



# T4.003

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!



## T4.003: Visual Meditation on Health

### Susie's Family Story Synopsis:

Susie and Hunter love playing outside in the snow, but they also know how important it is to stay healthy and strong. Their mom always makes sure they eat their veggies, get plenty of sleep, and drink warm cocoa after a day in the snow. Today, they're thinking about all the healthy things they do and how they help their bodies feel good.

For more of Susie's family story, visit [www.matrixkidscards.co](http://www.matrixkidscards.co).

### Hunter's Meditation Diary (Expanded):

"Today, I closed my eyes and thought about how I felt after breakfast. Mom always tells me that eating fruits and veggies makes me strong, like a superhero! I imagined the apple I ate this morning turning into energy inside me, helping me run faster and jump higher when I play outside.

Then, I imagined how taking a deep breath makes me feel calm, like I'm filling my body with fresh air. I thought about my arms and legs and how they help me run and climb trees, and I felt really grateful for being healthy and strong.

When I opened my eyes, I felt like I could do anything because I knew my body was ready for the day!" — Hunter, age 5 1/2





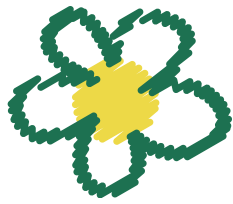
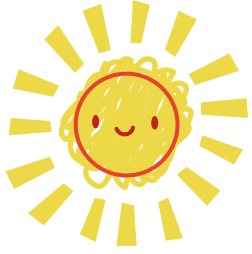
### Activity:

- Step 1: Guide your child to close their eyes and think about something healthy they did today—eating nutritious food, drinking water, or exercising.
- Step 2: Encourage them to imagine how their body feels strong and energized after doing these healthy things.
- Step 3: Have them draw a “health card,” where they create a picture of fruits, vegetables, exercise, or anything that represents staying healthy.

### Reflection (Expanded):

- Hunter’s Reflection: “When I imagined the apple turning into energy, I felt like I was getting stronger! I knew my body was ready for a day of fun.”
- Brain Science Tip: When we focus on our health, our brain sends positive signals to the body. Visualizing healthy habits, like eating nutritious food or exercising, strengthens the brain’s connection to the nervous system, helping children understand how their actions benefit their body.
  - Principle: Visualization helps children develop a healthy relationship with their body by reinforcing the importance of nutrition, exercise, and rest.
  - Meditation Knowledge: By visualizing health, children learn to appreciate their body and mind, which supports both physical and emotional well-being.





### Creative Resources:

- **Music:** Play *The Blue Danube* by Johann Strauss II to create a playful and uplifting atmosphere while discussing health.
- **Art:** Let your child create their own "health card" by drawing fruits, veggies, and activities that make them feel strong and happy.
- **Science:** Explore the benefits of exercise and healthy eating through fun activities on [KidstHealth.org](http://KidstHealth.org), where children can learn about taking care of their bodies.

