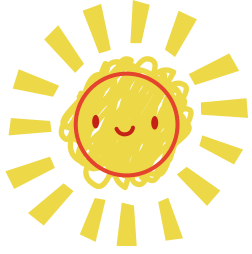




# T4.005

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!



## T4.005: Visualizing Communication

### Susie's Family Story Synopsis:

Susie and Hunter love talking with their family, friends, and even their pets. They know that communication isn't just about words—it's about listening, sharing, and connecting with others. Today, they're thinking about all the different ways they communicate and how it helps them stay close to the people they care about.

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

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

"Today, I sat by the window with Max, our dog, and thought about all the ways I talk to people. I remembered telling Dad about the snow fort I built, and how he smiled and said I did a great job. Then, I thought about playing with Susie and how we didn't even need to talk—we just laughed and understood each other.

I also thought about how Max wags his tail when he's happy, and how that's his way of talking to me. It made me realize that talking isn't just about using words—it's about sharing how you feel, whether you're happy, excited, or even a little scared.

When I opened my eyes, I felt grateful for all the ways I can communicate, even without words." — Hunter, age 5 1/2





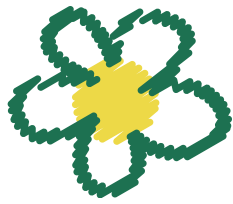
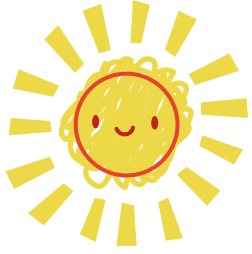
## Activity:

- Step 1: Ask your child to close their eyes and think about all the different ways they talk to people—using words, sharing smiles, or even through hugs.
- Step 2: Encourage them to visualize how their words or actions make others feel—happy, loved, or understood.
- Step 3: Have your child create a “communication card,” drawing or writing about how they like to communicate with the people they care about.

## Reflection (Expanded):

- Hunter's Reflection: "I realized that I don't always need words to talk to people. I can show how I feel with a smile or by just being there."
- Brain Science Tip: Communication activates the brain's mirror neurons, which help us understand how others feel by mirroring their emotions. When children visualize communication, they strengthen their ability to empathize with others, making them better listeners and more compassionate.
  - Principle: Visualization of communication helps children understand the emotional impact of their words and actions, fostering better relationships.
  - Meditation Knowledge: Practicing communication meditation encourages mindfulness in how we connect with others, teaching children the power of listening and empathy.





### Creative Resources:

- Music: Play Ode to Joy by Beethoven, a celebration of connection and joy through communication.
- Art: Let your child draw a picture of how they communicate with different people, such as family, friends, or pets, and how it makes them feel.
- Science: Explore how animals communicate with this fun resource from National Geographic Kids, showing how even non-verbal communication can be powerful.

*just*

