

Memories through fragrances



Objective:

The aim of this activity is to let elderly relive their memories and share them with each other through scents. By using scents that are linked to different life events and experiences, participants can strengthen their sense of belonging, evoke nostalgic feelings and promote social interaction.

Description of how to do the activity:

Preparation:

- Collect a variety of scents that are linked to different time periods and events. These can be scented candles, essential oils, flowers, spices or other scented objects.
- Organize a comfortable and relaxed place where participants can sit and experience the activity together.

Instructions:

- Start the activity by explaining the purpose of the exercise: to share memories and feelings connected to the fragrances.
- Describe each fragrance in an interesting and careful way without telling the participants what fragrance it is. Talk about the origin of the fragrance or links to specific time periods.
- Ask participants to smell each fragrance carefully and try to link the fragrance to their own memories and experiences. Encourage them to focus on the feelings and thoughts that each fragrance evokes.
- Allow participants to share their thoughts and memories about each fragrance with the group if they feel comfortable doing so. These could be stories about fragrances that remind them of childhood, special occasions or important events.
- Repeat the process with several fragrances and encourage participants to actively participate in the discussion and share their own memories.

What is needed to carry out the activity:

- A variety of fragrances associated with different time periods and events.
- Containers or objects containing the fragrances, such as scented candles, essential oils, flowers, etc.
- A comfortable place for participants to sit and experience the fragrances.
- Possible note-taking materials to help participants recall their memories.

**Time required:**

The time for the activity may vary depending on the number of scents and the length of the discussions. Plan for the activity to take between 30 minutes to 1 hour.

**Alone or in a group:**

The activity can be carried out in a group. Sharing memories through scents in a group can promote social interaction and fellowship.

Source: The activity is created with inspiration from models and ideas from national material banks. [Äldreinstitutets material på svenska](#), [Hyvä mieli – Pohdintoja mielen hyvinvointiin -työkirja ikäihmisille](#), [Vahvike-aineistopankki](#)) and ChatGTP's proposal