



Family Name: \_\_\_\_\_

## MOTIVATING QUOTE

“ It's kind of fun to do the impossible. ”

Walt Disney

Discuss this quote with your family.  
What does this quote mean to you?

## The ACTIVITY

### Smell Detective

The power of sniffing and smelling are made possible because of your nose and brain! They allow your incredible sense of smell (called olfaction) to sniff your favourite smells, whether it's freshly baked bread, cookies and cakes, or fancy perfumes and shampoo. Your olfactory system can figure out millions of smells by switching on different receptors in your nose.

Collect several items that have strong smells and place each item in an enclosed plastic container so that the smells do not mix. Take it in turns to wear a blindfold and smell inside each container and see if you can identify each item. See if any of the smells trigger a memory! For example, cut grass could give you a memory of the summer holidays. Here are some examples: lemon, orange peel, perfume, chocolate, coffee.

#### Resources:

Different types of foods

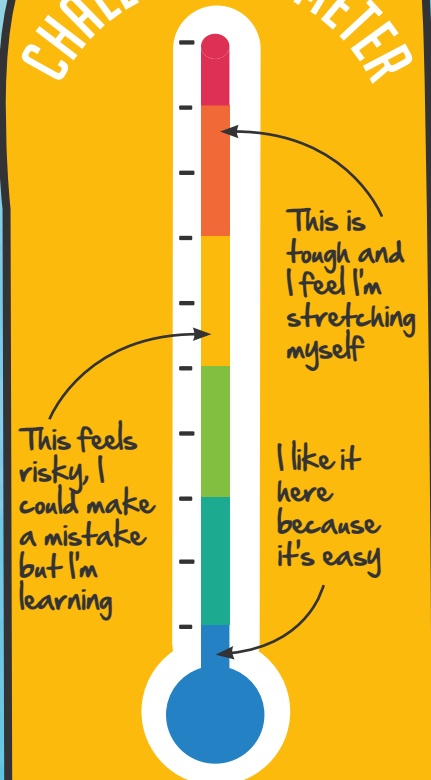
Different types of fragrances

## The Power of YET!

If someone gets stuck and needs some help, say:

"What would be the first thing you would do? How will that help you? What would you do next?"

## CHALLENGE-O-METER



## CHALLENGE YOURSELF

What can you do to make this activity more challenging?



## Change your MINDSET

If someone in the family says:

"I'm awesome at this"

encourage them to say:

"I seem to be on the right track."



## POSITIVELY REINFORCE

Positively reinforce someone in your family by saying:

"Way to go! You did it!"

or

"Let's see what you did. How did you figure that out?"

As a family answer the following questions.

What did you enjoy the most?

If you had the opportunity to do this again, what would you do differently?

What help would you need next time?



## FABULOUS FEEDBACK

How can you apply what you have learned to other activities?

## RATE ACTIVITY

As a family rate this activity out of five stars

Name:



Name:



Name:



Name:



Name:



Name:



Name:

