

Smell



Use the QR Code to watch a video of people with FASD making a scented sachet



Young people with FASD tell us that things that smell nice or have strong scents help them relax and stay calm. We know that smell is important. Sometimes we suddenly get a smell of something that makes us remember a place or person from a long time ago.

In the plastic bags we have put scents that people with FASD tell us help them.

Can you identify them all? We have also included some scented gel pens.

What do you think?

Lavendar  

Cinnamon  

Gel pens  

Mint  

Directions

1. Find the small material bag.
2. Decide which scents you are going to use. A single one? Or two or more together?
3. Put some in the bag.
4. Tie it up or sew it so it doesn't spill (or get someone to do it for you).
5. Now you have a scent bag that you can take with you in a pocket or in your school bag and smell whenever you need to relax and concentrate.

What other ways could you use scents to help you relax?

Send us a picture of your sachets to
hello@fasd.me

