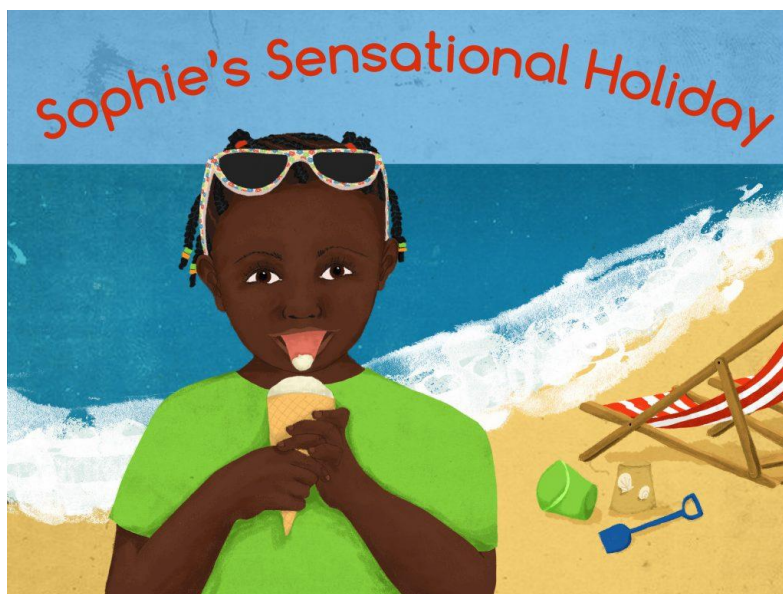
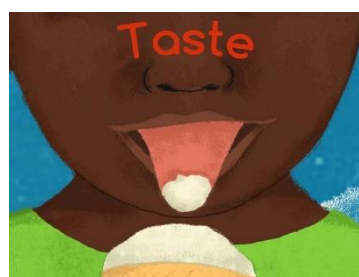
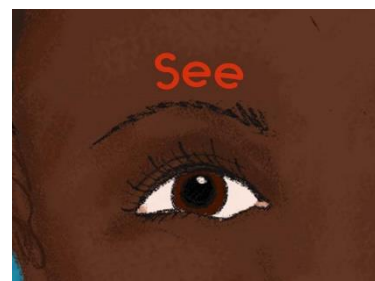
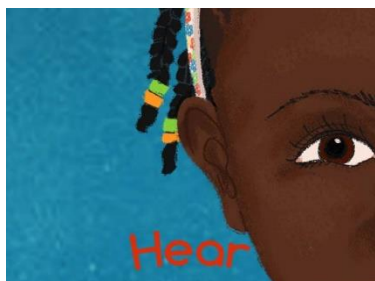


Centre of the Cell

'Sophie's Sensational Holiday' Challenge



Our senses help us explore and understand the world around us. In this workshop, Sophie explores the seaside using all five of her senses. Do you know what the five senses are?



We're challenging you to explore your sense of smell by making your own smell pots!



What you'll need:

- **At least 5 of the following:**
 - Coffee granules
 - Vanilla essence
 - Orange essence
 - Vinegar
 - Beef stock cube
 - Vicks vapour rub
 - Sun cream
 - Baby powder
- Cotton wool
- Small pots to contain each of your smells – we recommend spice pots or flour dredgers, as the lids have holes in
- Water
- Marker pens
- Sticky labels
- Paper

What to do:

1. Number your pots/containers using your marker pens and sticky labels
2. Add one smell item to each pot, taking note of which smell is in each pot
Tip: Add water to any dried/powdered items & use cotton wool to soak any liquid.
3. Find a friend or family member and see if they can guess the smells correctly.

Want to keep exploring your senses? Check out these other activities:

Make ear gongs with this free resource from the Science Museum:

<https://learning.sciencemuseumgroup.org.uk/resources/ear-gongs/>

Take a tricky taste test with this activity from Scientific American:

<https://www.scientificamerican.com/article/tricky-taste-test-do-you-taste-with-your-eyes/>