



## 5 Day Mindful Handwashing Challenge

1. Turn on the tap

2. Take some soap

3. Rub both hands for 20 seconds

4. Rinse with water

5. Dry with a towel

Each day, while you wash and dry your hands pick one of your senses to concentrate on. Think about your experience each day through the 4 senses when completing this Mindful Handwashing Challenge; anything from the colour, smell, texture, sound and temperature.

Day 1  
Sight

The colour I see:

Day 2  
Hearing

The sound I hear:

Day 3  
Smell

The scent I smell:

Day 4  
Touch

The texture I feel:

Day 5  
Multi  
Sensory

The sights, sounds, scents and textures all around:

Do you have one particular sense you prefer? This exercise can help you to calm down, relax and focus. We hope you like this activity, enjoy!

主辦機構



SovereignArtFoundation.com



捐助機構



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