

Video Discussion Tip Sheet

Smell the Roses



1) Pause what you are doing.



2) Pay attention to what you can see, hear, smell, and touch.



3) Notice how you feel.



Watch together! Then talk about:

- ✓ What was Mena doing when CJ first came outside?
- ✓ Can you remember what CJ and Mena saw, heard, smelled, and felt?
- ✓ What can you see, hear, smell, and feel in this room?
- ✓ How did CJ and Mena feel after they tried Smell the Roses?

Practice together! Then talk about:

- ✓ How were you feeling before trying Smell the Roses?
- ✓ What did you see? Hear? Smell? Feel?
- ✓ Did any of your feelings change after you used Smell the Roses?
- ✓ When do you think Smell the Roses would be helpful to use?

Additional Tips

- ✓ Smell the Roses is about slowing down and being mindful. It can be especially helpful when feeling anxious or overwhelmed.
- ✓ If kids get stuck on a particular sense, consider pointing to your eyes, nose, ears, or hands to prompt. Then, point to something you see, smell, hear, or feel.



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