

Homeroom Topic In a Minute(ish)

Homeroom Topic:

Mindful Handwashing

Recommended Time Frame:

3 minutes

Why it's important:

Mindfulness can help both teammates and patients take a moment to reset when we are feeling overwhelmed. Mindful handwashing is an easy practice to incorporate into our everyday lives.

30-second overview to share with team:

Washing our hands for 20 seconds is an opportunity to practice mindfulness and help worried minds reset.

Key discussion points/activity—make as interactive as possible:

The simple act of washing our hands can provide a moment to reset our worried minds when we need it. Here are a couple of mindfulness activities we can do while washing our hands for 20 seconds:

- Sensory relaxation: Mindfulness can be as simple as connecting with the senses during a simple act like handwashing.
 - Take a moment to take a deep breath in through your nose. Exhale and sigh out of your mouth to release any tension and release your jaw as you do this. Repeat a few times if you still feel the tension in your jaw.
 - Now, listen to the sound of the water. How does it sound right now? What other noises are around you?
 - Notice the feeling of the warm water and soap on your hands. How does the water feel? What is the temperature of the water? What are the textures of the water and soap like? How do the muscles of your hands (palm, fingers, and knuckles, back of the hand) feel?
 - Begin to notice how washing your hands can feel different each time that you do it.

For more information, please check the breakroom or bulletin board. Also see below for more detail(s):

- Check out the full article [here](#)

This Homeroom may be led by:

Any teammate(s)