

Smell Challenge



Explore your sense of smell and let's see what we discover!

The human nose can detect at least one trillion distinct smells using 5-6 million odour detecting cells! Join us as we get sniffing and explore our sense of smell.

For even more programme ideas check out our 'Smell' board over on
www.Pinterest.com/PawprintFamily

#AdventureForAll
www.PawprintFamily.com

Meet the FAMILY

Hi there! We're Charlotte & Jamie, the husband and wife team behind the Pawprint Family and we believe in #AdventureForAll.

It's our mission to help leaders, teachers and parents save time by providing ideas and opportunities to help them deliver everyday adventure and skills for life. We do this through our family of brands; find out more below and head to the website for your next adventure!



PAWPRINT BADGES

Pawprint Badges provides thousands of free activity ideas and resources to help leaders, teachers and parents deliver fun and adventure.

Every activity helps you share skills for life and is linked to one of our pawesome embroidered badges. Build your collection and celebrate adventures, new skills and knowledge gained.

PAWPRINT TRAILS

Pawprint Trails are treasure-hunt style walks around locations in the UK. Solve puzzles, track down the answers and explore everything our great country has to offer.

From historical sights to popular culture discover something new or rediscover a love for where you live then collect the badge to remember your adventures!

Whether you're looking for the perfect addition to your next family holiday or a few hours of fun with friends; each trail can be completed in a few hours or extended with our activity suggestions in to a weekend or a week's worth of fun!

PAWPRINT TALES

Pawprint Tales are fully illustrated stories that can be enjoyed by the whole family. Join Alfie (our fox-red Labrador) on his adventures around the UK – solving puzzles, turning detective and making new friends. With twists and turns, every tale is an opportunity to discover new places, people and history without needing to leave the comfort of your own home.

Enjoy Pawprint Tales alongside your Pawprint Trails or as a standalone adventure!

PAWPRINT TRUST

Every brand in the Pawprint Family supports the Pawprint Trust with a percentage of profits from every sale providing grants to young people. We're passionate about enabling young people to access life changing adventures.

Share your adventures and join us over on our social channels for even more adventures and a nosy behind the scenes at Pawprint HQ!



@pawprintfamily



@pawprint_family

HOW TO: Use Your Challenge Pack

**PAWPRINT
BADGES**

This Challenge Pack has been divided into 4 sections: Craft, Food, Games and Other. In order to help you provide a balanced and varied programme for your young adventurers we recommend that the following number of activities are completed by each age group:

Age 3 - 5									
Age 5 - 7									
Age 7 - 11		+							
Age 11 - 14		+							
Age 14 - 18		+							
Age 18+		+							

Craft

Food

Games

Other

PICK

Leaders, Teachers & Parents

Award yourselves a badge for supporting your young adventurers in their activities!

TOP TIPS

- Adapt activities as necessary to meet your needs.
- Add your own activity ideas or develop them into projects.
- Use what you have; don't buy in lots of new materials/equipment.
- No need to send us evidence, responsible grown-ups decide when the badge has been earned.
- One challenge badge can take as long as you like; from a few hours to days or even a full term!

Terms of Use

By downloading or purchasing this resource you agree to our terms of use as outlined below. As a husband and wife team we work hard to keep all of our resources and activity ideas available free of charge; we can only do this with your help.

Please Do	You May Not
Use this resource with your young adventurers.	Redistribute or sell this resource in any way, shape or form.
Direct people to this resource online by sharing our website links.	Upload this resource to a website for download.
Tell your friends/family/colleagues about us!	Copy or modify any part of this resource to share with others either for free or for sale.
Share photos of you enjoying your adventures with us on social media.	Use any text, graphics, content or fonts without our written permission.

If you are unsure or have any questions about these terms of use please email
info@pawprintfamily.com

You can view the extended terms of use on our website
www.pawprintfamily.com/terms-conditions



Craft

**PAWPRINT
BADGES**

- Make your own rosewater or perfume using natural materials.
- Mix up some scented bath bombs using essential oils.
- Sew a lavender bag.

What?

Lavender has been a favoured scent for centuries and was used by the Egyptians for embalming, cosmetics and medicine. During her reign Queen Victoria appointed a "Purveyor of Lavender Essence to the Queen" and lavender bags became commonplace. Make your own for your wardrobe or to place under your pillow to help you sleep.

- Create your own salt dough and add different ingredients to change the smell. Use your scented dough for a craft or as a relaxation.
- Make a model of the nose and lungs to show how the respiratory system works. Use any materials of your choice.
- Dry your own fruits and other ingredients and mix up your own potpourri.

What?

Potpourri is a mixture of dried, naturally fragrant plant materials and is used to provide a gentle natural scent or air freshener if you will. In 17th-century France herbs and flowers were gathered in Spring with spices added in Autumn and the resulting potpourri was put out in special pots with perforated lids - just like a modern day air freshener!

- Decorate a planter and grow some of your own fragrant herbs.
- Make your own D.I.Y. scented candle, setting herbs and spices in wax.
- Create scented firelighters using pine cones and cinnamon sticks.
- Blend your own essential oils to use, diluted, in perfume, air freshener or massage oils. Remember: essential oils should never be used directly on the skin and should always be diluted or blended with a base oil.
- Sew your own face mask to cover your nose and mouth.
- Make a wooden bead air freshener for your room or family car. Infuse your wooden beads with different scents so your air freshener acts as a diffuser.
- Mix up your own scented paint and relax as you create a picture that's a smelly sensation!



