**Smell and Tell**

**How does it help students?**

* **Improve the ability to sense more clearly what is happening in their bodies and in their surroundings**
* **Relief from stress**
* **Increase awareness**

**What will we need? Items to smell: coffee, tea, hot chocolate, scented candles, lavender, peppermint, cinnamon, spices, banana, orange, lemon, grapefruit, cilantro, mustard, ketchup, vanilla, raisins, etc.**

**Small bowls or jars to put the items in**

**How do we do it? Instruct your students to smell and describe the item out loud**

**Additional Notes:**

**Reference: https://www.blissfulkids.com**