



# Exploring emotions and aroma



Name \_\_\_\_\_

Date \_\_\_\_\_

Smell the following aromas using fresh botanicals on hand commonly found in your kitchen and write in the emotions you observe

**FLOWERS**

Blank space for writing observations under FLOWERS.

**FRUITS**

Blank space for writing observations under FRUITS.

**LEAVES**

Blank space for writing observations under LEAVES.

**TRUNK**

Blank space for writing observations under TRUNK.



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Name \_\_\_\_\_

Date \_\_\_\_\_

Smell the following aromas using fresh botanicals on hand commonly found in your kitchen and write in the emotions you observe

**ROOT**

Blank space for writing observations under the ROOT category.

**RESIN**

Blank space for writing observations under the RESIN category.

**PINE**

Blank space for writing observations under the PINE category.

**FUN TIPS**

- Citrus is a fruit and so is black peppercorns!
- Cinnamon stick is made from the trunk
- Ginger is a root
- Resin oils are copaiba, frankincense, myrrh