



Climate Title: Smell and Taste the World Around You

Description: Senses of the Environment

Goal: Stand still. Breathe deeply, and take in the smell. Does it have a taste? Notice familiar and unfamiliar smells and tastes in your present location.

Tip: What do you smell? What smells do you enjoy? What smells do you remember from the past? How does the smell change when it is sunny/hot, raining, snowy/cold outside? What can you taste?

Why? Noticing how your environment feels and changes can help you think about how the earth is impacted locally. Working with sense of smell helps us process images, memories and experiences we have in our surroundings.

Reference:

Herz R. S. (2016). The Role of Odor-Evoked Memory in Psychological and Physiological Health. *Brain sciences*, 6(3), 22. <https://doi.org/10.3390/brainsci6030022>

Miller, B. (2024). Five senses and direction activity. Fort Whyte Alive.