

# The Emotional Alchemy: Grief & Gratitude

(Year 8 - Ages 13-14)

## Lesson 7 of 9

### Lesson Summary

In Lesson 5 & 6, students learned that the family conversation is the "Catalyst" for donation. In Lesson 7, they investigate the outcome of that catalyst for the family left behind.

This 60-minute lesson explores the profound emotional landscape of the Donor Family. Students will move beyond simple "sadness" to analyze the complex mix of grief, pride, and comfort that comes from honoring a loved one's wish. Using the metaphor of "The Anchor," students will learn how donation provides stability in the storm of loss. They will then act as "Legacy Scribes," analyzing and drafting anonymous letters of gratitude that bridge the gap between two strangers connected by a single heart (or liver/kidney).

### Learning Intentions

Students will .....

- Investigate the "Dual Emotion" experienced by donor families (Grief + Pride).
- Analyze the role of Legacy in the grieving process (how saving lives provides comfort).
- Examine the strict ethical rules of Anonymity in donor/recipient communication.
- Compose a respectful, empathetic letter of gratitude from the perspective of a recipient.

### Success Criteria

Students can .....

- Explain why donor families often describe donation as "the only light in the darkness."
- Identify why anonymity is crucial for protecting both families from emotional harm.
- Differentiate between "Pity" (feeling bad for them) and "Empathy" (understanding their pride).
- Draft a letter that expresses gratitude without crossing personal boundaries.

### Lesson Details

Time:	60 minutes
Year Level:	Year 8 (Ages 13-14)
Unit:	This is Lesson 7 of 9 in the series.
Educational Partner:	This lesson is adapted from resources provided by DonateLife

### General Capabilities

Personal and Social Capability (Empathy/Resilience); Ethical Understanding; Literacy (Creating texts); Intercultural Understanding.



# Curriculum Mapping and Links

## Australian Curriculum (v9.0)

Subject	Strand	Content Descriptor
Health and Physical Education	Personal, Social and Community Health	<u>AC9HP8P02</u> : ...Evaluate the impact of emotional responses on relationships... and demonstrate respect and empathy. (Focus on complex grief/pride)
English	Literacy / Creating Texts	<u>AC9E8LY06</u> : Create... texts, experimenting with text structures and language features... to express complex ideas. (Writing sensitive correspondence)
Civics and Citizenship	Knowledge and Understanding	<u>AC9HS8K04</u> : The freedoms and responsibilities of citizens... (Contribution to community through legacy)

## Queensland Curriculum (QCAA)

Subject	Syllabus	Content Description
Health and Physical Education	Year 8	Analyze how emotional responses influence interactions; strategies for empathy.
English	Year 8	Create literary texts that experiment with structures and features to express a personal view.
Civics and Citizenship	Year 8	How individuals contribute to the community (Legacy).



## Resources Required

- Whiteboard/Smartboard.
- Resource: "The Letter Archive" (Sample anonymous letters between donor families and recipients—provided in Teacher Content).
- Video Hook: A "Walk of Honour" video or a recipient reading a letter (e.g., "Heart to Heart").
- Student Worksheet: "The Scribe's Logbook: Gratitude & Grief."
- Prop: An Anchor (image or physical) to represent stability.

## Skills

- Emotional Intelligence (Navigating complex feelings).
- Ethical Reasoning (Understanding privacy/anonymity).
- Creative Writing (Tone and voice).
- Respect (Handling sensitive topics).

## Teacher Preparation

- The Metaphor: "The Anchor." Grief is a storm. The knowledge that their loved one saved lives is the Anchor that stops the family from being swept away. It doesn't stop the storm, but it holds them steady.
- Key Rule: Anonymity. Explain that in Australia, families and recipients don't know each other's names at first. They write to "The Donor Family" or "The Recipient." This protects them from pressure.
- Sensitivity: As always, check for recent bereavements in the class. Offer an alternative activity (e.g., designing a memorial garden) if writing a letter is too triggering.

## Additional Information

This lesson prepares students for adulthood, where they will inevitably encounter loss. By showing them that meaning can be found even in tragedy, we build resilience. It reinforces the unit's core message: Donation isn't just medical; it's deeply human.

