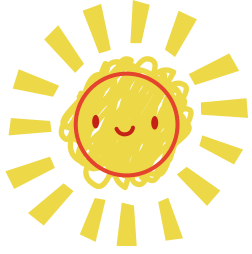




T4.004

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!



T4.004: Meditation on Learning and Growth

Susie's Family Story Synopsis:

Susie and Hunter love learning new things every day. Whether it's figuring out how to build the tallest snowman or discovering new stories in their favorite books, each day is filled with opportunities to grow. Today, they're thinking about what they learned and how it helps them become smarter and stronger.

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

Hunter's Meditation Diary (Expanded):

"I sat down by the window after playing in the snow and thought about the things I learned today. I remembered building a snow fort with Susie and how we figured out the best way to make the walls stand tall. I thought about the new words I learned when Mom read us a story, like 'adventure' and 'bravery.'

When I closed my eyes, I imagined myself growing taller every time I learned something new. I could see myself building bigger and better forts, reading harder books, and becoming really good at anything I tried. It made me excited to learn even more tomorrow!" — Hunter, age 5 1/2





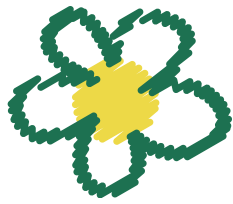
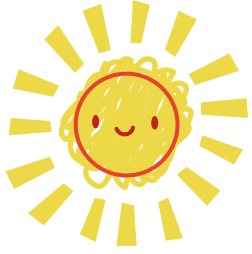
Activity:

- Step 1: Guide your child to think about something new they learned today, whether it's from school, play, or a story.
- Step 2: Encourage them to imagine how that knowledge helps them grow smarter or stronger, just like a tree growing taller with every lesson.
- Step 3: Have your child draw or write about what they learned today and how it made them feel. This can be a "learning card" that they add to their collection.

Reflection (Expanded):

- Hunter's Reflection: "When I imagined myself growing taller every time I learned something new, it made me excited to learn more! I felt like I could do anything."
- Brain Science Tip: Every time we learn something new, our brain creates new connections called synapses. These connections help us remember things better and solve problems more easily. When children visualize learning, it strengthens these brain connections and makes learning more enjoyable and effective.
 - Principle: Visualization of learning helps children see the value of gaining knowledge and motivates them to keep growing.
 - Meditation Knowledge: Meditating on learning encourages a growth mindset, teaching children that they can always improve and grow with effort and curiosity.





Creative Resources:

- **Music:** Play *The Nutcracker Suite* by Tchaikovsky, which is full of whimsy and wonder, perfect for reflecting on the joy of learning.
- **Art:** Have your child draw a tree, adding a new branch or leaf for each new thing they learned today, symbolizing their growth.
- **Science:** Use BrainPOP's videos to explain how the brain grows and learns with new information.

just

