

## Sensory Activities – Smell



### What are sensory activities?

By providing a range of activities across all of the 8 sensory systems you will be supporting the child's development. Try and make them as part of your everyday routines by incorporating them into play.

The following activities focus predominantly on the use of the olfactory (smell) system.

			
Scented playdough	Add scent to rice	Freshly mowed grass	Smell flowers

			
Freshly washed laundry	Gingerbread smelling salt dough	Popcorn	Chopped fruit

			
Smelly pens	Add scented soaps to water	Scented slime	Seasonal sensory bin

			
Lavender bags	Scented bubble bath	Guess the smell	Scented balls

### **Guidelines for using Sensory activities**

- Sensory activities should be supervised by an adult
- Watch how the child reacts to the sensory input. If they appear upset, anxious or uncomfortable, stop the activity. Before you try the activity again, ask yourself if you can change it in a way that you think the child may like it better. If they continue to appear upset, anxious or uncomfortable, do not keep trying the same activity.
- If it is safe and possible to do so, allow the child to be in control of how much and how long they play with each sensory activity. Offering a variety of different sensory activities throughout each day is most helpful to support development.
- Talk to the child about the activity that you are introducing. If appropriate, use pictures of the activity to support their understanding of what is happening.
- Please follow any instructions that accompany any activities or equipment you buy.