

Scent Jars

Information for the Care Partner

Cooking is an enjoyable activity for many, as well as a familiar role or chore that happens on a daily basis. Smelling and discussing familiar ingredients brings back memories and is fun to do with others for socialization and connection.

Note: Please review the ingredients in this activity in light of dietary and allergy-related restrictions.

Materials

Placemat

Sets of smelling jars (clear or opaque) with color sticker dots on the bottom

Fragrant items in each jar (lemon peel, garlic clove, cinnamon stick, coffee beans, peppercorns, sprig of basil, sprig of rosemary, sprig of mint, etc.)

Laminated and labeled pictures of items in jars with color sticker dots on the back

Benefits

Sensory stimulation

Maintain manual dexterity and fine motor skills

Practice sustained focus and attention

Vocabulary reinforcement

Spark reminiscence

When completed with another person, fulfills the need for companionship

Suggestions

If clear jars are too easy, cover the jars with paper.

Try This

Taste some favorite spices and garnishes.

Pick some fresh herbs from the garden.

Prepare a dish with some familiar spices.

Scent Jars Directions

1. Place the mat on the table.
2. Line up smelling jars along the left side of the mat.
3. Line up the photos along the right side of the mat.
4. Pick up a smelling jar. Holding it under the nose, take a slow sniff.
5. Describe the scent. Is it faint or pungent? Sweet or spicy? Pleasant or unpleasant?
6. Place the jar next to the photo you think is a match.
7. Continue until all of the jars have been matched with a photo.
8. Flip over each jar and card to see if the color dots on them match.
9. Place all of the materials back on the tray.



garlic



lemon



cinnamon



pepper



rosemary



mint



lavender



coconut