## Mindful hand washing (part 1)

**Purpose:** Mindfulness of Body, Focus

You can do almost anything mindfully.

Read through the script at the bottom to give you guidance on what to ‘notice’ during the session. This is not about singing Happy Birthday to time your handwash but taking the time and space to notice the sensory aspects of your task. I can guarantee if you immerse yourself in the activity you will easily achieve the 20 second wash.

Follow the NHS hand washing protocol and pay attention all the way through.

How does washing your hands really feel? Slow down and feel the flow of water. Watch the water flow. Smell the soap. Feel the soap.  How does it feel in your hands? Feel the cloth you dry your hands with. Take your time and enjoy it!

**Supportive script:**

Pause and pay attention.

Observe and feel the water.

Pick up and smell the soap.

Feel the soap on your hands. How does it feel?

Really pay attention to what you’re doing and how it feels.

Pay attention to the water cleaning your fingers and your palms.

When ready washing enjoy the feel of damp, clean hands.

Be curious and take your time.

**Reflections:**

Was it pleasant, did it feel soothing? How did it make you feel during the session and afterwards?