

# Mindful Handwashing

**An easy & convenient way to take mindful calming moments throughout the day!**

As you begin, notice the temperature of the water on your hands and the sound it makes in the faucet and sink.

Put the soap on your hands and begin to scrub for 10 seconds. Notice how the bubbles look. How does the soap smell? How does it make you feel?

Feel the lather on your skin. Notice how it changes as you continue to scrub your hands for another 10 seconds.

Pay attention to the patterns the soap makes as you rinse your hands. Again, notice the temperature of the water. Be aware of the texture of the towel as you dry your hands.

*Take a few last deep breaths,  
and be on your mindful way!*