



Exploring emotions and aroma



Name _____

Date _____

Smell the following aromas using fresh botanicals commonly found in your kitchen. Write in the boxes some emotions you observe

FLOWERS

Blank space for writing emotions observed from flowers.

FRUITS

Blank space for writing emotions observed from fruits.

LEAVES / HERBS

Blank space for writing emotions observed from leaves/herbs.

TRUNK

Blank space for writing emotions observed from trunk.



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Smell the following aromas using fresh botanicals commonly found in your kitchen. Write in the boxes some emotions you observe

ROOT

Blank space for writing observations related to ROOT aromas.

RESIN

Blank space for writing observations related to RESIN aromas.

PINE

Blank space for writing observations related to PINE aromas.

FUN TIPS

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