Smell the Roses

Overview of Strategy: Smell the Roses helps children use their senses to be present in the current moment. By becoming aware of the things they can see/hear/smell/touch, children learn how to self-regulate using the world around them.

Step 1: Introduce Smell the Roses
Start by telling the children that you are going to watch a brief video that will teach them something they can use to help them feel their best selves. You can use or revise the sample script below to introduce the strategy:

Today we are going to be learning a new strategy to help us deal with heavy feelings – like feeling sad, mad, worried, or scared – so that we can feel lighter, like the best version of ourselves. We’re going to watch a video together, practice what we see in the video, and then talk about it as a group.

This is also a good time to check children’s understanding of heavy and light feelings. We offer some sample questions to generate discussion below, but you can also revisit the Feel Your Best Self intro video and associated activities and discussion questions.

Questions to Check for Understanding:
- Can anyone share an example of what it means to have heavy feelings?
- What does it look like when you’re feeling heavy feelings?
- What are some examples of lighter feelings?
- What does it look like when you’re feeling lighter feelings?
- What about when you’re just feeling in the middle?

Step 2: Show the Smell the Roses Video
Next, show the FYBS Strategy Video.

This will require a computer, speakers, and a projector (if you are in a classroom).

Step 3: Check for Understanding
Check for understanding by discussing what happened in the video.

We have provided some sample questions below that you can use to check for understanding, but we encourage you (and your children) to come up with your own. If needed, watch the video again to strengthen understanding.
Questions to Check for Understanding:
- Can anyone name all five senses?
- What is something that you can see in this room?
- What is something that you can hear in this room?
- What is something that you can smell in this room?
- What is something that you can feel in this room?
- Did you notice how CJ and Mena were feeling as they used their senses?
- How did CJ and Mena feel after Smelling the Roses?

Step 4: Provide the Smell the Roses Strategy Card
Give children the Smell the Roses Strategy Card and review the steps to the strategy.

Step 5: Practice Smell the Roses
Inform children that you are now going to practice the strategy together. Use the steps on the FYBS Strategy Card to lead them through practicing Smell the Roses.

Step 6: Discuss Applying Smell the Roses
You can use the following questions or come up with your own to engage children in a discussion to enhance teaching of Smell the Roses:

Discussion Questions
- Has anyone ever stopped to pay attention to the things around you like Mena and CJ did in the video?
- Why do you think that Mena taught CJ to stop and Smell the Roses?
- What do you think about Smell the Roses?
  - What do you like?
  - What might you change?
  - How do you think you could use it?
  - When do you think it could be helpful?
- When/where can you use Smell the Roses?
  - Is there a time today that you could try it?

Extension Activities
Here are some ideas for extension activities you can use to enhance learning:

- Have children break into small groups and talk about the various things they can see/hear/smell/feel around them.
- Take children outside or to a sensory rich place and have them practice what they can see/hear/smell/feel.
  - Consider doing this multiple times, in multiple different locations, so they can get used to using this skill in different environments.
**Additional Options:**

**Prompt Use of the FYBS Personal Journal**
Prompt children to fill out the Smell the Roses reflection page from the FYBS Personal Journal. They will rate and describe, using pictures or words, their feelings before and after using each strategy.

*Note:* If it would be beneficial for the children you work with, you can have them fill out the top half of the journal page to reflect on feelings before using the strategy. We recommend having them do this before showing the video.

**Practice Smell the Roses with Their Puppet**
Using an already constructed puppet, engage in play activity to reinforce understanding and practice of the strategy. The steps below illustrate how to have puppets practice Smell the Roses.

- To have a puppet smell the roses, first you need to remember how each puppet uses their senses (e.g., how they smell, how they show their hearing sometime etc.).
- Then, have the puppet explore your surroundings with you and find what you can see/hear/smell/touch together.
- Tell you puppet something that you can see/hear/smell/touch and have the puppet guess what it could be!
- **Activities:**
  - Have children break off individually and talk to their puppet about when they could use Smell the Roses. Encourage children to practice alone with their puppet and talk about what they imagined.
  - Have children talk to their puppet about what they see/hear/smell/feel around them, and how it can help them relax.