

Name: _____

Mindful Smelling

Part 1

Directions: Complete the sentence. Write or draw a picture.

Example:

I like the smells at **the beach.** 

I smell the **salty ocean and beach snacks.** 

It reminds me of **summer.** 

I like the smells at...

I smell...

It reminds me of...

Name: _____



Mindful Smelling

Part 2

Directions: Complete the table below with your chosen scents.

Scent #1	It reminds me of...	Descriptive words...
<input type="text"/>	<input type="text"/>	<input type="text"/>

Scent #2	It reminds me of...	Descriptive words...
<input type="text"/>	<input type="text"/>	<input type="text"/>

Scent #3	It reminds me of...	Descriptive words...
<input type="text"/>	<input type="text"/>	<input type="text"/>

Which part of your brain helps you store memories about different scents?

Prefrontal Cortex

Amygdala

Hippocampus

Descriptive Word Bank							
sweet	strong	mild	rotten	fruity	spicy	sour	fishy