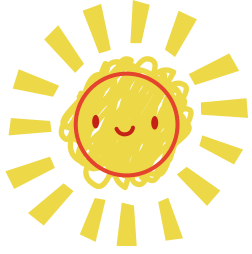




T4.002

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!



T4.002: Visual Meditation on Love

Susie's Family Story Synopsis:

Susie and Hunter are not just brother and sister—they are best friends. Every day, they remind each other of how much they care by sharing hugs, smiles, and laughter. Today, as they look out over the snowy mountains, they think of all the people they love and how lucky they are to have so much love in their lives.

For more of Susie's family story, visit www.matrixkidscards.co.

Hunter's Meditation Diary (Expanded):

"This morning, Susie and I sat by the window. She was drawing hearts and flowers, and I was thinking about all the people I love. I closed my eyes and imagined hugging my mom and dad. I could feel their warm arms around me, and I thought about all the times they've made me laugh or comforted me when I felt sad. It made me feel safe and happy.

I also thought about my best friend, Jake, and how we laugh at the silliest jokes. I imagined giving him a big high-five after we finish playing outside. Then, I pictured myself running around with our dog, Max, and how his fur feels soft and fluffy when I pet him.

When I opened my eyes, I felt warm inside, like the love I

imagined had filled me up." — Hunter, age 5 ½





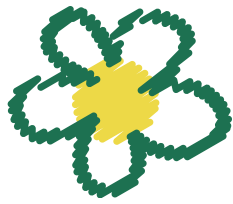
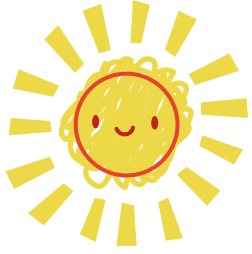
Activity:

- Step 1: Ask your child to close their eyes and think about the people they love—family, friends, pets—and how those people make them feel.
- Step 2: Guide them to imagine hugging, playing, or spending time with their loved ones.
- Step 3: Encourage them to draw or write a little note about why they love these people or what makes them special.

Reflection (Expanded):

- Hunter's Reflection: "When I imagined hugging Mom and Dad, it felt real, like I was really in their arms. I felt safe and loved, even though I was just sitting by the window."
- Brain Science Tip: Visualizing love and connection activates the brain's oxytocin system. Oxytocin, known as the "love hormone," makes us feel bonded to others and helps reduce stress. When we imagine the people we love, our brain releases this hormone, creating feelings of warmth and safety.
 - Principle: Practicing love meditation strengthens emotional bonds, helps build empathy, and reduces anxiety by releasing oxytocin.
 - Meditation Knowledge: Regular love meditations create a positive mindset, reminding us of the importance of connection and love in our lives.





Creative Resources:

- Music: Play Clair de Lune by Debussy, a soothing piece that pairs well with feelings of love and warmth.
- Art: Ask your child to draw the people they love or a scene of their favorite time spent together.
- Science: Learn more about the science of love and oxytocin with this kid-friendly video on how love affects the brain.

just

