



Glimmers

**A GLIMMER are those
warm and fuzzy
feelings when you are
cozy and safe.**

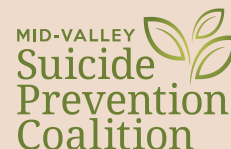


Glimmers

adapted from www.verywellmind.com/

A GLIMMER could be seeing a rainbow, smelling lavender, being in nature, feeling the warmth of the sun, or petting a cat.

Write down your GLIMMERS!



For more Glimmers, follow the QR Code to our website