

Tîm Camau Bach
SESSION PLAN FOR HOME ACTIVITIES
SMELLING
(The Olfactory Sense) and
TASTING (The Gustatory Sense)



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Smell plays an important part in establishing and reviving memories. When we smell something, the olfactory stimulus zips directly to an ancient structure in our brain, the limbic system, without taking a detour (other sense send information to the brain through more circuitous routes).

Our response to familiar and unfamiliar smells is immediate. Whether or not we have smelled a noxious odour before, we are equipped to alert to it. We sense any offensive odours wrinkle our noses and get away.

Like all the senses taste helps us survive and provides us with essential information about bitter, salty, sweet and sour flavours.

Smell and taste are intertwined. About 75% of taste perceptions depend on efficient sense of smell. That's why a bad cold will decrease your appetite, because food that you can't smell well tastes bland.

Activities

- Messy play – rainbow drops with dolls plates, etc
- Blowing cotton wool/Pom poms
- Blowing whistles
- Smell and Tell
- Bag or Box (comprehension)
- Food Pictures
- Feed Puppet
- Ball Run
- Bubbles

MESSY PLAY with rainbow drops, cups and saucers

Made up rhyme:(tune of Incy, wincey, spider)

Xxx xxx xxx (name of child)
It's nearly time for tea
Xxx xxx xxx
Sit down with me
We'll eat up all the food
Until it's all gone
Xxx xxx xxx
Eating tea – yum yum.

COTTON WOOL/POM POMS

Take a handful of cotton-ball or pom poms and place them on the floor/table. Try blowing through the straw and also suck in through the straw to airlift the cotton wool and release. You can either blow the cotton wool from one person to the other or see if your child can cross the finishing line.



BENEFITS OF THE ACTIVITY

- Blowing and sucking activities strengthen the respiratory system and speech articulator (tongue cheeks and lips) thereby improving speech production.
- Blowing out makes the eyes diverge, widening the child's visual range. Sucking in makes the eyes converge, bringing near objects into clearer focus. This activity gives your child's eyes a healthy workout, thereby strengthening the visual skills.

BLOWING WHISTLE

Encourage as much blowing as possible.

BENEFITS

- Mouthing the whistle or blowing improves oral-motor skills.
- Inhaling deeply, blowing out and sustaining the blowing strengthen respiration, promote calming and improve force, which is a function of proprioception.



SMELL AND TELL

(GENERALLY) Arousing scents

Basil	Pencil shaving	Mothball
Garlic	Chocolate	Sardines
Oregano	Mint/Peppermint	Onion/chives
Burnt candlewick	Rubber	Vinegar
Lemon or Orange	Coffee	

(GENERALLY) Calming scents

Aftershave	Pine needles	Hand Lotion
Chamomile	Apple	Soap
Lilly of the Valley	Crayons	Butter
Almond extract	Scented markers	Lavender
Cinnamon	Banana	Vanilla extract

It is advisable not to offer calming and arousing scents at the same time. Strong scents can cause an intense headache.

WHAT YOU CAN DO

- Choose 3-4 different and place on tray.
- Show it to your child and say, 'here's cinnamon'. You could shake some onto some cotton wool or plastic bottle. Um! Smells good! Want a smell?
- If your child agrees, invite her to smell the scent. If your child refuses, say Okay maybe another day; Clean up.

BENEFITS OF THE ACTIVITY

- Helps with olfactory discrimination
- Smelling certain scents may improve memory and attention, while smelling other scents may help the child relax and sleep.

ORAL-MOTOR EXERCISES

- Puff your cheeks out and hold them that way for a few seconds. Release and repeat
- Touch your tongue against the inside of one cheek and then the other
- Slowly stick out your tongue as far as it can go and quickly retract it.

BOX AND BAG

You need toy food – box – bag

Place the box and the bag in front of the child.

Give the child an item of food and ask your child either to put it in the bag or the box. E.g. put egg in box / put orange in bag / put biscuit in bag etc.

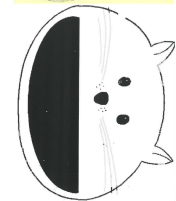
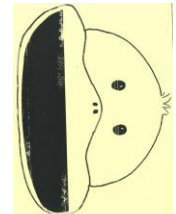


FOOD PICTURES

Hungry cat and duck. Stick each picture onto the front of a box and cut out the mouth.

Place the hungry cat and duck in front of the child with the pictures of food. Ask the child to give cake to duck/ sausage to cat etc.

