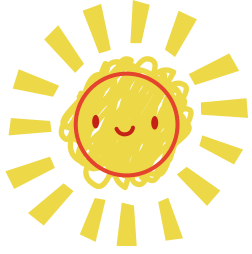




T4.006

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!



T4.006: Meditation on Daily Success

Susie's Family Story Synopsis:

Susie and Hunter love celebrating the small victories in their day, whether it's building the biggest snowman or helping their mom make pancakes. They know that even little successes, like finishing a puzzle or reading a new word, are worth celebrating because they help them grow. Today, they're thinking about all the small wins they had and how proud they feel.

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

Hunter's Meditation Diary (Expanded):

"After a long day of playing and learning, I sat down and thought about all the things I did today. I remembered how I finally finished that hard puzzle with Susie's help, and I felt really proud. Then, I thought about how I tried a new food at dinner, even though I wasn't sure I would like it, and I felt brave.

When I closed my eyes, I imagined a big, shining star for each thing I did well today. I saw the puzzle star glowing, and the bravery star from trying the new food. I realized that every time I do something new or hard, I can add a star to my collection. It made me excited to collect more stars tomorrow!"

— Hunter, age 5 1/2





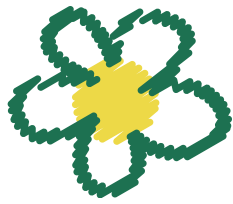
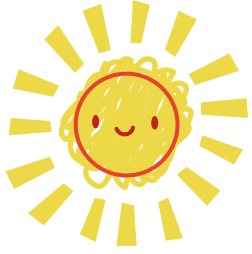
Activity:

- Step 1: Guide your child to think about one or two things they did well today, no matter how big or small.
- Step 2: Encourage them to imagine a "success star" shining brightly for each thing they did well, creating a constellation of their daily achievements.
- Step 3: Have your child draw their "success stars" or write about the things they're proud of from the day.

Reflection (Expanded):

- Hunter's Reflection: "When I thought about my success stars, I felt proud and happy, and it made me want to do more good things tomorrow."
- Brain Science Tip: Celebrating small successes boosts the brain's dopamine levels, which makes us feel good and motivates us to keep trying new things. When children reflect on their daily successes, it builds their confidence and encourages a growth mindset.
 - Principle: Visualization of daily successes teaches children to focus on their accomplishments, however small, reinforcing positive self-esteem and motivation.
 - Meditation Knowledge: Meditating on success helps children develop resilience by showing them that each small win adds up to big achievements over time.





Creative Resources:

- **Music:** Play *Rise Up* by Andra Day, an uplifting song that celebrates overcoming challenges and rising to success.
- **Art:** Have your child create a “success constellation,” drawing stars for each thing they did well today.
- **Science:** Explore how the brain’s reward system works with this kid-friendly video on dopamine and motivation from *Neuroscience for Kids*.

just

