

Theme 6: Aroma Vibes

Lesson 20 – Name That Smell

AMBER ELEMENTS COVERED



Learning Objectives / Key teachings:

- Know our smell is the oldest and most primal sense.
- Working with the olfactory sense children develop focus and concentration.
- Children benefit from the calming effect that using aromas can have in a learning environment.
- That smell is strongly linked to memory.
- Children use their sense of smell to create positive memories which can be recalled in the future.
- Children learn that scent can be used as a powerful self soothing tool.
- Children will explore which scents stimulate which emotions for them.
- Identify what aromas help your class achieve a relaxation state.

Resources

Activity - Name that smell

Activity - My Favourite Smell Sheet

PDF- Smell Senses and Sensitivity

- Activity **Smell and memories** - PDF/Slides – Aroma Pictures

Lesson Plan

Educator Ques

Q. What chemicals might some smells be triggering in your body

Q. What smells do you and your Anchor person like? **tion.**

Introduce the lesson and **Play Video 16.1** - Name that Smell.

Q: What might AMBER's favourite smell be?

Exercise 1: Name that smell! **(5 minutes)**: Children identify different smells from the object/s you have brought in and how they make them feel.

Exercise 2: My Favourite Smell **(7 minutes)**

My Favourite smell is...

And it makes my body feel...

What is the worst Yucky/tricky smell?

Smelling_____ (a smell) makes me feel _____ (feeling /emotion + action)

My memory smell is _____

Exercise 3: Smell and memories **(7 minutes):** Using the images (hospital, school, cafe) - describe what this makes you feel and where in the body?

Explain that your sense of smell is closely linked to your memories.

NOTE: Some smells can make you fidgety and make it difficult to concentrate.

Q. Ask what smells bring some powerful memories that you might have?

The smells linked to a positive memory, remembering this smell can be a self soothing tool.

Q. What smells give you a positive memory?

NOTE: Have you had an '**Energy Check In**' today?

End of Lesson – Move to Next Lesson