Encourage your child to post the picture in the specified post box.



Feed PUPPET

You need toy food and puppet

Place the food in front of your child. Tell the child to find an item of food and to feed puppet.

CHARACTERISTICS OF OLFACTORY AND GUSTATORY DYSFUNCTION

- Be overresponsive to smells and object to odours, such as a ripe banana, that other children do not notice.
- Be under responsive to smells and ignore unpleasant odours
- Be a picky eater

THE CHILD WITH GUSTATORY DYSFUNCTION MAY:

- Be overresponsive to tastes and may strongly object to certain textures and temperatures of foods
- May gag often when he eats
- May lick or taste inedible objects, such as playdough and toys
- May prefer very spicy or very to foods.

SOME ACTIVITIES FOR OLFACTORY, GUSTATORY AND ORAL

Essential oils and scented candles

Smell flowers

Sniff spices and herbs

Blindfold smelling game

Explore tastes – sweet, salty, sour spicy and bitter

Eat frozen, cool, warm foods (ice lCelyns are great)

Explore textures – crunchy, cream, chewy, lumpy

Blow bubbles

Suck thick liquid through straw

Use age appropriate 'chewy'

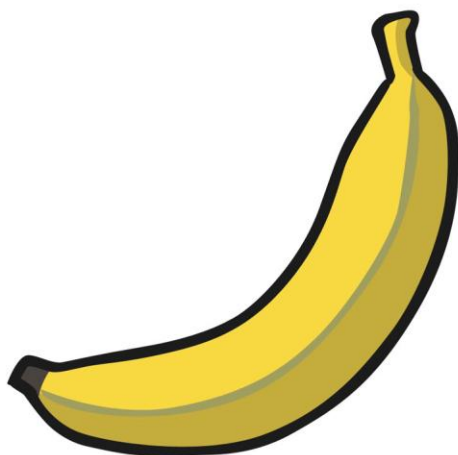
Note: avoid lavender and tea tree oils as studies show they may cause hormonal imbalances in young boys.

5 Reasons why playing with food can lead to trying new foods (from arktherapeutic.com)

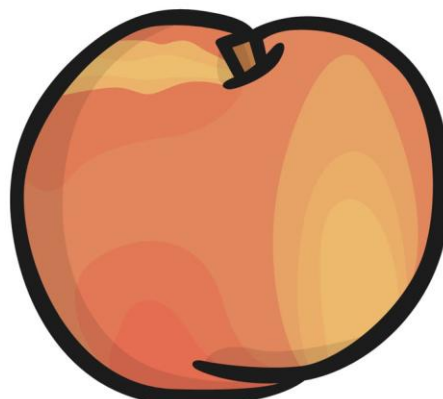
1. Trying a new food can be stressful, particularly for kids with sensory issues and/or food aversions. If you introduce a new food through play, you're removing the pressure/anxiety of having to take a bite and consume it.
2. Food play allows kids to take a step back from the fork. Food must never be forced, so you can use play as a pre-feeding strategy to get kids to interact with foods that they normally would not, and to establish familiarity in a non-confrontational way.
3. Remember – kids learn through play! Food is no exception. So, let them first learn about foods through the language that they know best. Let them feel it, smell it, go digging in a 'spaghetti swamp' or march their toys through a 'broccoli forest'.
4. The sense of taste and smell are closely connected to each other when we eat. If kids get accustomed to the smell of a food before they taste it, that's another step towards eliminating the 'unknown' and taking a bite.
5. Food play also feeds into the hand-to-mouth connection we have. Finger feeding begins around 8 months of age as the first step towards independent eating, and from there we continue to use our hands with food. Both our hands and mouth are also sensory organs that are highly perceptive to texture. So, manipulating food with the hands can desensitize a child to different foods and support them in trying new foods.

