

# Wudu

Wash your right hand up to the palms three times.

Wash your left hand up to the palms three times.

Rinse your mouth three times

Carefully sniff a few drops of water into your nostrils three times. You'll need to gently snort the water into your nose, then blow it out into a tissue. Be careful and try not to take in too much water to stop you from hurting yourself.

Wash your face three times.

Wash your arms up to the elbows three times.

Wipe your head. You do this by moving your wet hands from the top of the forehead to the back of the head, then from the back of the head to the forehead. You only do this once.

Using your wet hands, use your index fingers to gently clean the inside of your ears and your thumb to clean the area behind your ears. You only do this once.

Wash your right foot three times, making sure the water goes in between your toes and the back of your ankle.

Wash your left foot three times, making sure the water goes in between your toes and the back of your ankle.