



SMELL IT AND GUESS ACTIVITY

Let's see how well you know your smells!

Try to focus on scents that you usually filter out. Catch a whiff of the eucalyptus leaves outside or a spice from the kitchen pantry.

What to do:

Gather several different types of food or objects with pleasant or neutral odors. Examples include:

- Perfume, cologne, or scented soap
- Different types of tea
- Herbs and spices like cinnamon and basil
- Plants with a strong scent, like pine needles or lavender

After you've gathered several different objects:

1. Close your eyes.
2. Bring your chosen item to your nose and sniff deeply. For those couple of seconds, try to only focus on the sensation of smell.
3. Think about your reaction to this scent. Do you like it? Does it remind you of something? For us, the smell of apple reminds us of Apple Pie, and the smell of cinnamon reminds me of cinamon donuts.

TIP: Fill a cup of coffee beans and take a whiff before you move onto the next scent.