



Olfactory Cheat Sheet



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Olfactory Avoiding Behaviors

- * Avoids particular smells
- * Become agitated or frustrated around certain smells
- * Tend to resort to "fight or flight" methods
- * Gags with certain smells or foods
- * Avoids familiar foods due to smells
- * Foods don't taste appealing
- * Tell other people they "stink"
- * Avoids public places
- * Does not like being hugged or close to other people

Olfactory Seeking Behaviors

- * Smells objects that seem "odd"
- * Enjoy strong scents
- * Prefer foods with strong smells
- * Can't avoid smelling things often
- * Doesn't notice dangerous smells
- * Prone to eating/drinking dangerous items due to the inability to smell "danger"
- * Trouble identifying smells of foods
- * Smells objects constantly
- * Smells people constantly

Olfactory Activities

- * Scented Playdough
- * Scent Matching
- * Guess That Scent
- * Taste and Smell
- * Berry Smoothies
- * Scented Finger Painting
- * Aromatherapy
- * Scented Fidget Toys
- * Lavender Scents
- * Scented Rice Play
- * Sweet/ Sour Sorting
- * Blindfold Smells

*All information is merely a suggestion and should be used as a resource. Please consult with a certified OT before starting any sensory diet.