Essential ingredients for healthy development

SENSES

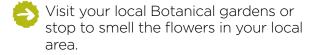
Sme 11

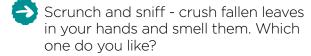
We use our nose to smell. It is one of our first senses to develop and helps to protect us. We learn if something is safe or dangerous to eat or touch. It is closely linked with taste and memory. This is why a certain perfume may remind us of a person or place. Some smells tend to be associated with focused and active behaviour (citrus. peppermint, coffee) and others associated with relaxation and calm (vanilla, rose, lavender)



Play, Movement and time







- Grow or visit a community garden and explore smells of herbs, fruit and vegetables.
- Explore matching and identifying smells. See this website for some ideas: mommaonthemove.ca/natureswonders-smell



Make it easier

- Start with a few familiar smells that you know your child likes and add to it



add challenge

+ Explore smell without sight and if your child is game eating edible plants and flowers based on smell.

