

The Olfactory System



The olfactory system is our sense of smell and is closely linked to our emotions and memories. THEINSPIREDTREEHOUSE.COM

Quick Wins

SCENTED MARKERS

Drawing and coloring with scented markers stimulates both the visual system *and* the olfactory system.

COOKING

Cooking with kids is a great way to stimulate the olfactory system and get kids used to tolerating different smells.

ESSENTIAL OILS

Diffuse different scents in an oil diffuser - lemon, lavender, peppermint.

SMELLING BOTTLES

Create smelling bottles using cotton balls and different oils/scents for kids to explore different smells.