# 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.

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