SPHE

**Lesson: What do you Smell?**

Ask your child to imagine she is a mouse in search of cheese - what senses could she use?

* Can you think of other animals that use their noses to find food? Or sense danger? (pigs, dogs)

Encourage your child to feel her nose and describe what it is like.

* Do you know what your nose is for? (taking air in and out of the body, cleaning the air on its way in, smelling things.)

Explain that as well as helping us to identify things, our sense of smell can warn us of danger.

- Can you think when?

- Our sense of smell tells us when there is a fire, or when food has gone off and could make you ill.

- Have you ever smelled sour milk?

Remind your child of the safety rules:

- Never put or taste anything in your mouth that you are unsure of. Check with an adult first.

- Hold hands and stay close to a safe adult when out and about.

- Do not touch or lift sharp objects.

Check with a safe adult first.

Talk to your child about the importance of taking care of their nose, for example, using and disposing of a tissue properly, blowing gently, never pushing objects into the nose, discouraging nose picking, washing hands regularly. Can you think of a rule for looking after your nose? (Noses

are for smelling and sniffing, not shoving or picking!)

**Smelling Activity**

Blindfold your child and invite her to identify some strong-smelling everyday items e.g. soap, onion, flowers, crisps, babywipes

Talk to your child about the smells:

- Which things smell nice?

- Which things do not smell nice?

- Do you have a favourite smell?

- Can you sometimes tell from the smell what is cooking for dinner?

**Collage**

Split a large page in two. Then using old magazines (Lidl or Aldi brochures are perfect) have your child cut out pictures of things she likes to smell and things that she doesn’t like to smell. Glue one category onto each side of the page and label. If you don’t have any magazines or glue then drawings will look just as good.

**Discussion**

Discuss with your child why it is very important not to sniff anything if she is not sure about it. Explain that smelling some things could make her very sick and that if older children asked her to sniff something from a bottle or bag she should not do so, but should tell a safe adult about what happened.