

AICE English Language

Summer Enrichment

Instructor: Ms. Carolyn O'Donnell

Summer Glimmer Challenge

Join Ms. O'Donnell in a summer Glimmer Challenge!

What are "glimmers"?

"Glimmers are those tiny, seemingly insignificant moments when you feel a sense of joy, pleasure, peace, and gratitude. They're often catalyzed by simple, daily things like petting an animal, taking a hot shower, or listening to the rain outside your window. The term 'glimmers' was coined by Deb Dana, a licensed clinical social worker... In her 2018 book, *The Polyvagal Theory in Therapy*, Dana notes that glimmers aren't grand experiences: 'They're micro moments that begin to shape our system in very gentle ways.'" The Newport Institute, [www.newportinstitute.com](http://www.newportinstitute.com)

We are going to become more present to poetry and beauty in our daily lives by being aware of moments that glimmer. To support us, there is a District wide initiative encouraging CCPS staff and students to download the Day One Journal app from <http://dayoneapp.com> to jot down their sweetest moments over the summer.

Your assignment for AICE Language:

- Take one photo to document a memorable moment **each week** from June 1-August 3, 2024 (that is NINE weeks total). Create a virtual entry in the Day One Journal app by uploading your weekly photo.
- Along with each photo, journal in the app about what you saw, did, and experienced. Use descriptive, clear language with correct grammar, spelling, and punctuation. Each journal entry should be at least 5-8 sentences.
- You may add more journal entries than the nine required ones. Just make sure to have one per week *minimum*.
- If you would like to join the CCPS District contest, scan the QR code below on August 5 and enter your name to win!

*Click on the QR Code to complete the Questionnaire on  
August 5, 2024 and be qualified to win!  
Prizes will be awarded to the school with the most  
participation!*

