

Rainbow Scents Exploration Kit

Teacher's Guide

Our sense of smell is amazing! The human nose can distinguish over a trillion (that's 1,000,000,000,000,000) different scents! That's because the receptors in the nose can combine in many, many different ways to distinguish countless combinations of smells. There are several kinds of jobs that require a highly tuned sniffer! People who develop perfumes or produce wines need to be able to smell and imagine different combinations of scents.

Additionally, aromatherapists are specialists in smells that produce strong effects on the body. Candle makers, coffee tasters, food scientists and chocolatiers all use their noses in interesting ways.

We've developed a kit that combines color and smells. These two senses are strongly linked in the brain. For instance, a mint scent might make the color green look more intense and vice versa. This phenomenon is known as crossmodal correspondence and has been proven by neuroscientist to influence our perception.

There are lots of reasons to develop a child's appreciation for their sense of smell. Here are some educational goals:

1. Develop vocabulary by asking children to describe what they smell. A scent may be described as fruity, floral, sweet, etc. Ask students to be more specific. Does it smell like a rose or perfume or an air freshener? Compare and contrast it to other scents in the kit.
2. Explore emotional growth through scents: Many students will relate smells to emotions. Some florals can have a calming effect, while other scents can be exciting. For instance, hot buttered popcorn can entice a child to think about a fun movie experience, while a luscious cherry scent might remind them of a favorite

food. Help students explore their reactions to each of the scents and look for opportunities to self-regulate.

3. In day-to-day life, we often neglect our sense of smell. Children can learn to detect hazards such as fire or harsh chemicals, and build awareness of hygiene issues through their sense of smell.

4. Many cultural celebrations are associated with specific scents. Think of incense, strong soap, a fresh cut evergreen tree or brewed tea and how these can relate to cultures locally and around the world.

5. Enrich creativity through smell. Encouraging children to smell, as well as touch, see and feel, reinforces multi-sensory learning.

6. Smelling can propel curiosity. Encourage kids to smell objects and then discover what they are, where they are from and how they are made. You may have budding perfumers among your students.

Help activate this interest through fun games and explorations!



We have selected 18 scents that relate to the colors of easily-identifiable objects.

- Red:** 1. Cherry, 2. Cinnamon, 3. Tomato
- Orange:** 4. Pumpkin Pie, 5. Orange, 6. Cantaloupe
- Yellow:** 7. Banana, 8. Pineapple, 9. Buttered Popcorn
- Green:** 10. Green Apple, 11. Honeydew Mellon, 12. Lime
- Blue:** 13. Blue Raspberry, 14. Blueberry Cheesecake, 15. Ocean Mist
- Purple:** 16. Plum, 17. Grapes, 18. Lilac

Four Ways to Play:

1. Start with one or two students. Give them the deck of cards with the number-side up. Encourage children to flip through all of the scents and match them up to the cards. Note: When you flip over the cups, you will

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see the corresponding, color-coded number on the bottom.

2. Make the game more challenging: Select between 4-8 scent cups and set out the matching cards with the picture-side facing up. Ask students to match the scent to the card without looking at the number or flipping the cards over. As students get better at this activity, add more scents.

3. Use the color wheel game board to match the scents to their colors and images. One or more students can play together. Encourage students to randomly select a scent cup, open it and smell the contents. Place the cup on the gameboard so it covers the image. When all of the cups have been sorted, check against the number cards to make sure they are in the correct places.

4. Let your imagination direct the game. Lay out the rainbow brain gameboard and ask students to smell the individual cups one at a time. Think about what color the smell signifies. Is it hot red, tangy orange, yummy yellow, fresh green, pleasant blue, or sweet purple? Let them sort according to their own perceptions and then talk about the reason why they have chosen the specific colors. They don't need to accurately place the cups—the interesting part of the game is discovering why they have made the decisions they did.

Our scents are suspended in glycerine which is a common material used in soaps. If you suspect that a student may have an allergic reaction or strong sensitivity to scents, avoid using this product. As an extra precaution, do not touch the surface of the scents. To refresh the scents, simply place in a microwave and heat for 2-5 seconds. Avoid melting the glycerine. Repeat as often as needed to keep the scents strong for years.

