

Sensory Play: Sniff Bottles!

Children experience their world through their senses. Unlike tasting, feeling, making noises, and looking at things, children often do not consciously go up to something and smell it. Here is an easy activity that allows children to smell a variety of scents!

Sniff Bottles:

- Wash out plastic squeeze bottles such as mustard, ketchup, liquid soap, spice container etc.
- Put something with a strong scent inside or saturate a cotton ball with a liquid fragrance
- Fasten the tops of each container securely with strong glue or tape.
- Demonstrate to children how to gently squeeze the bottle to make a puff of air come out of the container to sniff!

Suggestions for scents:

- Almond extract
- Clovers
- Vinegar
- Lemon
- Perfume
- Garlic



Tips:

- Be sure that whatever you use is non-toxic.
- Toddlers may want to suck on the container, so you caution and keep a watchful eye with younger children who often want to put everything in their mouth.
- Make a chart that allows the children to take a guess at what they smell.

Other Activities that Involve Senses:

- Place colored plastic wrap over the end of paper towel or toilet paper tubes; secure with a rubber band. Children can see the world in small sections and a different color!
- If you can tolerate the mess and the weather is warm, adding a bucket of water to your sandbox will greatly enrich sand play.
- Glue small patches of different textures in the bottoms of egg carton compartments. The child can reach in with one finger to feel the texture.

Things to Do with Toddlers and Twos, Karen Miller, Telshare Publishing Co.
Mudpies to Magnets, a Preschool Science Curriculum, Robert A. Williams, Gryphon House.