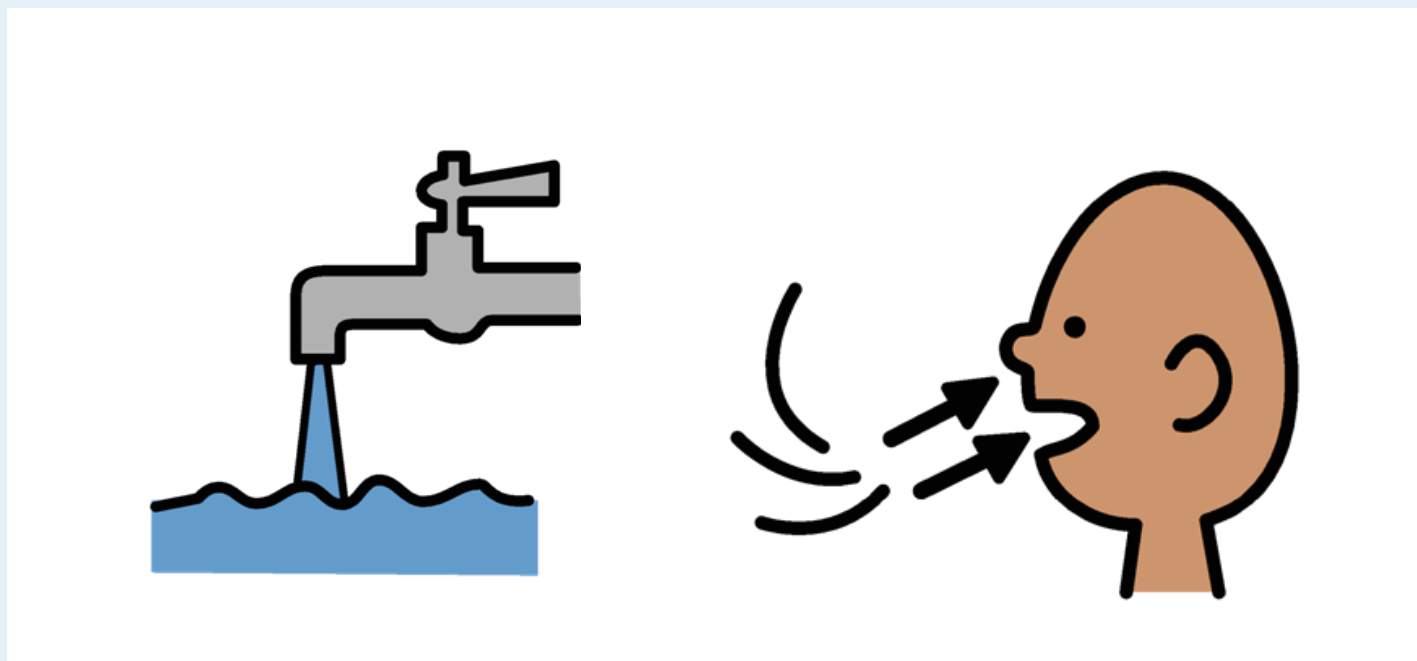# Mindful Hand Washing for Everyone
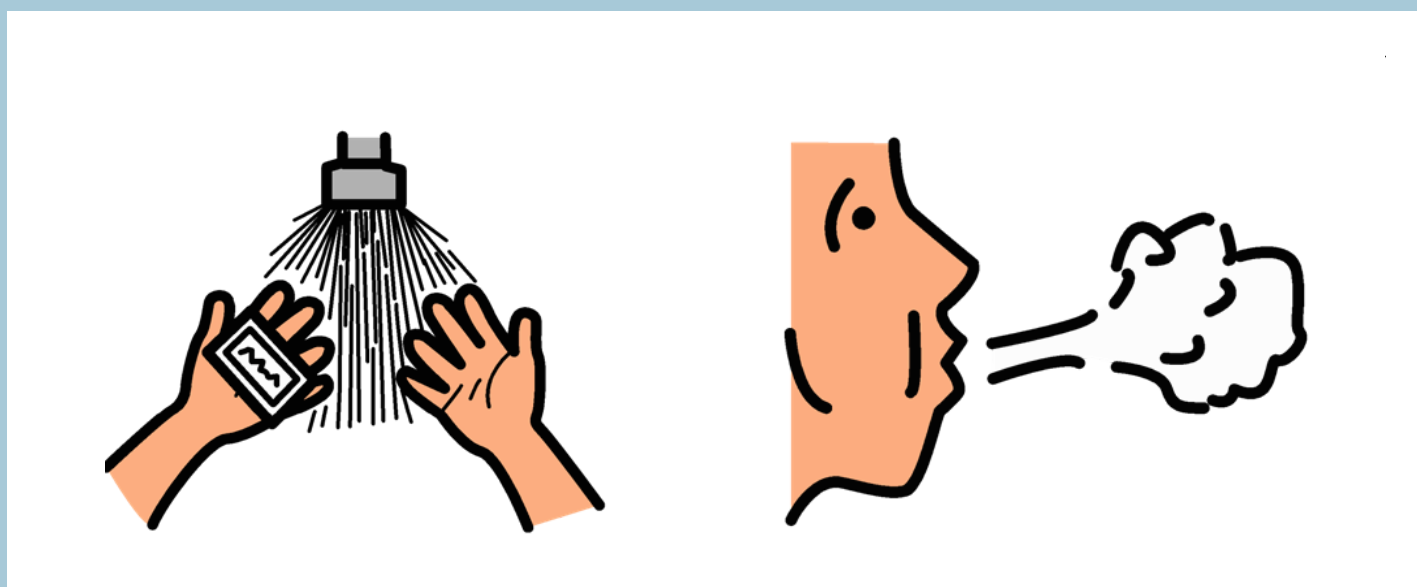
1

