



Training



# Glimmers Checklist



Developed with neurodivergent folk front of mind



*Glimmers are stimulus/experiences that generate awe, joy or peace. Unfortunately, many have learned to suppress or hide glimmers in response to social pressure to have set interests according to age, gender, ethnicity etc. Glimmers are dynamic and interest may fluctuate in intensity over time. That's OK, we are always evolving. This is not a complete checklist and you can add anything you like. Each glimmer can also be explored, found in existing practices and added to increase regular wellbeing support.*

**Name & date of birth:****Date completed:**

## Visual

### Nature

Plants & green spaces  
Water (ocean, river, lake, puddles)  
Insects & animals  
Vista/view (mountain/cliff top view)  
Sand, desert, coast  
Burrow, cave, canyon  
Sky (clouds, sunrise/sunset, rainbow)  
Light (e.g. sun on leaves or water)

### People spaces

Art, architecture, design  
Colour palettes and patterns/prints  
Minimal - low visual stimulation  
Maximal - high visual interest  
Water (bubbles, water droplets)  
Brightly lit  
Soft lighting  
Dopamine dressing (e.g. bright clothes/hair)

Notes:



## Auditory

### Nature

Rain, river, waterfall, waves  
Storm, wind, thunder  
Crackling fire  
Bird song  
Insects buzzing  
Whale song

### People spaces

Music - live, recorded  
Instruments, wind chimes  
Machine sounds (e.g. doorbell)  
Silence  
Steady hum (e.g. pink noise)  
Talking (e.g. podcasts)

Notes:



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## Smell

### Nature

Plants (herbs, flowers, leaves)

Rain/wet soil (petrichor)

Salty sea breeze

Animal smells

### People spaces

Candles, incense, oils, wood smoke

Food or drink

Books/paper

Chemicals (petrol, cleaning)

Notes:



## Taste

Safe foods:

Emotional support drinks:

Patterns for taste, texture and temperature:



## Touch

### Nature

Plants (leaf, bark, petals)

Animals (fur, feathers, scales)

Insects

Sand, rocks, mud

Water (rain, swimming)

Snow

### People spaces

Shower or bath heat or cold

Shower water pressure

Tickles, soft touch

Tapping & fidgets

Skin picking, pulling out hair

Comfy clothing/shoes:

Notes:



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## Proprioception

- feedback of body location in space (joints)

### Nature

- Climbing trees, rock climbing
- Swimming - fresh or salt water
- Gardening, weeding, planting
- Walking, dog walking
- Playing sport, hiking, running

### People spaces

- Hug, massage, weighted item
- Compression
- Lying on stomach, sitting on legs
- Work out (lift, stretch, push/pull)
- Chewing, blowing, sucking

Notes:



## Vestibular

- direction and plane of movement (inner ear)

- Swaying, rocking, swinging
- Jumping, bouncing, skipping
- Dancing
- Popping ears

- Balancing, being upside down
- Forward motion (e.g. in moving car)
- Pacing
- Rides and rollercoasters

Notes:



## Interoception

- internal body cues

- Full after food
- Quenched thirst
- Rested

- Muscle relaxation
- Ideal temperature
- Pain, itch

Notes:



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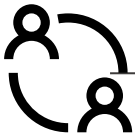
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## Monotropism

Sky watch (e.g. clouds, stars, storms)	Study, observe
Animal watch (e.g. birds/whales)	Craft, create, design, build
Collect, forage	Sort, synthesise, curate, archive
Grow, tend	Develop/improve
Watch, read, listen, daydream	Solve puzzles, find patterns

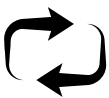
Notes:



## Connection

Meet, call, text, voice memo, meme	Social justice, ethics, advocate
Write letter	Time with pets
Penguin pebbling	Connecting with plants
Parallel play	Seasonal change rituals
Body doubling	Fan group, event
Support swapping	Fictional characters
Info-dumping/passion sharing	Anthropomorphise objects

Notes:



## Repetition

Recurring events or activities	Books, music, podcasts
Traditions, rituals	TV shows, movies, clips
Morning/evening routine	Foods, drinks
Weekday/weekend routine	Movements
Walk/travel	Words, sayings, sounds, quotes
Clothing, self care, chores	

Notes:



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## Rest

- |                                 |                                    |
|---------------------------------|------------------------------------|
| Alone time                      | Ask for/accept help                |
| Co-regulation with support team | Speak kindly to yourself           |
| Unstructured time, pottering    | Honor your limits                  |
| Access sensory comforts         | Allow yourself to get absorbed     |
| Letting your body move          | Distract out of negative self talk |

Notes:

*Let's celebrate the time and effort you have taken to complete this checklist!*



*It is understandable if you are grieving missed opportunities for enjoyment, confidence and neurokin community. I hope it is also exciting to imagine more fun, inspiring and relaxing opportunities ahead. Take your time with this new self knowledge and consider if you might would like to share this information with trusted loved ones, community, peers or neurodiverse affirming caring professionals.*

*Further support documents you might wish to explore:*



- *Triggers Checklist - stimulus/experiences causing pain or distress*



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*\*Dana and Rasa are cousins*