



## MINDFUL MONDAY - MINDFUL OF SMELL

**Supplies:** Cuties or other small snacks

**Notes:** Be mindful of potential class allergies. Remind students they are not eating the snack during the activity, but have the option to afterward.

### Review last week

Welcome students to Mindful ME time. Encourage them to find their Mindful Body posture so that they are ready to listen and learn. This week, encourage students to start in Wombat/Child's Pose and slowly move from Child's Pose to a comfortable seated or standing posture.

"Last week, we learned Belly Breath. Who can demonstrate Belly Breath for us?"

"Great job. Now let's do it together. This time, as you breathe, place your hands on your belly and feel how they rise and fall with your belly as you breathe in and out."

"Now I need a volunteer to show us Butterfly Pose. [choose a volunteer and help them teach as needed] Great teaching! Now, let's do Butterfly together. While we're in Butterfly Pose, let's add some belly breaths!"

### Mindful of Smell

Mindfulness of Smell is a way to use our sense of smell to support us in being present to the moment.

### Play Mindful of Smell video below or read the discussion here:

"Each week, we've been learning how to breathe in different ways. When we're breathing, what sense can we use? [Can give a reminder on the five senses] Right! Our breath can help us smell. So this week, I want us to be mindful of our sense of smell."

**In classroom:** Pass out Cuties (small oranges), lemons, cinnamon sticks, or scented cotton balls.

**Virtual:** Allow students to grab a piece of fruit or an herb/spice to activate their sense of smell.

Start in a comfortable seat. This can be done sitting on the ground or in a chair.

"Let's start by opening our snacks—just a tiny bit. So peel your Cuties, open your zip lock, and open the lid of your snack (notice what kind of snacks your students have). It doesn't have to be a lot, because we're not eating it just yet. Let's hold our snack in our hands and close our eyes. Lift your snack to your nose, and breathe in. Activate your sense of smell."

Allow students to sit and smell for a few moments.

Share with students what you enjoyed about focusing on your smell. Ask them to share what they experienced.

“Let’s try it again. Close our eyes. Take a deep breath in and then a big breath out. Now lift your snack to your nose and slowly breathe in. Smell your snack.”

“What’s nice about just smelling our snack, is it allows us to be in the moment. We’re not rushing to eat or talking to our friends. We’re noticing the smell of our snack and appreciating it.

Focusing in on a single sense can help our brains and bodies reset. It can help us stay present to what is happening now rather than what happened in the past or worrying about what might happen in the future. What smells help you feel focused and mindful?”

**In the Classroom:** Add scented cotton balls in jars to the classroom Peace Place so that students can practice short Mindfulness of Smell meditations.

**Virtual Learning:** Encourage students to identify smells that make them feel good. Citrus, cinnamon, and peppermint are common examples. Encourage them to work with their parents/caregivers to have access to these smells when they’d like to focus or reset.