



# Glimmers

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

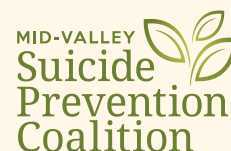


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*adapted from [www.verywellmind.com/](http://www.verywellmind.com/)*

**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