



## SMELL TEST

SMALL GROUP ACTIVITY

5+ MINUTES

- Lead this quick cognitive warm up to build attention, processing speed, nimbleness and other cognitive skills, as well as group connection.
- Have your class close their eyes and focus their full attention on the smells in the classroom.
- Students can take turns sharing what they smell around them.
- Option to take your class on a brief “Smell Stroll” around the building or grounds, then return to class and share the scents that they noticed.
- Encourage distance learners to follow along at home.

**Hello! I’m glad we are all here for our Total Brain Health “Brain Play.” These fast-paced workouts are an important way we can keep our thinking focused, quick, and nimble.**

**Today’s Brain Play is “Smell Test.” It’s a wonderful warmup for our attention span! In a moment we are going to all close our eyes and fully focus our attention on just one thing: The smells that we sense in the room around us. We will spend a few minutes doing that, then share what we found.**

**OK class, let’s close our eyes and see what scents we notice. Ready?**



# SMELL TEST

## TAKE-HOME WORKSHEET

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### TOTAL BRAIN HEALTH BRAIN PLAYS

Research has found that we're often able to follow our noses to better well-being, thanks to the impact of olfaction, or our sense of smell.

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## BUILD YOUR BRAIN

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Slice 3 unpeeled oranges in half. Place one half of each orange aside. Number each of the remaining halves on the outside rind with a 1, 2, or 3. Slowly and mindfully smell each orange half making a mental note of the unique differences between each one. Is one sweeter smelling? More bitter? Does one smell like it would be more flavorful? Next, with your eyes closed, mix the oranges up and try the sniff test again. Can you identify which orange is 1, 2 or 3? Keep smelling your way to better brain health by repeating this exercise with different aromatic fruits.