. Connection: How is Organ Donation like a Phoenix?

- The Ashes represent: \_\_\_\_\_
- The New Bird represents: \_\_\_\_\_

**Definition:** In your own words, what is a Legacy?

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

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## Donate Buddies

## Part 3: The Letter of Gratitude

**Task:** Imagine you are a person whose life was saved by Ben (a recipient). You don't know Ben's family, but you want to thank them. You are writing an Anonymous Letter to them.

## The Rules:

1. Be Respectful: Acknowledge their sadness first.
2. Be Grateful: Tell them what the "Gift of Time" (Lesson 4) means to you.
3. The Focus: Focus on Ben's heroism.

## Draft your Letter:

"Dear Donor Family,

I do not know your name, and you do not know mine. But I know that you are going through a very hard time...

Please know that because of your decision, I can now...

Your loved one is a hero to me. With gratitude, A Recipient."

[illegible]

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Where Little Hearts Become Heroes!

### Extension: The Symbol of Legacy

If you had to design a Statue or Symbol to honor all Organ Donors in a park, what would it look like? (e.g., A Tree of Life, Two hands holding a heart, A flame).

Sketch your design here:

