

# The Gift of Time: Quality of Life & Future Maps

(Year 6 - Ages 11-12):

## Lesson 4 of 9

### Teacher Preparation

#### Introduction for Teachers

This lesson is a critical ethical and emotional checkpoint, linking the complex science (L3: Process Pathway) directly to the human consequence. It adapts the senior curriculum's "The Gift of Time" by challenging Year 6 students to analyze the abstract concept of a life's potential and quality of life.

The core objective is for students to generate deep, analytical empathy. By first valuing their own "Future Maps" (goals and dreams), they can truly grasp that the gift of donation is the ultimate act of restoring someone's future time and potential to live a full life. This lesson completes the foundation block (L1-L4) of the Year 6 curriculum.

### Safety and Sensitivity Considerations

- Focus on Hope and Potential: The tone must remain overwhelmingly positive, focusing on the GAIN (the future restored) rather than dwelling on the sadness of illness or the difficulty of the waiting list.
- The "Pause Profile" Must be Non-Graphic: When introducing "The Pause Profile," focus only on the experiences that are "stolen" (e.g., cannot run, cannot travel, misses school events, relies on frequent hospital visits). Explicitly avoid medical details.
- Metaphor Use is Crucial: Stick rigidly to the "Future Map" and "PAUSE/RESUME" button metaphors to provide emotional distance from the sensitive topic while promoting deep reflection.
- Respectful Language: Continue to model the use of positive language: "stolen time," "restoring potential," "life-giving decision," and "heroic donor."

### Teacher Resources

- Whiteboard or smartboard.
- Resource: "The Pause Profile" (A simple, written profile of a hypothetical young person whose life is "on pause" due to organ failure).
- Resource: "My Future Map" worksheet (Template with sections for short-term and long-term goals/dreams).
- Markers and coloured pencils.
- Teacher Resource: Short, inspiring quote or poem about the value of time or gratitude.



## Key Concepts & Language for Teachers

- Metaphor: The Future Map: "Our life is an exciting Future Map, full of amazing destinations: graduating high school, learning to surf, seeing new countries, getting a dream job. Our health is the powerful engine that lets us drive toward those destinations."
- Defining "Stolen Time": "For someone waiting for a transplant, their health engine has failed. The stolen time isn't just about minutes; it's about the quality of life that is lost. It is the time they can't spend with family, the dreams they can't chase, and the adventures that are put on PAUSE."
- The Ultimate Gift: "The Gift of Time through donation is the ultimate altruistic act. It's the moment the donor family says, 'We want to give this person their engine back. We want them to press RESUME on their map and start chasing their future again.'"
- L3 Link (Process): "The amazing Process Pathway we mapped in Lesson 3 exists for one reason: to successfully deliver this precious gift of time and potential."

## Magical Body Facts for Year 6 (Ages 11-12)

- The Super-Regenerator: Your liver (an organ that can be transplanted) is the only organ that can naturally regenerate itself! It can regrow fully even if 75% of it is damaged. This shows the incredible healing power donation supports.
- The Engine of Potential: The average 11-year-old's body burns enough energy daily to run about 16 kilometres (10 miles). This powerful internal energy is what fuels future ambitions and goals—what donation restores.
- The Continuous Thinker: Your brain generates enough new electrical energy every single day to form thoughts and memories that could fill more than 2.5 million gigabytes of digital storage. This capacity for learning and creating is the potential that illness threatens and donation restores.
- The Immune System Team: The complex immune system (which must be managed after a transplant) is so fast that it can detect and start fighting a tiny virus in your body faster than you can snap your fingers! This shows the incredible, detailed biological teamwork that makes all future activities possible.

