

Sensory Smell Pots



This activity is easy to pull together and can meet the sensory needs for some children by engaging their sense of smell with strong scents. This is also a game you can play with the whole family.

You will need:

- Some form of container (plastic cups or small pots)
- Smelly items (this could be anything cheese, marmite, essential oils, hand cream, ect)
- Blind fold (optional)

Once you have your equipment put the smelly items in to a container get the participants to smell them and describe them you can make this more difficult by blindfolding them and if you are using edible items then you can make it a tasting game.

The point of the game is to stimulate the senses specifically smell a taste, so have fun with it there is no right or wrong.