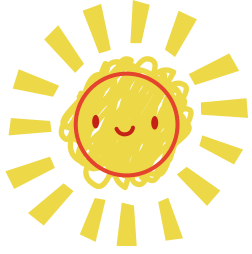




# T4.007

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!



## T4.007: Visual Meditation on the Future

### Susie's Family Story Synopsis:

Susie and Hunter love dreaming about the future. They imagine all the amazing adventures they'll have when they're older—maybe they'll become astronauts, explorers, or artists! They know that dreaming big helps them set goals and work toward their dreams. Today, they're thinking about what they want to achieve and how they'll make those dreams come true.

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

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

"Today, I sat on my bed and closed my eyes, thinking about all the things I want to do when I grow up. I imagined flying a big rocket ship to the moon, exploring new planets, and meeting friendly aliens. I saw myself painting huge murals that everyone could see, and building a treehouse as tall as the clouds.

When I opened my eyes, I knew that even though those dreams are far away, I can start working on them now. Every time I draw, I get better at art. Every time I build something, I learn how to make it stronger. I realized that my dreams are big, but they can come true if I work on them step by step." — Hunter, age 5 1/2



## Activity:



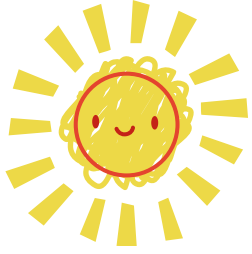
- Step 1: Ask your child to close their eyes and imagine what they want to do when they grow up. It could be something big, like becoming an astronaut, or something small, like learning to ride a bike.
- Step 2: Guide them to visualize the steps they need to take to achieve their dreams—whether it's practicing, learning new skills, or working with others.
- Step 3: Have your child create a "dream board" by drawing pictures or writing about their future goals. This can serve as a reminder that their dreams are possible with hard work and dedication.

## Reflection (Expanded):

- Hunter's Reflection: "When I imagined flying a rocket or painting big murals, I felt excited! It made me realize that I can start working on my dreams now, little by little."
- Brain Science Tip: Visualization activates the brain's prefrontal cortex, which is responsible for planning and decision-making. When children visualize their future and set goals, it strengthens their ability to think ahead and make smart choices to achieve their dreams.
  - Principle: Visualizing the future helps children understand that big dreams are achieved through small, consistent efforts.
  - Meditation Knowledge: Meditating on future goals encourages children to set intentions, make plans, and develop patience, showing them that their dreams are achievable over time.







### Creative Resources:

- **Music:** Play *Dreamer* by Eliane Elias, a calming and inspiring tune that encourages dreaming big.
- **Art:** Have your child create a “dream board,” filling it with pictures or drawings that represent their future goals and dreams.
- **Science:** Explore NASA’s “Dream Big” resources for kids, where they can learn about space, science, and how dreams can become reality through hard work.

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