

## **Practice mindfulness while you protect yourself from COVID-19.**

Link your breath to the words of the poem. Repeat it twice, which is 6 full breaths, and about 20 seconds (the recommended time for hand washing). Print it out and tape it to the mirror.

**Breathing in,  
I feel the warm water on my hands.**

**Breathing out,  
I feel the slippery soap on my hands.**

**Breathing in,  
I rub my hands together.**

**Breathing out,  
I release tension.**

**Breathing in,  
I feel my hands touching each other.**

**Breathing out,  
I smile.**