



MINDFULNESS

20 DAY CHALLENGE

1999-2019

20

YEARS

OF Premier Education

Wake Up and Smell

Sponsored by Premier Education

Overview: 'Mindful smelling' is using our sense of smell to be more aware of our present-moment experience and environment.

Time: 20-30 minutes.

Equipment required: A selection of smelly things from home or outdoors.

Benefits:

- Creates a calming, mindful space to sit and think.
- Memories and important information can also be attached to and triggered by smells, because the smell and memory centres in the brain are inter-connected.

How to play:

1. Have all the children sit in a circle, make sure they're comfortable and calm.
2. Stand in the middle and pass out various smelly items. Examples include herbs, soap, cinnamon, grass, fruit, coffee.
3. Important: Make sure that none of the children are allergic to any of the items being passed around!
4. Invite the children to smell the items - encourage them to take their time to really smell each thing, first at a distance, then up close.
5. Ask each child to describe the smell and ask them how they feel - if any emotions or memories are triggered by the smell.