

CREATE A HANDWASHING MANTRA!

THE IMPORTANCE OF HANDWASHING

Washing your hands is an effective way to stop the spread of germs. The CDC says to wash your hands for at least 20 seconds. Why not make those seconds into a moment to recharge and take a mindful breath?

Let's learn how to make a handwashing mantra!



WHAT IS A MANTRA?

A mantra is a word, sound, or statement that is repeated with purposeful focus.

DIRECTIONS

Let's create a mantra that you can recite during handwashing! Remember to properly time your mantra to make sure it lasts for at least 20 seconds, and repeat as necessary. If you want to share your mantra with others, write it down on an index card. Then decorate the card to make it eye-catching!

MANTRA IDEAS

(Repeat as many times as needed to get to 20+ seconds.)

Breathe in. Breathe out.
RELEASE ANY DOUBT.

I am strong mentally,
emotionally, and physically.
I AM HERE RIGHT NOW.

I am positive.
I am good.
I am peaceful.
I can do this.

My feet are solid on the ground.
My eyes see the best me.
My heart is full.
MY BODY IS STRONG.