

Name: _____

Mindful Smelling

Part 1: Complete the sentence. Write or draw a picture.

Example:

I like the smells at **the beach.** 

I smell the **salty ocean and beach snacks.** 

It reminds me of **summer.** 

I like the smells at...

I smell...

It reminds me of...

Name: _____



Mindful Smelling

Part 2: Complete the table below with your chosen scents. Write or draw a picture.

Scent #1

A large, empty rectangular box with a thin black border, intended for writing or drawing the first scent.

It reminds me of...

A large, empty rectangular box with a thin black border, intended for writing or drawing what the first scent reminds the user of.

Scent #2

A large, empty rectangular box with a thin black border, intended for writing or drawing the second scent.

It reminds me of...

A large, empty rectangular box with a thin black border, intended for writing or drawing what the second scent reminds the user of.

Scent #3

A large, empty rectangular box with a thin black border, intended for writing or drawing the third scent.

It reminds me of...

A large, empty rectangular box with a thin black border, intended for writing or drawing what the third scent reminds the user of.

Which part of your brain helps you store memories about different scents?

Prefrontal Cortex

Amygdala

Hippocampus