



MONTESSORI-BASED DEMENTIA PROGRAMMING® ACTIVITY IDEAS

Smelling Jars

This is an activity that can be done with a small group or one-on-one. It provides practice identifying and discriminating different scents, especially those familiar to participants, and helps stimulate long term memories as well as discussion of those memories.

Materials

- 1 tray
- 5-6 jars of the same size and shape
- Familiar substances with distinctive smells covered in cotton, so that only the sense of smell is used to identify odors
- The first set should begin with odors which are found in the environment: soap, wax, flowers, vinegar, coffee, cinnamon, garlic, etc. that contrast well

Set Up

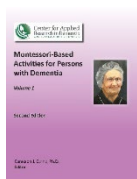
1. Place the jars on a tray in front of participants
2. Open the first jar

Instructions

1. Smell the first jar
2. Invite participants, verbally or nonverbally, to smell the jar as well.
3. Ask the participants, "Do you like the smell?"
4. Ask the participants, "What does it smell like?"
5. If they cannot answer, provide the name of the odor: "Does it smell like ___?"
6. Replace the lid on the first jar
7. Open the second jar
8. Continue with the rest in the same manner



Extensions: Give examples from all the different types of odors. Not all should be "Sweet". Later give more advanced sets presenting odors of a certain category such as perfumes, cooking, etc.



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