

# Tefilin: When To Touch: Shacharit

When praying on weekday mornings, touch and “kiss” the tefilin at:

- Places in the shema that mention tefilin, and
- *Potei'ach* in *ashrei*.

**REASON** When wearing tefilin, you should be constantly conscious that you are wearing them. One way of reminding ourselves that we are wearing tefilin is to touch them at these times.

**NOTE** To “kiss” tefilin, touch the box with one or more fingers and then kiss those fingers.