**Lesson Title: Smelly Days**

**ALLERGY WARNING**

**You will need:** Crisps-   
 prawn cocktail flavour  
 smoky bacon flavour  
 ready salted  
 salt and vinegar  
 cheese and onion  
 plates and napkins

Coloured paper – 1 whole sheet with the name written on (if required)

**Activity 3:**

1. Place out one plate of crisps on each group table. Ensure wrapper is hidden.
2. Place a different coloured sheet under each plate ensuring colour does not match colour of packet.
3. Pupils take one crisp from plate at table and smell only. NO EATING YET.
4. Using Activity 3a, write the colour of card in the first column then tick column 2 or 3 as appropriate. **NB Please ensure pupils known, there is no right or wrong answer. Just honesty.**
5. Pupils keep crisps in napkin and move onto next table.
6. Complete steps 3-5 until pupils have been to all tables.
7. Pupils return to own desk with napkin of crisps and sheet.
8. Pupils try to work out what flavour was at each table.
9. Pupils can eat crisps if they choose.

**Quote to use** “Smells burn my nose.”

**Discussion:**

Some autistic people struggle to concentrate because strong smells overwhelm them. The brain uses up so much energy trying to block out the smell that they have no space left for using good manners or working.

Some autistic people will only eat foods that have a strong sense of smell as they don’t smell it otherwise.

**Activity 3a**

**EATING IS CHEATING!**

**We can eat at the end.**

|  |  |  |
| --- | --- | --- |
|  | I like the smell | I don’t like the smell |
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