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## SMELL TEAS

**Grades:** All ages (modify, as needed)

**Time:** 30 minutes

**Materials:** Reusable cups; outdoor space with access to natural objects, flowers, and plants

**Relevant Subject:** Science

1. Form groups of no more than five and give everyone a cup. Explain that each person will be making a “smell” tea of natural objects. Invite them to fill their cup with natural items such as soil, leaves, herbs, pine needles, flower petals or berries (but *not* water), and have them stir their smell tea with a stick. Then tell them to give their tea a name.
2. When all the teas are prepared and named, have each participant pass around his/her tea and tell its name to the others in his/her group so that everyone has a chance to share their concoction before playing the Smell Tea game.
3. To play the game, have one person be “it” and put on a blindfold. One at a time each member of the group should place a cup of smell tea in the person’s hands. The person who is “it” smells the tea and guesses it by name. Once he or she has had the chance to smell each tea and guess its name, the next person gets to be “it,” and the game continues until everyone has had a chance to test their sense of smell.

***Pertinent Information:*** The Smell Tea game not only awakens our sense of smell, it usually elicits marvel at the variety of aromas that can be created using many of the same raw ingredients. More often than not, each tea is very distinct and easy to identify even though the participants have gathered natural objects from the same area. This activity, in addition to being fun, also builds memory skills.

**Activity from *The Power and Promise of Humane Education***