Exploring Smell

Overview

Simple sensory prompts can help parents and carers to tap into playful moments. Try drawing attention to the senses through natural materials and spaces.



Activities

Explore the nursery garden using your sense of smell. Provide natural loose parts to explore on a discovery mat or invite groups to explore your site to find different smells then report back. Some might be lovely and others less so! Provide pegs and small pots so groups can smell items without touching them. Locate a few naturally occurring plants on your site (wild garlic, herbs) then ask groups to identify them by smell.

Equipment

- Mat or rug for gathering group
- Pegs and small pots
- Herbs or flowers
- Blindfolds.

Key Questions

Do you like the smell?
What does it smell like?
What does it remind you of? (Mint may remind them of toothpaste, helping make links to real world experiences.)

Learning Outcomes

- Health & Wellbeing – resilience to new experiences, adding real world contexts to aid understanding.
- Literacy – talking and listening skills and use of descriptive language.

Progression in Learning

- Add blindfolds to your discovery mat to make it a game. Can families find an item again just by using their sense of smell?
- Make perfumes and potions by mixing herbs, flowers and grasses. Which one smells the best?