



Safe Place Sense of Smell



Smell is directly linked to:

- ★ The limbic system, which governs emotion, behavior and memory storage
- ★ The cortex, where conscious thought occurs
- ★ The nervous system

Research suggests smells:

- ★ Create vital connections that help children obtain optimal learning states
- ★ Can help individuals:
 - ★ Set higher goals
 - ★ Take on greater challenges
 - ★ Get along better with others
 - ★ Enhance mental alertness (peppermint, basil, lemon, cinnamon, rosemary)
 - ★ Calm nerves & relax (lavender, chamomile, rose)

Provide:

- ★ Scratch & sniff stickers
- ★ Aromatherapy scents
- ★ Scented lotions labeled "cranky cream," "boo boo cream," & "concentration cream"

Cranky Cream



BooBoo Cream



Concentration Cream

