

T1.002

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!

T1.002: Grateful for Family

Title: Thank You, Family, for Making Me Smile Today!

Story Prompt:

"After dinner, my dad and I read a book about a dragon who could fly through the stars! His voice made the story come alive, and I felt like I was soaring with the dragon. What did your family do today that made your heart feel full of love, like being wrapped in a cozy blanket?"

Inspiration Section:

"What do you love about your family? Maybe your mom told you a funny story, or your dad played with you. Write or draw a card to show them how much you appreciate those moments!"

Gratitude Journal Theme:

Our family fills our hearts with love every day, whether it's a shared laugh, a helping hand, or a big bear hug!

- Example: "I'm thankful for my sister who told me a silly joke that made me laugh so hard, I almost spilled my milk!"

Music for Reflection:

Frédéric Chopin's Nocturne Op.9 No.2 - it feels like a warm hug, just like spending time with family.

Reflection Activity:

Let's write or draw something special that happened with our family today, like reading a bedtime story, sharing a meal, or playing together.

Magic Sentence:

"I am grateful for my family's love and for all the cozy, happy moments we shared today."

Routine Link:

- **Routine Time:** 10 minutes before dinner, gather with your family and reflect on the moments that made you smile together.
- **Family Connection:** Everyone can write or draw something they appreciated about their family today—whether it was cooking together, helping each other, or sharing a big laugh.
- **After Dinner Sharing:** During or after dinner, take turns sharing your family gratitude. It's like wrapping your whole day in love!

Encouragement Note:

"Family is like a cozy campfire that keeps us warm. Let's always remember to be thankful for their love and laughter!"