

Essential ingredients for healthy development

SENSES

Smell

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)

Activity ideas

- ➔ Visit your local Botanical gardens or stop to smell the flowers in your local area.
- ➔ Scrunch and sniff - crush fallen leaves in your hands and smell them. Which one do you like?
- ➔ 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/natures-wonders-smell



Play,
movement
and time
outside

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.