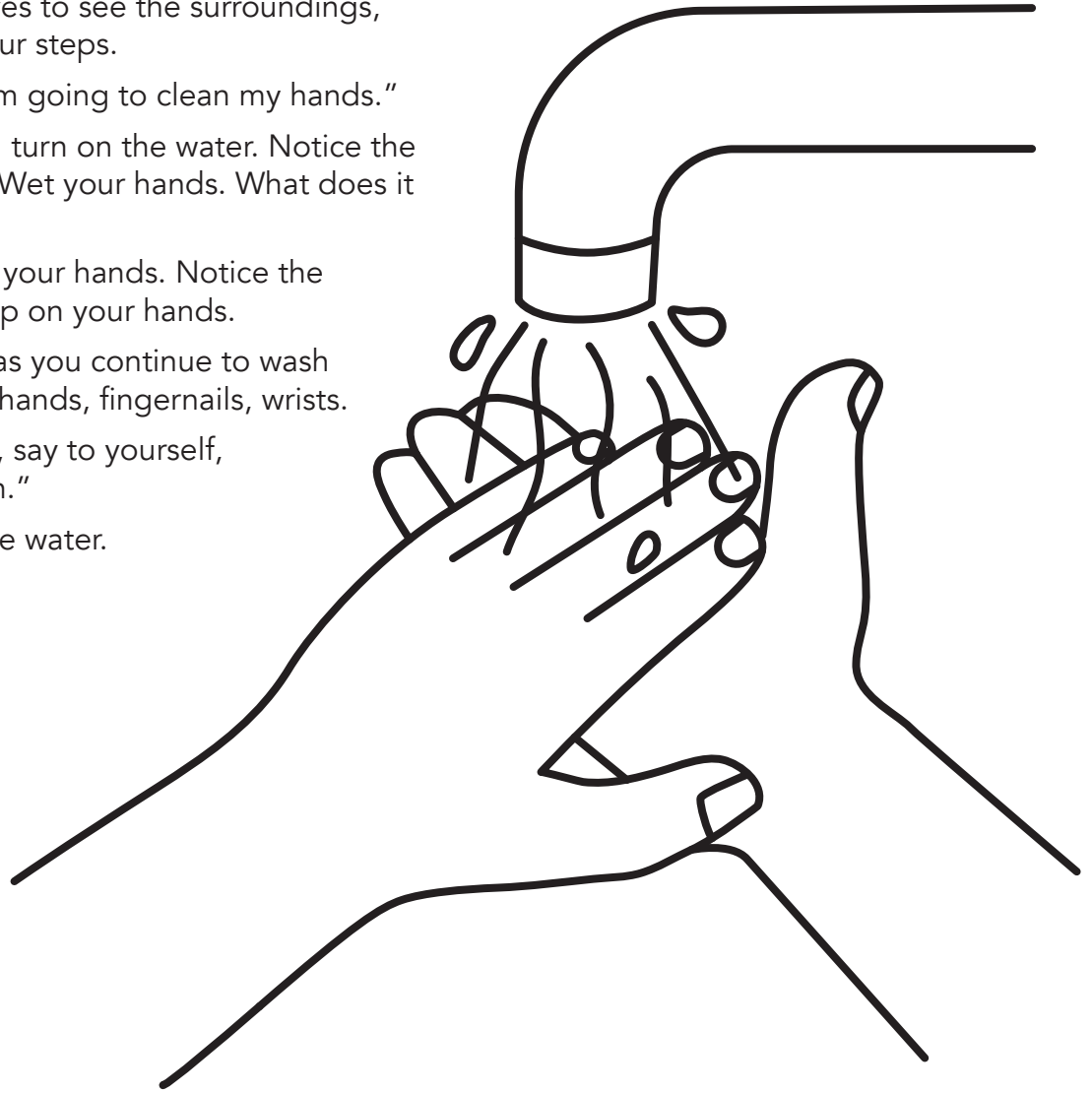


mindful handwashing meditation

1. Walk to the sink: use your senses to feel your feet on the floor, your eyes to see the surroundings, your ears to hear your steps.
2. Say to yourself, "I am going to clean my hands."
3. Pay attention as you turn on the water. Notice the sound of the water. Wet your hands. What does it feel like?
4. Pump the soap into your hands. Notice the sensation of the soap on your hands.
5. Notice your breath as you continue to wash your palms, tops of hands, fingernails, wrists.
6. When you are done, say to yourself, "My hands are clean."
7. Mindfully shut off the water. Dry your hands.



Did you know? The most effective way to keep germs away is to wash your hands!

Wash for at least 20 seconds.

Try singing the Happy Birthday Song while washing!