

## Calm in Motion

### Hand Washing



As you approach the sink, remember that this is an opportunity to practice mindfulness.

If you would like, acknowledge the care you have just given or are about to give.

If possible be silent and focus on your own personal experience.

With awareness, notice the temperature of the water.

Notice the feeling of the water flowing over your hands.

Feel the movements of soaping and rinsing your hands.

Notice the very simple things that are happening right now:

- Breathing
- Sounds
- Physical Sensations
- The Smell of the Soap

If any thoughts come to mind, acknowledge them, and gently come back to the feeling of the water moving over your hands.

When washing is complete, notice the sensations as you dry your hands.

Bring appreciation to this simple opportunity to slow down and relax.