



Glimmers checklist



Developed with neurodivergent folk front of mind



Glimmers are stimulus/experiences that generate awe, joy or peace.

Unfortunately, we may have learned to suppress or hide our trigger due to societal pressure to have prescribed interests relating to your age, gender, ethnicity etc. Glimmers may fluctuate in intensity over time - if you are losing interest, be sure to be kind to yourself.

Name & date of birth:

Date completed:



Visual

Nature

- ☐ Sunlight through leaves
- ☐ Green spaces (with plants)
- ☐ Insects & animals
- ☐ Mountain/cliff/canyon
- ☐ Burrow/hollow/cave
- ☐ Blue spaces (with water)
- ☐ Sky scenery (inc. rainbows)
- ☐ Sand/coast

Human-centric spaces

- ☐ Clutter/maximalism
- ☐ Tidiness/order
- ☐ Bubbles & water droplets
- ☐ Lava lamps/fluidity/soft lighting
- ☐ Dopamine dressing (e.g. bright coloured hair)
- ☐ Sparkles & shimmers
- ☐ Colour/patterns
- ☐ Art/design/architecture

Notes:



Auditory

Nature

- ☐ Rain/storms
- ☐ Ocean waves
- ☐ Rivers/waterfalls
- ☐ Wind in leaves
- ☐ Crackling fire
- ☐ Animal song (e.g. bird/whale)

Human-centric spaces

- ☐ Musical instruments
- ☐ Silence
- ☐ ASMR
- ☐ Music (live/recorded)
- ☐ Podcasts
- ☐ Pink/Brown Noise

Notes:



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Smell

- | | |
|---|---|
| ☐ Candles/incense/oils | ☐ Leaves/herbs/grass/flowers |
| ☐ Books/paper | ☐ Ocean breeze |
| ☐ Soil/earth (inc. rain/petrichor) | ☐ Wood smoke |

Notes:



Taste

Safe foods:

Emotional support drinks:

Patterns for taste, texture and temperature:



Touch

Nature

- ☐ Grass
- ☐ Tree leaves/bark
- ☐ Flower petals
- ☐ Animals (fur, feathers, scales)
- ☐ Sand/rocky textures
- ☐ Water (rain, swimming, snow)

Human-centric spaces

- ☐ shower/bath
- ☐ Hug/weighted blanket
- ☐ Massage
- ☐ Tapping & fidgets
- ☐ Playing with hair
- ☐ Comfy clothing:

Notes:



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Proprioception

Nature

- ☐ Climbing
- ☐ Swimming
- ☐ Gardening
- ☐ Walking dog/hiking/running
- ☐ Ball sports

Notes:

Human-centric spaces

- ☐ Hug/massage/compression
- ☐ Crash mat/lying on stomach
- ☐ Lift/stretch/push/pull
- ☐ Chewing/blowing
- ☐ Space/weighted items



Vestibular

- ☐ Balance and climbing
- ☐ Swinging (e.g. hammock)
- ☐ Jumping, bouncing, skipping

Notes:

- ☐ Swaying/rocking/dancing
- ☐ Pacing
- ☐ Popping ears



Interoception

- ☐ Satiation after eating
- ☐ Quenched thirst
- ☐ Well rested
- ☐ Muscle relaxation/meditation

Notes:

- ☐ Heat (e.g. hot shower)
- ☐ Cool (e.g. icy drink)
- ☐ Humidity



Glimmers checklist

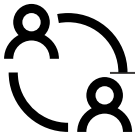
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Monotropism

- | | |
|--|--|
| ☐ Detailed study/observation/research | ☐ Craft/create/build |
| ☐ Nature watching (e.g. clouds/stars/birds) | ☐ Sort/synthesise/develop/improve |
| ☐ Animal watching (e.g. birds/whales) | ☐ Solve puzzles/find patterns |
| ☐ Collect/forage | ☐ Watch/read/listen |
| ☐ Tend/curate/catalogue/archive | ☐ Imagine/design |

Notes:



Connection

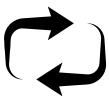
Nature

- ☐ Pets
- ☐ Gardening
- ☐ Seasonal change rituals
- ☐ Lands adventure (e.g. hike)
- ☐ Water adventures (e.g. surf)
- ☐ Snow adventures (e.g. ski)

Human-centric spaces

- ☐ Social justice/advocacy
- ☐ Penguin pebbling
- ☐ Parallel play/body doubling
- ☐ Support swapping
- ☐ Infodumping/fan group/event
- ☐ Fictional characters

Notes:



Repetition

- | | |
|--|--|
| ☐ Annual activities (e.g. festival) | ☐ Books/podcasts |
| ☐ Morning/evening routine | ☐ TV shows/movies/clips |
| ☐ Weekday/weekend routine | ☐ Foods/drinks |
| ☐ Walks/attractions/holidays | ☐ Movements |
| ☐ Songs/bands/albums/soundtracks | ☐ Words/sayings/sound effects |

Notes:



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Other

Nature

- ☐ Celebrating diversity
- ☐ Safely surrendering/being held
- ☐ Accepted by/part of ecosystem
- ☐ Numinous experiences
- ☐ Symbolic connections

Human-centric spaces

- ☐ Free time/alone time
- ☐ Recognition
- ☐ Mythology/fairytales/ancestry
- ☐ Neurokin
- ☐ Accepting help

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 one, community, peer or neurodiverse affirming caring professional.



Further support documents you might wish to explore:

- *Growing Glimmers - exploring individual glimmers and making space for them*
- *Triggers Checklist - stimulus/experiences causing pain or distress*



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