

The Gift of Time: Quality of Life & Future Maps

(Year 6 - Ages 11-12):

Lesson 4 of 9

Name: _____ Class: _____

Student Worksheet

Activity 1: Mapping My Future Potential

Task: Your life is a Future Map waiting to be filled! Identify your most important goals and aspirations. What does a quality life look like for you in the short-term and long-term?

Short-Term Goals (Next Year: Grade 7/8)	Long-Term Goals (Future: Career, Travel, Family)
1. A skill I want to master (e.g., coding, sport, music):	1. A career or job I aspire to have:
2. A relationship/social goal (e.g., making a new friend, helping my family):	2. A place in the world I desperately want to visit:
3. A fun activity or adventure I want to try:	3. A quality of life goal (e.g., being independent, giving back to my community):



Student Worksheet

Activity 2: Investigating "The Pause Profile"

Task: Listen to "The Pause Profile" (the story of the person waiting for a transplant). Use your empathy to analyze what has been put on PAUSE because their body is unwell.

Stolen Time: What are three specific things (adventures, goals, activities) that their illness has stolen or stopped them from doing?

a)

b)

c)



Student Worksheet

Activity 3: The Gift of Time (Reflection)

Task: The gift of donation restores health. Reflect on the profound meaning of this heroic decision.

The RESUME Button: The gift of a new organ or tissue acts as a "RESUME" button on that person's Future Map. Describe what the person in the profile can start doing again now that they have their health restored. (List two specific actions.)

a)

b)

The Heroic Act: The Gift of Time is arguably the most altruistic gift of all. Write a short paragraph (3-4 sentences) explaining why the donation decision is considered the ultimate act of giving potential and future time.

