

Sense of smell

Purchased included six bottles with white caps and six bottles with black caps.

I filled one white bottle and one black bottle with the following six scents:

- cinnamon
- tea tree oil
- peppermint oil
- lemon
- vanilla extract
- cumin

As I filled each pair of bottles, I placed matching colored stickers on the bottom to provide a way for my kids to check if they had matched the bottles correctly.



I then placed all of the bottles in a basket and invited my son to play. (Only my son took part in this activity, as my daughter has been so stuffy from terrible allergies, so her sense of smell has been really negatively impacted.)



My son then separated the white and black bottles, putting both into lines.



He selected one black bottle to begin. He gave it a good sniff.



Then he went methodically through each of the white bottles, giving each a sniff as he did, to find the matching scent.

When he found two bottles that he believed were a match, he looked at the bottom to check if the stickers matched.

Yay! A match!

It was a lot of fun to see which smells he enjoyed (e.g., cinnamon, vanilla extract) and which ones he did not (e.g., tea tree oil).

A couple of notes:

First, it may be wise to start with just four or even fewer bottles rather than all six, especially if your children are younger.

Second, extracts and oils make ideal scents to put in the smelling bottles – think vanilla extract, almond extract, lemon oil, peppermint oil, etc. That being said, you are welcome to use any scent you have around the house. I recommend looking through your kitchen spices, checking what fruits you have on hand (for the juice), or even heading to your bathroom to use soaps or shampoos. For liquid scents, you can dab them on a cotton ball and place the cotton into your smelling bottle.

Finally, don't forget that this post is part of the 6 Days of Sensory Play Kids' Blog Hop {update: broken link removed}. Each day during the blog hop, bloggers will be sharing play ideas for stimulating a different sense, including the tactile, vestibular, olfactory, proprioception, auditory, and visual senses. This is a fantastic resource for parents and caregivers of kids with sensory processing disorder {updated- broken link removed}, or for any parent/caregiver who wants to help develop children's senses to the fullest. Be sure to check out the other olfactory posts sharing more ideas for sensory play that involves smell!