Useful website address: HANDS ON AS WE GROW

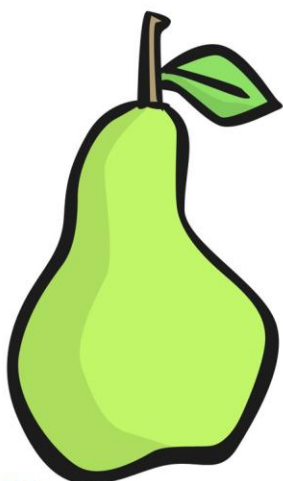
	ALERTING	CALMING
Mouth – Food Texture	Crunchy, biting	Smooth, creamy, sucking
Mouth – Food Taste	Sour, bitter, salty, spicy foods Coffee Herbal tea (peppermint, spicy)	Sweet foods Bland foods Herbal tea (chamomile, lavender)
Mouth – Food Temperature	Cool/cold drinks Cool/cold food	Warm drinks Warm foods
Mouth Heavy Work	Crunching Biting Sucking smoothies through straw Water bottle w/straw – need to suck (lemon; ice)	Chewing gum Chewing foods *Sucking
Touch Pressure	Light or jerky touch Bug bite Staccato touch Stroking with feather Rubber band wrist snapping Tickling	Rhythmic pressure Massage Bear Hug Wilbarger skin brushing Skin tapping Holding/petting a pet Wrapped in heavy blanket Body Rolling
Touch Temperature	Cool ambient temperature Cold/cool shower Holding/rubbing ice on hands, face Wrapped in cool bed sheets Cold wraps	Hot shower/bath Fireplace Warm towels Warm wraps
Touch Texture	Rough, prickly materials/fabrics Dry w/textured towel, fast movements Clothing w/noticeable textures	Smooth/soft materials/fabrics Soft terry towel Clothing w/soft textures, natural cotton
Touch Vibration	Vibration mat	
Move Movement	Fast or jerky Hip/hop movement	Smooth, rhythmic movements
Move Joints/Muscles	Aerobic exercise Power walks	Isometric exercises Yoga
Move Heavy Work Body	Bumpy car ride Exercise bands Weighted vest during work out	Rocking in rocking chair Swinging on swing



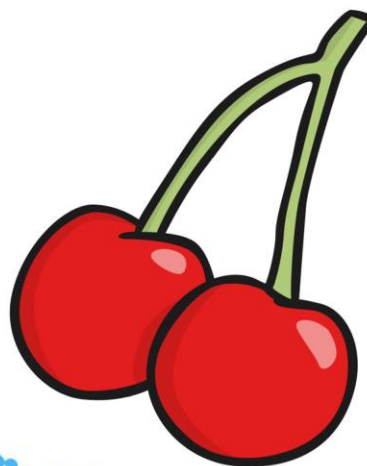
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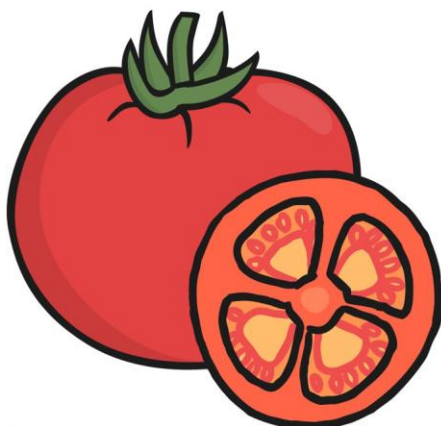
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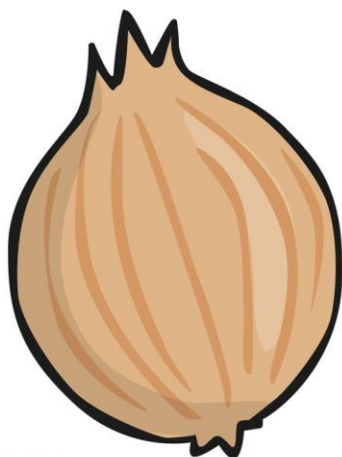
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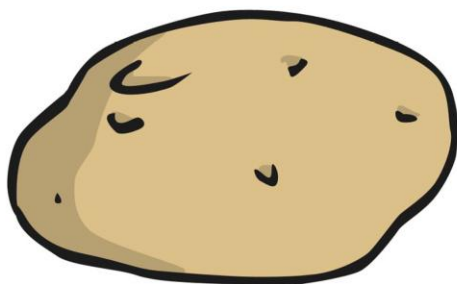
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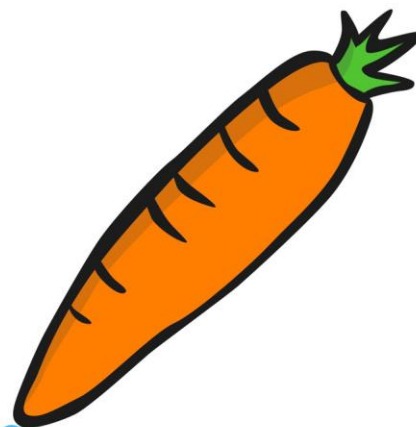
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