



Glimmers

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

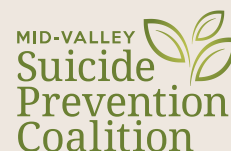


Glimmers

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