

The Temporal Shift: Valuing Time

(Year 8 - Ages 13-14)

Lesson 4 of 9

Name: _____ Class: _____

Mission Briefing: Time is the only resource you cannot buy more of. Your mission is to audit your own time to see how "wealthy" you are in freedom. Then, you will simulate the "Time Tax" paid by someone on the transplant waiting list to understand the true value of the gift.

Part I: The Freedom Audit (Data Collection)

Task: Think about a typical week (168 Hours).

- Sleep: Approx 60 hours (Essential).
- School: Approx 30 hours (Essential).
- Remaining Hours: Approx 78 Hours.

How do you spend your 78 Hours of Freedom? Estimate the hours per week for each category:

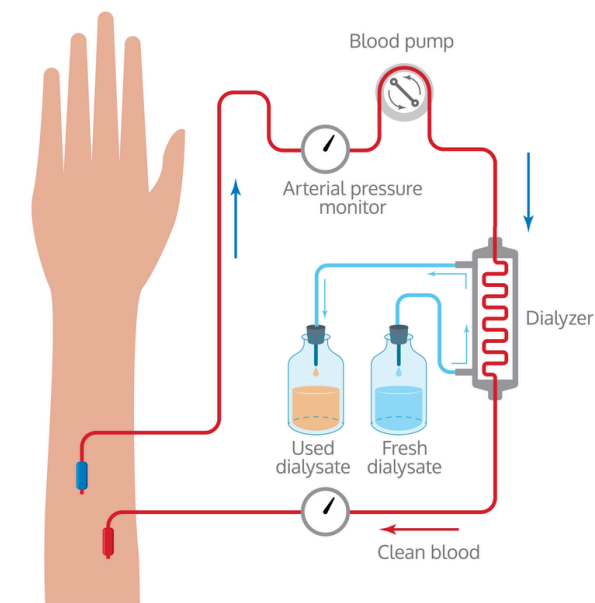
- Sports / Exercise: _____ hours
- Hanging with Friends: _____ hours
- Gaming / Hobbies: _____ hours
- Family Time: _____ hours
- Travel / Moving around: _____ hours
- Doing Nothing / Relaxing: _____ hours

My "Freedom Score": (Add them up) _____ / 78 Hours.



Part 2: The Shadow Ledger (The Comparison)

Scenario: You have End-Stage Kidney Disease. You need Dialysis to stay alive.



The Time Tax:

- 5 hours on the machine, 3 times a week = 15 hours.
- Travel to hospital and recovery (feeling sick/tired) = 10 hours.
- Total Time Tax: 25 Hours removed from your week.

Task: Look at your list in Part 1. You must now "pay" the 25-hour tax. Cross out or reduce activities to free up 25 hours. (Note: You cannot cut sleep or school significantly).

Which activities did you lose or reduce?

Analysis: How would losing these specific activities change your personality or friendships?

Part 3: The Tether (Restriction Analysis)

Patients on the waiting list are often "Tethered" (tied) to the hospital. Read the restrictions below and explain how they would impact your life right now.

The Restriction	Impact on MY life (Year 8)
"You cannot travel more than 2 hours from the hospital."	Example: I couldn't go on the school camp / holiday.
"You must be attached to a machine every night at 7pm."	
"You have extremely low energy (like having the flu) all day."	



Part 4: The Refund (Reflective Writing)

Scenario: You receive a kidney transplant. The "Tax" is gone. The "Tether" is cut. You have your 25 hours back. You have your energy back.

Write a short statement: "If I had lost my freedom and then got it back, the first thing I would do is..."

Conclusion: Why is a transplant called "The Gift of Life" and "The Gift of Time"?

