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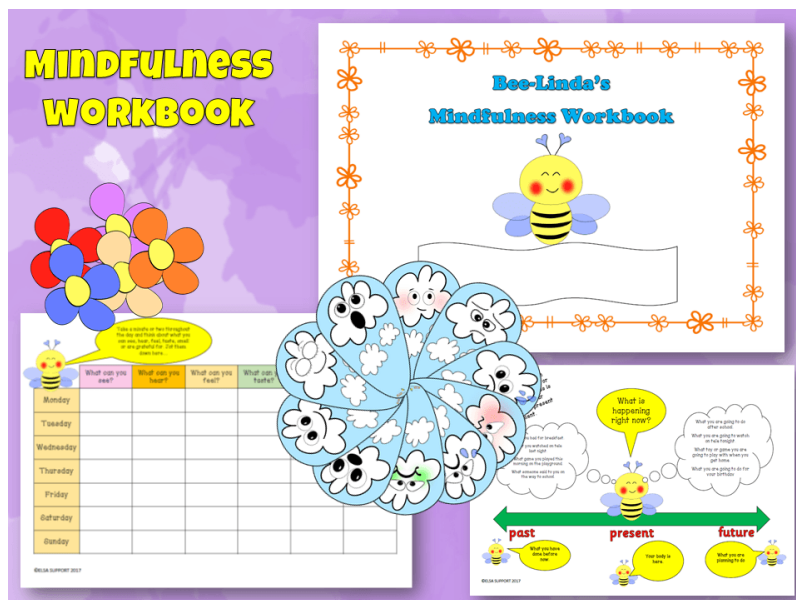
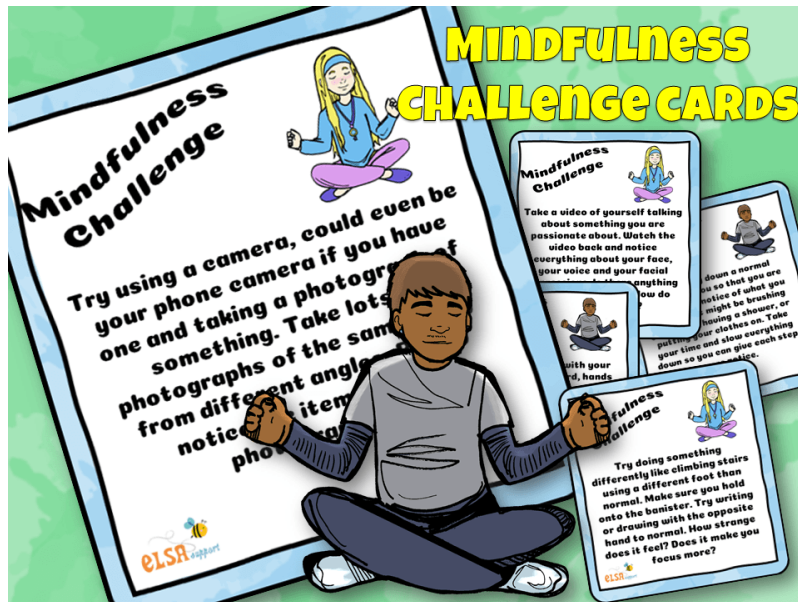




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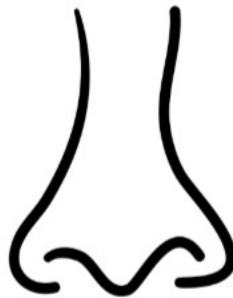




Week 5



NOTICE





#mindfulmonday

Teacher/ELSA Ideas/suggestions



Noticing is about mindfulness and using the senses is a good start. This week pupils are asked to 'notice' different smells. Begin with a circle time and use a range of different items to smell. It might be some perfume, flowers, foods, spices or drinks. Play a game where they need to close their eyes before smelling something. Can they guess what it is? Do they like it or not like it? Does it remind them of anything?



Go for a 'smelling' walk around school or outdoors and make a list of the smells the pupils noticed. Did they like the smells? What did the smells remind them of?



Talk about how some smells remind us of certain things. They might remind us of something lovely. For example when I smell honeysuckle I think of Summer walks or when I smell sawdust I think of my dad who was a joiner and has now died. See if you can come up with something personal for you to share with them. Can they think of a smell that reminds them of a happy or positive memory?