Turn on the tap, *breathe in*

Wait for the water to get warm, then take a deep breath.

2

Wet your hands, lather up, *breathe out*

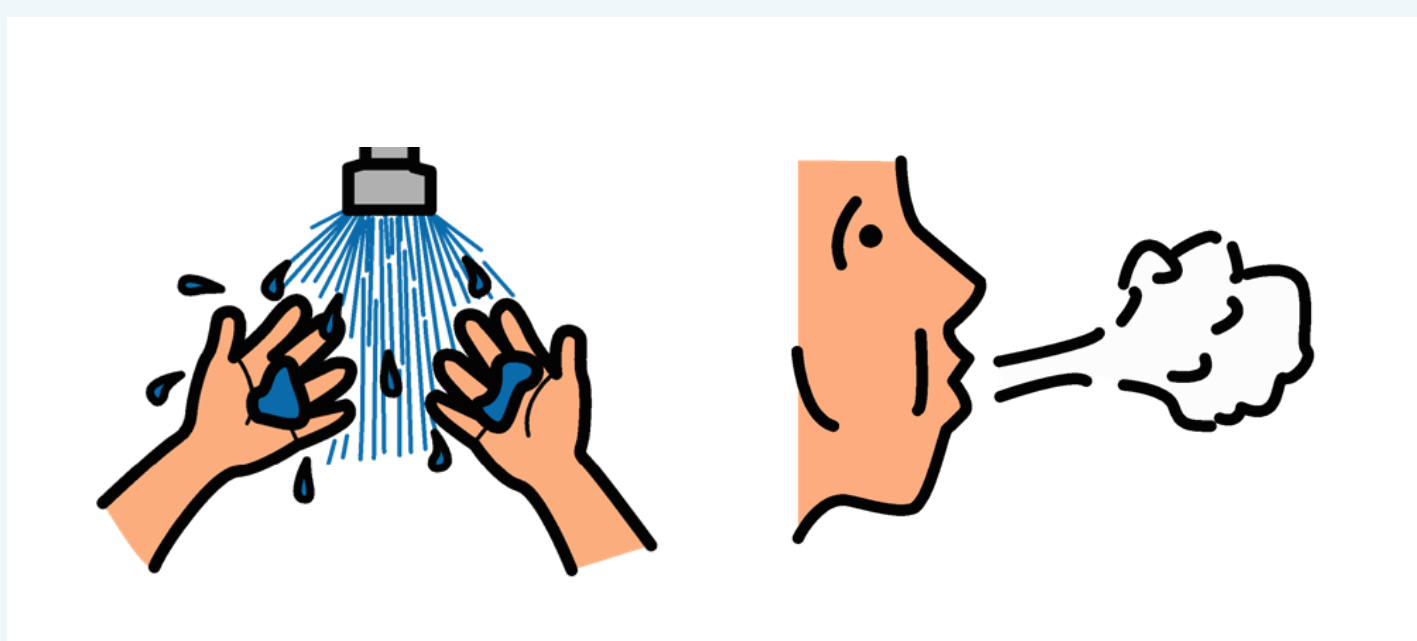Use soap and water to make some bubbles. Slowly breathe out.

3

Keep lathering, *breathe in*

Rub the soap on the front, back, sides of your hands, and around each finger. Take a deep breath in.

4

Rinse and *breathe out*

Rinse all the soap off your hands and release a final deep breath.