

Gathering the Glimmers

PSHE WORKSHEET

In this worksheet, we will learn about glimmers and triggers, how they affect our mental health, and ways to use this knowledge to feel better and more in control of our emotions. This worksheet can be used alongside “Gathering the Glimmers” and “Whispa and the Waves.” “Gathering the Glimmers” is about a little girl called Wren who gets lost on her way home through the forest. The shadows of the trees and the eerie sounds around her evoke fear and anxiety — “triggers.” But as she navigates the forest, Wren begins to notice “glimmers” — small, fleeting moments of joy and beauty in the world around her. Whether it’s sunlight filtering through leaves or her inner resilience, Wren discovers that these glimmers can guide her out of the darkness and into a place of calm and hope.

WHAT ARE GLIMMERS?



Glimmers are small moments of happiness, calm, or joy that help you to feel good. It could be anything that makes you smile, feel relaxed, or gives you hope. Recognising and paying attention to glimmers can help improve your mental health by sparking positive emotions, helping you to feel safe, and making you feel more connected to the world around you. Everyone’s glimmers are different but here are some examples of common glimmers:

- Listening to your favourite song
- A hug from a friend or cuddling your pet
- The feeling of sunshine on your face
- Watching the stars in the sky

By looking for glimmers every day, you can train your brain to notice the positive things in life, which can help to reduce stress and anxiety.

WHAT ARE TRIGGERS?



A trigger is something that makes you feel anxious. It sends your body into fight, flight or freeze mode - body's automatic, natural response to stress or danger, where you may either fight, run away (flight), or become still and shut down (freeze). Sometimes, anxiety triggers this response when you believe there is a threat or danger even if there isn't - so although anxiety protects you in the face of real danger, it is useful to be aware of these "false alarms." Triggers could be a memory / thought, a situation, or something that happens in the world around you that brings up strong emotions. Triggers can make you feel anxious, angry, or sad and often provoke physical sensations in the body (rapid heartbeat, digestive discomfort, trembling or sweating).

Examples of Triggers:

- A smell that reminds you of something sad
- An argument with a friend
- A stressful event at school

Knowing what your triggers are allows you to be aware of your feelings and take steps to calm yourself down before the emotions become too overwhelming. By recognising what causes these emotions and physical sensations, you can work on strategies to manage your reactions. In "Whispa and the Waves," Whispa calms herself down and manages to ride the waves of anxiety by using relaxation techniques such as steady breathing and grounding.

HOW CAN WE USE GLIMMERS AND TRIGGERS TO FEEL BETTER?

Focus on Glimmers: Make a habit of looking for glimmers every day, no matter how small they are. Deb Dana, a clinical social worker who coined the term "glimmers" says: *"As you begin to see a glimmer, you begin to look for more ... and we then delight in finding them."* Once you begin to look for them, they will start to appear everywhere!

Recognize Triggers: When something triggers strong emotions, pause and take a step back before reacting. Once you know what your triggers are, you can practice ways of responding to them calmly.



ACTIVITIES

Glimmer Hunt!

Notice and write down daily glimmers in your life.

Instructions:

- Over the next week, keep a journal of your glimmers. If you don't want to write them down, you could draw them instead. They could be anything that makes you feel happy, calm, or joyful. Write down at least one glimmer each day. If you are finding it difficult, Deb Dana suggests setting a "glimmer intention" where you focus on noticing a glimmer during a specific time of day.
- At the end of the week, share your favourite glimmer with the class!

Example:

- "I saw a rainbow this morning – it made me feel calm."
- "My friend was kind to me in school – it made me feel happy."



ACTIVITIES

What Are My Triggers?

Identify and understand your own triggers.

Instructions:

- Think about the last time you felt upset or stressed. What happened right before you felt that way? Write down 3 things that might have triggered those feelings.
- After each trigger, think of one thing you could do to feel better when it happens again. This could be deep breathing, talking to someone, or doing something you enjoy.
- When you feel triggered, try breathing deeply whilst thinking about one of your glimmers from your “Glimmer Hunt.” Practise this “glimmer breathing” when you are calm so that it is easier to use when you are triggered.

Example:

- Trigger: “I felt anxious and had a tummy ache before my performance at school.”
- What can I do?: “I can practice deep breathing beforehand to calm myself down whilst focusing on one of my glimmers.”



ACTIVITIES

Matching Game

Learn how glimmers and triggers can work together.

Instructions:

- Below are a list of glimmers and triggers. Cut them out and try to match them up. Think about how glimmers can sometimes help when you are triggered.

GLIMMERS

Talking to someone
you love

A hug from
someone

The smell of
freshly cut grass

Listening to a song
that brings back
happy memories

TRIGGERS

Having an argument
with your sibling

Feeling
left out

A smell that reminds
you of a stressful time

Hearing a song
that reminds you
of a sad time