

The Gift of More Tomorrows

(Year 1 - Ages 6-7):

Lesson 4 of 9

Name: _____ Class: _____

Teacher Preparation

Introduction for Teachers

This lesson builds on the Prep-level concept of "The Gift of Time" by introducing a slightly more advanced idea for Year 1 students: the future, framed as "The Gift of More Tomorrows." The goal is to help children understand time not just as a collection of past and present moments, but as a hopeful series of future events to look forward to. The lesson uses a "Wishing Well" as a central prop to make the abstract idea of future hopes and dreams a concrete, shared experience.

The core objective is to connect the idea of being healthy with the ability to experience these wished-for "tomorrows." This provides a powerful and emotionally resonant context for explaining the gift of donation as the ultimate act of kindness—giving someone who is sick the chance to have a future filled with their own happy tomorrows.



Key Concepts & Language for Teachers

- **Making "Tomorrow" Concrete:** For this age group, "the future" is best understood as "tomorrow," "next week," or "on my birthday." Use a classroom calendar to make this tangible.
 - **Say:** "Time isn't just what happened yesterday or what we're doing right now. It's also all the exciting things we are looking forward to! That's our future—all of our tomorrows."
 - **Link the future to specific, positive events:** "Your next birthday is in the future. Our school holidays are in the future. All the fun things we have planned are our special 'tomorrows'."
- **The "Wishing Well" Metaphor:** This prop turns future hopes into something physical. Treat it as a magical and hopeful object.
 - **Say:** "This is our classroom Wishing Well. It's a special place where we can put all our happy wishes for our tomorrows. When we put a wish in, we are thinking about all the fun and happiness we have to look forward to."
- **Connecting Health to the Future:** Clearly link being healthy with the ability to have future plans.
 - **Say:** "To be able to go on that holiday, or have that birthday party, or learn to ride your bike, our bodies need to be healthy and strong. Being healthy is what lets us have all our exciting tomorrows."
- **Connecting to the Bigger Idea:** Frame the gift of donation as the gift of a future.
 - **Say with a caring and hopeful tone:** "Sometimes, a person is so sick that they can't think about their tomorrows. They can't make wishes because they aren't sure if they will be well enough to enjoy them. The most incredible gift anyone can receive is the gift of more tomorrows. When a kind family makes the choice to share the gift of life, they are giving someone a future. They are filling that person's wishing well with happy birthdays, fun holidays, and more time with their family. It is the most hopeful gift in the world."



Safety and Sensitivity Considerations

- **Keep the Future Positive and Near:** Focus on positive, near-future events (e.g., the weekend, a school event, an upcoming holiday). Avoid very long-term or potentially anxiety-inducing concepts (e.g., "when you grow up").
- **Acknowledge and Redirect Sadness:** If a child expresses a sad thought about the future or the past (e.g., "My dog won't be there"), acknowledge their feelings with empathy and gently guide them back to a positive wish. Say: "That sounds like a really important memory. What is a happy wish you have for yourself for tomorrow?"
- **Focus on the Gift of Hope:** When discussing donation, the entire focus must be on the hopeful outcome—the future that is gained. Frame it as an act that creates hope and happiness, and continue to keep the circumstances of the gift abstract and positive.

Teacher Resources

- A large classroom calendar.
- A decorated box or small tub to act as a "Wishing Well."
- A picture book about looking forward to a future event (e.g., *Waiting Is Not Easy!* by Mo Willems).
- A worksheet for each student with a large "crystal ball" or "looking glass" outline.
- Crayons, markers, and glitter.



Magical Body Facts for Year 1 (Ages 6–7)

(Simple, wow-worthy, and friendly for little learners!)

- Your heart is the size of your fist — and it never stops working!
- Your lungs fill up with air every time you breathe in — like two balloons! 🎈
- You have 206 bones in your body — that's a lot of strong support!
- Your kidneys clean your blood like magic water filters. 💧
- Your brain sends messages to your body faster than a race car! 🏎️
- Your eyes blink about 20 times a minute to keep them clean and wet. 👁️
- Your skin is your biggest organ — it's like your superhero suit! 🦸
- Blood zooms around your body in tubes called blood vessels — they go everywhere!
- Your liver has over 500 jobs — it's like the busiest helper in your body.
- When you smile, your body feels happy too! 😊

