

I SMELL WITH MY NOSE.



We use our nose to smell. Smells can trigger memories and emotions.

Do you know anyone who cannot bear the smell of brussels sprouts cooking? Some smells are hard to tolerate for all of us. We smell heavenly aromas like roses and terrible odors like garbage. Thinking about rotten smells can cause a gag reflex! Like sound, smells can warn us of danger. People may be super sensitive to smell. An ordinary smell may cause one person to become sick while not fazing another.



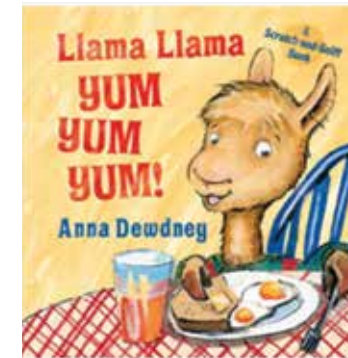
*Saltillo WordPower™ vocabularies support identification and communication about our sense of smell. These words include **stinky, smelly, good, bad** and **rotten**.*



APRIL 2020

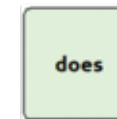
Storytime

Llama Llama Yum Yum Yum! by Anna Dewdney



Explore your sense of smell with this scratch-and-sniff board book. Llama Llama and his Mama are cooking in the kitchen. Smell the yummy treats as you read! **How does it smell to you? Good? Bad?**

Words to Model:



Name That Smell!

Use your sense of smell. What do you **smell**?

Does it **smell good** or **bad**?

Create sensory smelling bottles. You can create the experience a number of different ways:



- Purchase or save containers such as spice jars, baby food jars or mason jars.
- Ideas for smells – create as many as you like.
 - Use fresh food items such as pickles, oranges, cookies, coffee beans, garlic, lemon, cucumber, peppermint, etc. Place pieces of the fresh item in jars.
 - Use essential oils or extracts and a cotton ball in each container. This option will allow you to use this for a few days or longer. Try scents like vanilla, lavender, cherry, almond, basil, lemon, etc.
- As each person experiences the smell, you can ask them if it smells

GOOD



or

BAD



Bonus activity: Create a matching game. Can you match the smell to the picture?



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

MARCH 2020

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				



For bonus sensory regulation tips and activities, scan this code!

1

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Palm Sunday

Good Friday

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Easter Sunday

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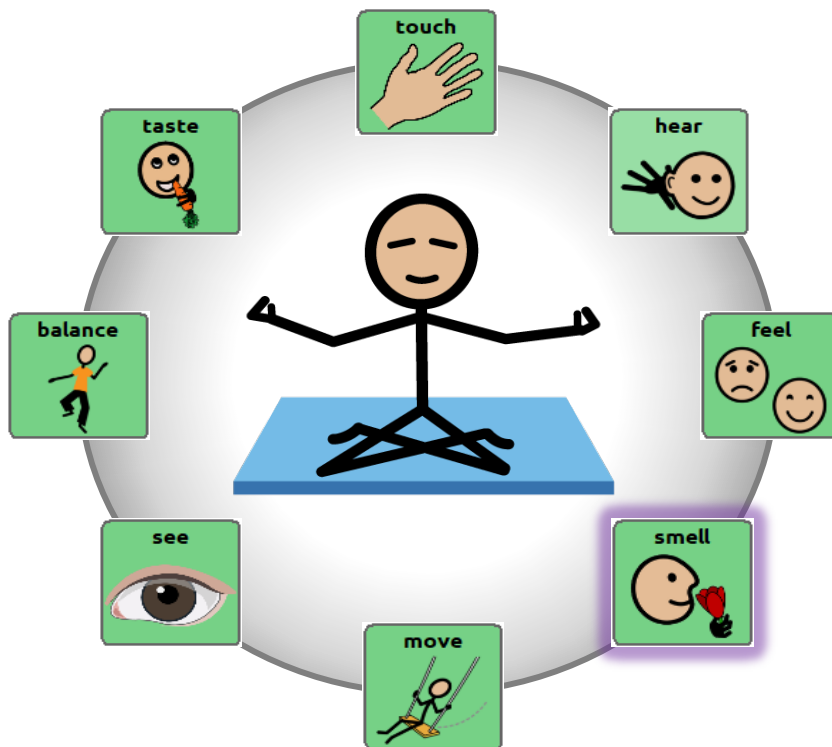
MAY 2020

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

Practice sentences for Sensory Seekers and Avoiders- April- I smell with my nose.

Every person handles sensory input a little differently. Use these practice sentences and learn ways to talk about and regulate sensory input. Some people, 'sensors and seekers', seek sensory stimulation. Other people, 'avoiders and bystanders' avoid it.

Are you a 'seeker'? Are you a 'by-stander'? Are you a mixture?



SEEKER:

Term used to describe a person who looks for sensory stimulation. They may seek a certain type of input. Seekers may always want 'more'. They love sensation. While providing more input, it is important to keep routines in place.

AVOIDER:

Term used to describe a person who avoids sensory input. Avoiders crave routines and order. They may not like new sensations and when a routine is changed may become anxious. An avoider may need a quiet place to go and language to help manage sensory overload.

Salttilo and TouchChat WordPower™ vocabularies support identification and communication about our senses.

The sequences presented here are examples found in WordPower60 Basic SS.



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April- I smell with my nose.	
Active (Sensors and Seekers)	Active (Avoiders and By-standers)
<p>Can I smell that?</p>	<p>That is stinky.</p>
<p>That smells good.</p>	<p>That smells bad.</p>
<p>Smell the flowers.</p>	<p>I don't like that smell.</p>
<p>I smell the rain.</p>	<p>I smell stinky feet.</p>

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