COUNSELOR CORNER

JANUARY 2026

Social and Emotional

MINDFUL SMELLING

The smell and memory centers of the brain are close to each other, making scents one of our memory's strongest recallers. By catching a whiff of a familiar scent, our brain can think of people, places, or things we associate with it.

Our sense of smell is one way we can make observations which allows us to be fully engaged in what we are doing. It gives us one more way to strengthen our awareness.

Really Great Books

Hot Cocoa Calm
by Kira Willey

10 Ways to Hear Snow
Cathy Camper

Activities at Home

- When you're eating breakfast, take a moment and notice what you smell! Share with someone.
- Sometimes scents make us *feel* too! Do you have any scents that make you feel calm? Angry? Happy?

January Challenge

Plug your nose and take a bite of something yummy! What do you notice? How does it taste? Unplug your nose. What happened? Did the taste change?