

High Five Friday

Take Notice Activity

SMELL THE FLOWERS

1. Find a flower to smell or imagine you can smell a flower.
2. Slowly breathe in through your nose and count 1, 2, 3 in your head.
3. Hold your breath and count 1, 2, 3 in your head.
4. Slowly breathe out through your mouth and count 1, 2, 3 in your head.
5. Repeat with as many flowers you can think of or find.
6. Younger children may then want to draw and colour in all the flowers they can think of or find.

Questions to think about:

- Which one did you think smelt the best and why?
- What did you smell when you breathed in?
- What did you smell when you breathed out?
- Could you feel the flower?
- What did it feel like?
- Did smelling the flowers remind you of any memory from your past?