

MindUP Lesson 6

Mindful Smelling

Grades: 3-5

Lesson 6: Mindful Smelling is the sixth video in a virtual series of MindUP programming for the 2020-2021 academic year. Based in neuroscience, MindUP teaches the skills and knowledge children need to manage stress, regulate emotions and face challenges with optimism, resilience and compassion.

Length of Lesson: 15 minutes including worksheet

Objectives: Students will practice mindful smelling and learn how using their sense of smell helps them recognize and learn more about their environment and the world. This lesson is divided into two parts. Part 1 is about how scents can remind us of special people, places and memories. Part 2 is a practice in mindful smelling, and also includes a game called “Mystery Scents.”

Materials:

- Mindful Smelling Worksheet – Part 1
- Mindful Smelling Worksheet – Part 2
- 3 scents (e.g., cinnamon, lemon, mint)
- Pen or pencil

Preparation: Have child sitting at a desk or table before starting the lesson.

Mindful Smelling at Home:

Mindful smelling is when we use our sense of smell to become more aware of our environment. This can help us observe our world and sharpen our memory. Because our memory and smell centers in the brain are near each other, some of our memories and experiences can be triggered by certain smells. For example, the smell of cookies baking in the oven can trigger your mind to remember a specific time you baked cookies with someone special. It is helpful to practice mindful smelling with your children so that they can broaden their ability to observe and enjoy their experiences. Below are some ways you can practice mindful smelling at home.

- *The Nose Knows!* Gather pairs of foods that look similar and put them into separate clear/transparent containers. Some examples can be a slice of peeled potato and a slice of peeled apple, water and white vinegar, or vanilla extract and black coffee. Have your children identify what they think might be in the container and then have them use mindful smelling to see if they were correct.
- *Favorite Smell!* Have your child identify what their favorite smell is. Once they have identified it, you can have them draw, write, or verbally tell you how the smell makes them feel. You can even ask them if there are any memories they can think of that remind them of that smell.
- *Flavorful Scents!* While your child is closing their eyes, have them try different items such as different flavored jelly beans, fruits or cereals. While they are closing their eyes, have your child use their mindful tasting skills to identify what they think they are eating.

REFERENCE



- The Hawn Foundation. (2011). The MindUP Curriculum Grades 3-5: Brain-Focused Strategies for Learning and Living (pg. 68-75). New York, NY: Scholastic.

