

## Keep Me Safe

**Equipment:** Water, soap

**Set Up:** You could do this simple activity every time you wash your hands in a sink.

**Suggested Instructions:**

Using soap and water, thoroughly wash your hands for at least 20 seconds.

As you wash your hands, think about how you feel about the coronavirus disease.

If you want to, you can say a hope or a prayer for safety.

Psalm 46:1 “*God is our refuge and strength, a very present help in trouble.*”

