



The Nose Knows... A Game of Smelling

Something smells good, is often a phrase we use when we smell something and don't know what it is. Developing our sense of smell begins in infancy. As infants are held close, they begin to distinguish the smell of their caregivers. Our sense of smell can alert us to freshly baked blueberry muffins, the scent of perfume, or the odor of smelly sneakers. We can help our children develop their sense of smell through a simple yet fun activity. Sensory activities like this help your child connect to the senses to everyday experiences.

- *Take a whiff* – for infants (6 months old & up) – when you cut up fruit such as an orange or a banana, hold it gently under her nose. When using cinnamon or cloves for a recipe, do the same thing. Tell your child what he is smelling. Watch for your baby's reaction as all children process sensory information differently.

For older children – put several different items in a small plastic container or portion cup. Cover the container with aluminum foil. Using a toothpick, poke several holes through the aluminum foil. Have your child hold the container under her nose. Encourage her to "take a whiff." Have your child guess what is in the container. If she is incorrect, have her guess again, giving her clues to the item or a few choices. Take the foil off to see the item.



Some ideas to put in the containers might be:

- Orange slice
- Banana slice
- Cinnamon
- Clove
- Rosemary
- Basil
- Toothpaste
- Lemon wedge
- Chocolate
- Coffee
- Dirt
- Garlic
- Onion
- Potato Chips
- Peanut Butter
- Soap



Reference: Lerner, Claire and Parlakian, Rebecca. Zero-to-Three (2010, February 17). *Play Activities for Birth to 12 Months*. <https://www.zerotothree.org/resources/164-play-activities-for-birth-to-12-months>