M4.006

We're now organizing HUNTER'S CARDSET using the letters M.A.T.R.I.X. Each letter has four rows—M1, M2, M3, M4—and each row contains seven sub-cards, labeled M1.001, M1.002, M1.003, and so on up to M1.007. This card arrangement is inspired by Niklas Luhmann's note-taking method, and we encourage you to create your own cards in each row. Download the 7 cards from the link below, and let's build them together!

M4.006: Overcoming the "I Can't" Mindset
Title: "Max's Mountain Climb"

Imagination:

max loved looking at the big hill near his home, but he was too scared to climb it. His friend Mia asked, "What if you can?" Inspired by her words, Max decided to give it a try. He started with smaller rocks and worked his way up to bigger ones. On the day of the big climb, Max felt nervous but reminded himself, "What if I can?" Step by step, he made it to the top. Max realized that by changing his mindset from "I can't" to "What if I can?" he could achieve something he never thought possible.

<u>Lesson:</u>

Changing the mindset from "I can't" to "What if I can?" helps children overcome fears and reach their goals. This card teaches children that belief in themselves and small steps lead to big achievements.



- "Rise Up" Motivational and energetic
- This energetic track captures max's excitement and determination as he overcomes his fear and reaches new heights.

<u>Quote:</u>

- "Believe you can and you're halfway there." —
 Theodore Roosevelt
- This quote reminds children that believing in themselves is the first and most important step toward achieving their dreams.

<u>Parent-Child Dialogue:</u>

- Parent: "Max was afraid to climb at first, but he did it! Is there something you've been afraid to try?"
- Child: "I'm scared to ride my bike without training wheels."
- Parent: "Why don't we try it together? Just like"
 Max, you can take it one step at a time, and soon
 you'll be riding all on your own."



- Grandparent: "Max's story reminds me of when I was learning to swim. I was so scared to jump into the water, but then I thought, 'what if I can?"
- · Grandchild: "Did you learn to swim, Grandpa?"
- Grandparent: "Yes! And you can learn new things too. The hardest part is starting, but once you try, you'll see you can do it, just like max did."