Food

**PAWPRINT
BADGES**

- 🌀 Name that food or dish by scent alone.
- 🌀 Test yourself and see if you can identify different flavours of crisps from their smell. Fancy a challenge? Can you smell the difference between branded and unbranded crisps?
- 🌀 Cook with strong-smelling (fragrant) foods such as garlic, onions or leeks, strong cheeses, fish or boiled eggs.
- 🌀 Hold your nose whilst eating food. What difference does it make?

Why?

75 - 95% of our sense of taste is actually comes from our sense of smell. Without smell food tastes very different.

- 🌀 Try foods that have been scented with other foods, i.e. garlic or cinnamon OR eat food whilst smelling another strong smelling food. How does the smell affect the taste sensations you are experiencing? Confused?!
- 🌀 Describe the smells you encounter whilst cooking a meal or baking. Take time to explore the scent of each ingredient before you use it. Did this change your enjoyment when eating?
- 🌀 Smell and taste different herbs, spices or food. Smell them first and describe what you smell and how you think they might taste, then taste. Does the taste and smell match?
- 🌀 Bake your own bread.

Why?

In a recent survey of smells the UK voted that its most favourite smell was that of freshly baked bread (30%), closely followed by vanilla (28%) and chocolate (23%).

- 🌀 Frying bacon also rated as one of the UK's top smells (21%). Make a bacon sandwich and savour those smells!
- 🌀 Make a cup of coffee or bake a cake; depending who you speak to, scents are often thought to help when you're selling your house. It's all in the smell don't you know?!
- 🌀 Off or not? Our sense of smell is closely linked with taste as it helps us identify if a food is good to eat or not. Can you smell when a food has gone bad? Blindfold yourself and sniff a selection of foods...are they off or not?



Games

PAWPRINT
BADGES

- Guess the smell; household or other. Can you identify cut grass, someone's perfume, a chunk of cheese...?
- Name that nose!

How?

Gather together a selection of pictures of animal and celebrity noses. Can you correctly identify whose nose is whose? For younger adventurers we recommend using animal noses i.e. elephant, pig, mouse, bird and for older adventurers add some challenge and see if they can name a celebrity from only their nose!

- Play corners using different animal noses: trunk, snout, beak, muzzle, horn.
- Identify friends/family members by their smell. Gather together a selection of clothing i.e. scarves, t-shirts, jumpers from different members of your family or your group. Blindfolded, can you tell whose is whose?
- Smell scented items such as pens, lip balm, body wash, washing up liquid and see if you can identify the smell correctly. So often artificial scents are used that end up not smelling anything like the natural smell.
- Go on a smell scavenger hunt.

How?

Head outside or go on a hunt around your home/meeting place to find smells with different descriptions. Here's a few to start you off: clean, delicate, powerful, damp, nasty, aromatic, perfumed, tangy.

- Name/list as many words as you can to describe smells. How did you do compared with friends/family members?
- Play the A-Z game naming things that are smelly; air freshener, body wash, cauliflower...
- Play 'What's that smell?' The board game from Wow Wee.
- Use your nose to rescue items from jelly. Push, shuffle and nudge those items to get them clear of their wobbly jail. Messy but fun!
- Have a rolling race but use only your nose. Easy to adapt for any theme but while we're exploring smell why not compete to roll a can of air freshener or furniture polish from one end of the room to the other? Remember: only noses allowed, no hands!



Other

PAWPRINT
BADGES

- Find out how animals use their sense of smell and which animals have the best sense of smell.
- List 5 smells you like and 5 you don't. Compare these with friends or family members. Did you have any in common?
- Plan a visit to a 'smelly' location such as a florist, bakery or zoo. Take time on your visit to notice the different smells.
- Discover the work of sniffer dogs. Dogs have nearly 44 times more scent cells than humans!
- Take a look at the science of smell and how scent particles move.
- Anosmia is the loss of smell. How different would the world be if you lost your sense of smell? How would you feel? How would your life change? What smells would you miss the most?
- What can affect our sense of smell? Some people experience temporary anosmia for various reasons. Find out how and why and what causes this.
- Take part and/or raise money for Red Nose Day...ok, not smell related per say but still nose related!
- Gather flowers and arrange them in order of scent from smelliest to least smelliest. Were you surprised at the range of intensity?
- Write a poem, story or news bulletin about smell and what you've discovered during your Smell Challenge.
- We discovered that the UK's favourite smell was that of freshly baked bread but is this true of your friends and family? Do a survey to find out what their top 5 favourite smells are and collate your findings. Share them in an interesting way.
- Campfire smoke is a common smell amongst those of us who love to camp and enjoy the outdoors. Enjoy a campfire with friends and family and the smell that lingers on, and on, and on!
- On the UK's list of most hated smells were bins, drains, body odour, vomit and rotten milk and yet everyday there are front-line workers dealing with these stinks. Find out more about a job that involves one of these stinky smells and how the workers cope with those whiffs!

Adventure Complete?

Reward your young adventurers with their Smell Challenge badge to mark their achievements! Head to the website to bag yours, download certificates and discover even more adventures!



Create a Keepsake!

Experienced adventure? Made memories? Then it's time to create a keepsake! Our Pawprint Family camp blankets are the perfect place to sew your badges and look back on them for years to come.



Personalise it!

Got your camp blanket? Then it's time to make it yours! Our alphabet badges are big, bright and bold...the perfect addition to your camp blanket, hoodies, bags and more. What will you personalise first?



Even More Rewards!

We're all about added value here at Pawprint Family. In addition to the 1000s of free activity ideas and resources you'll find loyalty stickers in every order and you can claim Children's University learning hours too!



Subscribe to the **Tribe News** for all the latest adventures direct to your inbox!

Scan me!

