

# Smell

Smell is one of the five senses beside taste, sight, hearing, and touch. Smells have a unique attribute to connect us to certain memories or experiences. Scents recalling memories is known as the Proust effect, because Marcel Proust was the first who mentioned this idea, when he very vividly recalled a memory of eating a Madeline biscuit in his childhood. The connection between smell and memory comes from the fact that the smell sense in the brain is very closely located to the part which is responsible for the memories. So, if you use scents in your ERs it is more likely to bring up certain memories or even in the future the experience of the ER would remain associated with a certain smell in the memories of the players. The experience would be much more realistic if it would have an impact on the senses, imagine a Pirate ship escape with the specific smells of wood and salty water. But individual puzzles can also be created for using the sense of smell.

In the classroom, scents can be used for learning about flowers, food or even colours, associating a scent to colours, for example, strawberry for red, lemon for yellow, chocolate for brown, lavender for purple, plum for blue, orange for orange, coal for black, milk for white and so on.

## Material required

- Scented candles that should not even be lit / essential oils / flowers / herbs

## Possible uses

- Add letters to jars containing a scented candle or essential oils, the blindfolded players should recognize the scent pattern to decipher a coded message.
- Add scents to blank jigsaw puzzle pieces and give the players the final order of the scented items and require them to arrange the scented pieces in the right order to solve the puzzle.
- A certain object in the room should be paired with a specific smell.



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## Possible restrictions

- If someone has a cold, it is a bit difficult to fully use your sense of smell.
- One must be careful with candles; it is better not to light them for safety reasons.

## Is it inclusive for SLD?

Yes.

