

Fine-Tune Your Senses (Awareness)

Part 3: Smelling

Our basic 5 senses include listening, seeing, smelling, tasting and touch. If we focus on improving each one, we can use them to improve our memory, creativity, problem solving skills, physical performance and relationships with friends and family. This ability to use our senses well, can help us mindfully respond to people and events around us much more positively.

Mindful Smelling:



Why Practise?

Smells are truly amazing. Not only do smells warn us to keep away from something bad for us, like rotting food, or draw us to something pleasant, like a flower in bloom, but it can also trigger a memory, like the smell of a loving aunt's perfume. Smells which give us pleasure, release a 'feel good' chemical in the brain called Dopamine. Feeling good is important for our wellbeing and our learning.

Train your brain -

Smelling/Scent Activities:

1. Play 'Name That Scent'. (2 or more players).

Ask an adult to gather up to 5 objects with fair to lovely smells (try to avoid bad smells as this is a game to make you feel good). Items could be a flower, vanilla essence, a piece of chocolate, cinnamon stick, orange juice, perfume, bark, herbs, spices etc.

Either put each item into a separate container that is not see through, or players can use a blind fold.

Each player must smell the item and either record their answers on the 'Name That Scent' sheet provided or say their guess out loud.

Were you right?

Ask yourself: Did I like the smell? Did it remind me of anything?



2. Go on a nature walk in your garden or local park.

The idea is to walk as slowly as possible. How many scents can you identify? Are they pleasant or unpleasant?

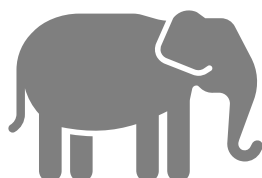


3. Think of one of your favourite places. Can you remember how it smells? Describe it or write it down if you can.



4. Animal Fun Facts.

Several animals cannot see very well, so their sense of smell is much better than humans. Some of these animals include moles, snakes and elephants. Why not Google search 'animals with a strong sense of smell' and see what you find out? Create a poster if you like.



Reflection:

After an activity, ask yourself. Did I enjoy exploring? Did I learn anything new? How can I better understand my environment? There is no right or wrong answer here, it's whatever you have noticed.

If you have any other ideas, check with an adult and try them out. Have fun!

Lois Stavrou

Health and Wellbeing Coach

Name.....

Date.....

Name That Scent

Carefully smell each object without seeing what it is. Make a guess and either draw or write down your answer in the box. Were you right? Record the actual object in the second column.

My Guess	Actual Scent
1.	
2.	
3.	
4.	
5.	