

T1.004

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!

T1.004: Grateful for Nature

Title: Today, Nature Gave Me the Biggest Surprise!

Story Prompt:

"Today, I saw a butterfly with wings that looked like they were painted by an artist! It made me feel like I was part of a magical garden. What did you see in nature today that made your heart feel calm, like you were floating on a cloud?"

Inspiration Section:

"What beautiful part of nature did you see today? Maybe you heard birds singing, or you saw a butterfly. Write or draw a card to show how thankful you are for the beauty of nature!"

Gratitude Journal Theme:

Nature is full of surprises, from the rustle of leaves in the wind to the sparkle of stars at night. Let's be thankful for the beauty around us!

- Example: "I'm thankful for the sound of rain on my window today. It was like a soft lullaby that made me feel cozy."

Music for Reflection:

Nature sounds—like chirping birds, rustling leaves, or flowing water—to help you feel like you're surrounded by the wonders of nature, even indoors!

Reflection Activity:

Let's write or draw about something beautiful we noticed in nature today, whether it was a flower, a sunset, or the sound of the wind.

Magic Sentence:

"I am grateful for the wonders of nature that surprise me every day, like hidden treasures waiting to be found."

Routine Link:

- **Routine Time:** 10 minutes before dinner, gather with your family and reflect on the beautiful parts of nature you noticed today.
- **Family Connection:** Each family member can write or draw something from nature they loved today, like a butterfly, a tree, or even a gentle breeze.
- **After Dinner Sharing:** During or after dinner, take turns sharing your nature moments. Together, you'll discover the beauty in the world around you!

Encouragement Note:

"Nature is full of surprises, like tiny gifts waiting to be unwrapped. Let's be thankful for every flower, leaf, and raindrop we see!"