Often in our every day life we filter out a lot of smells unless it is something strong such as smoke, fire, dog poop or something that might endanger us. Using our sense of smell more mindfully and tuning in to smells can make us feel good about ourselves. Talk to the pupils about good smells and bad smells. How good smells can make us feel good and bad smells might be an alert for danger. Make a list of good smells and bad smells and also look at how we are different and some people like the smell of somethings and others might not like the same smell.



Try adding spices or herbs to paints to create a sensory activity for pupils. Just mix in spices/herbs such as cinnamon, nutmeg, cumin, ginger, rosemary, lavender and so on. When they paint, they can 'notice' the smells.



Smells can be relaxing. Talk about smells that might make them feel relaxed. Suggestions of chamomile, lavender, hot chocolate drink, and vanilla. I don't recommend using essential oils because they can be dangerous to pupils, but you could get some lavender plants or flowers to smell or some vanilla essence and they could have a drink of hot chocolate.



Introduce the worksheet and list(if appropriate). This week encourage pupils to be mindful of the smells around them, ask them to take notice of them and make a list of them. They can choose their top 5 smells to put on their worksheet.



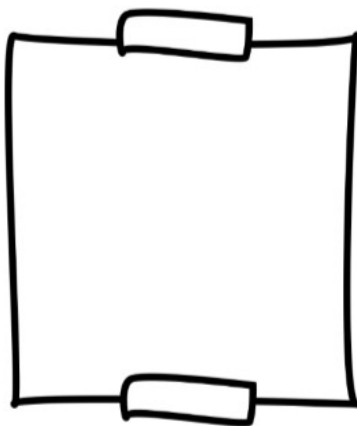
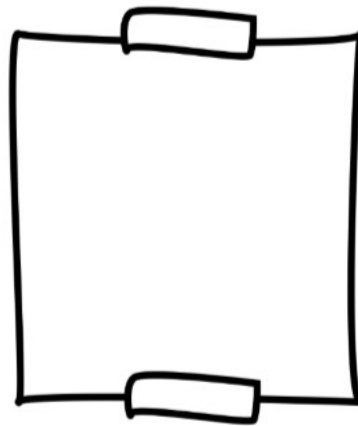
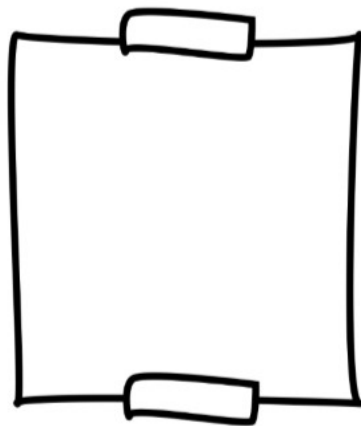
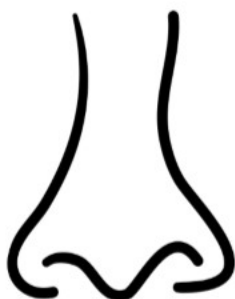
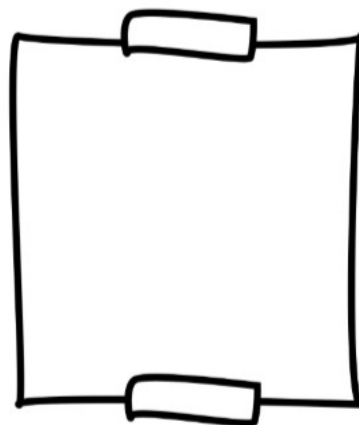
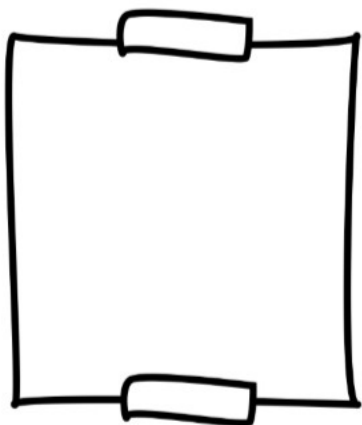


What smells do you notice this week?

#mindfulmonday



NOTICE





Name



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 congratulations 



AWESOME On completing the **WOW**

Notice 'smells' Challenge

Presented to:

Signed: Date:



 congratulations 

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