

Sniffing Scents: Exploring Aromatherapy!

Let's go on a smell adventure and learn about aromatherapy!

Materials You'll Need:

- Cotton balls
 - 2-3 different child-safe essential oils (like Lavender, Sweet Orange, or Chamomile) - Make sure a grown-up is helping!
 - Small cups or lids to hold cotton balls (optional)
 - Paper
 - Crayons or markers
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What is Aromatherapy?

Have you ever smelled cookies baking and felt happy? Or smelled flowers and felt calm? Aromatherapy is kind of like that! It means using special smells from plants, called **essential oils**, to help our bodies and minds feel good. 'Aroma' means smell, and 'therapy' means something that helps you feel better.

Activity 1: Super Sniffers!

1. Ask your grown-up to carefully put just ONE drop of the first essential oil onto a cotton ball. Don't touch the oil directly!
2. Carefully smell the cotton ball. What does it remind you of? Is it flowery, fruity, or something else?
3. Let's talk about it! (Example: Lavender often smells calming, like bedtime. Orange often smells happy and sunny!)
4. Repeat with the other essential oils, using a new cotton ball for each scent. Take your time and see if you can remember which smell is which!

Activity 2: Drawing Our Feelings

How did the different smells make you feel?

- Did one smell make you feel sleepy or relaxed?
- Did another smell make you feel happy or energetic?
- Pick one of the smells you liked. On your paper, draw a picture of how that smell makes you feel. You can use colors that match the feeling (like blue for calm, yellow for happy).
- Share your drawing and explain why the smell made you feel that way.

Important Safety Rules!

Essential oils are very strong plant juices! They smell wonderful, but we need to be safe:

- **Grown-ups Only:** Always ask a grown-up to help you with essential oils. They know how to use them safely.
 - **No Tasting:** Never, ever put essential oils in your mouth or eat them. They are not food!
 - **Skin Safety:** Don't put essential oils directly on your skin unless your grown-up mixes them properly with a carrier oil first. They can sometimes bother your skin if they are too strong.
 - **Sniff Safely:** Smelling them from a cotton ball, a diffuser, or the bottle (with help) is usually the safest way for kids to enjoy the scents.
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Wrap Up!

Wow, your nose did some great work today! We learned that aromatherapy uses plant smells (essential oils) to help us feel good. We smelled some examples like Lavender and Orange, and talked about how smells can make us feel different things, like calm or happy. Most importantly, we learned to always be safe and ask a grown-up for help when exploring essential oils.