

Guess the Scent | Sensory Activity for Seniors

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Materials You'll Need

1. **A variety of scents:** Consider using items like lemon, lavender, cinnamon, vanilla, and mint extracts. You can also use fresh herbs, fruits, or even essential oils.
2. **Blindfolds:** Soft and comfortable ones are essential to ensure everyone's comfort.
3. **Small containers:** To hold the scents.

How to Play Guess the Scent

Step 1: Prepare the Scents

Begin by selecting a range of scents that are safe and familiar to your group. Pour a small amount of each scent into separate containers. Containers can be labeled but ensure that it is not visible to the players.



Step 2: Gather the Seniors

Gather your group of seniors in a comfortable and well-lit area. Encourage them to sit in a circle to foster a sense of togetherness.



Step 3: Blindfold the Participants

Hand out the blindfolds and ask everyone to put them on. This step adds an extra layer of excitement, as the loss of sight heightens the sense of smell.



Step 4: Introduce the Scents

One by one, present the scents to the participants. Let them take a good whiff while blindfolded and ask them to guess what the scent is. Encourage them to describe the scent and any memories it may trigger.



Step 5: Keep Score

Have a scoring system in place to keep track of correct guesses. You can keep it light-hearted by awarding small prizes or simply celebrating each correct answer with applause and laughter.



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