



Smelling Memory Game

SENSORY PLAY

Your sense of smell is a bigger part of your life than you may think. It can cause different memories or even emotions to be brought up. How many times have you walked by a bakery and gotten hungry? Or smelled a perfume and remembered someone special? In this game, we're going to practice using smell to remember where it comes from.

1



Gather materials:

- Clear Cups / Containers
- Something to cover containers (saran wrap, paper, etc.)
- 7-10 different items that have distinctive smells (examples: cheese, vinegar, coffee, fruits, vegetables, spices, candy, etc.)
- Construction Paper
- Scissors
- Marker

2

SENSORY
FRIENDLY
SATURDAY



On your paper, write out each of the items you'll be using for your game. Then write two sets of numbers that match how many items you have. Cut them all out.



3



Put a small amount of each item into each container.

4



Spread out your cups. Label each cup with a number and its contents. Now it's time to smell what's inside each cup! What makes them smell different? Do any make you think of something or feel something? Are they good or bad smells?

5



Now, completely conceal the top of each cup. We used a latex glove and a rubber band and poked holes at the top. You can do the same with saran wrap or paper.





6



Move the labels to the side with their corresponding numbers. Give your child the second set of numbers. Using their sense of smell, see if they can match each cup with the right number.

7



At the end, reveal the inside of each cup to see if they were right or wrong.

GOING FURTHER

- Ask your child when they use smell the most, and when they think they use it the least.
- What smells brought up memories?
- What smells brought up feelings?
- Were there any smells that they knew right away or any that they couldn't place?
- How can they use smell with their other senses (taste, touch, seeing, and hearing)?