

When Harriet the Heart Needed a Hero

A story of heroes helping heroes



By Anita Demchenko

Mia loved skipping, singing, and racing her dog, Pepper. But lately, she felt puffed after just a few steps. Inside her chest, Harriet the Heart was working very hard...and getting very, very tired.



“What clues tell us Harriet is tired?”

At the clinic, Doc Kim listened carefully. “Mia,” they said kindly, “sometimes a hero needs help. Your Harriet is brave—but she’s getting too tired to pump for your whole team.”



“How does Doc Kim help Mia feel safe?”

“When a hero gets too tired,” Doc Kim explained, “another hero can be shared to help.” Mia blinked. “Another Harriet?” Doc Kim nodded. “A strong Harriet from someone whose life has ended—a gift given by a very kind family.”



“What does ‘shared hero’ mean?”

Mia held Mum's hand. She felt a swirl of feelings—big ones. Doc Kim said, "The family who share their hero are heroes too. Their kindness gives another child a new chance to run, sing, and play."



"Name a feeling Mia might have right now."

Days felt long. Mia coloured, read comics, and told Pepper stories. She whispered to Harriet, "Hold on, hero." Everyone kept hope glowing, like a night-light that never went out.



“What helps Mia be patient?”

One evening, the phone rang. Doc Kim's voice was warm: "Mia, a new Harriet is ready for you. A kind family has shared their hero."
Mia squeezed Pepper—a hero was on the way!



“How would you feel if you were Mia?”

At the hospital, a whole team of helpers gathered—nurses, doctors, and caring hands. Mia closed her eyes, imagining Harriet resting while the new hero travelled to join the team.



“Who are the helpers in this scene?”

When Mia woke, she felt a quiet thump-thump... thump-thump.
“Hello, new Harriet,” she whispered. Her chest felt like sunrise—soft,
warm, and full of promise.



“What sounds might Mia hear now?”

Mia drew a card with big golden letters: THANK YOU. "For the donor and their family," she said. "Your kindness is my new beat."



"What would you write in a thank-you card?"

Each week, Mia walked a little farther. Harriet the Heart loved the rhythm—step, step, smile! Pepper could barely keep up.



“What new things can Mia do now?”

Back at school, Mia told her class, "When one hero got tired, another hero was shared. Now my whole team is strong again." Her friends cheered for all the heroes.



"Who are all the heroes in this story?"

That night, Mia placed her hand on her chest. “Thank you, Harriet,” she whispered. Thump-thump. “Together, let’s be brave, kind, and helpful—just like the heroes who helped me.”



“What promise would you make to your heroes?”



About This Story (for Children)

Sometimes a body hero can get too tired. When that happens, another hero can be shared to help. This is called a transplant. It's a very kind and brave choice made by families when a person's life has ended. Their gift helps someone else live, play, and grow.

Gratitude Note (for Adults & Teachers)

With deep respect and thanks to donor families for their life-changing generosity. This story was created to help children understand donation through a gentle, hopeful metaphor.

