

An Examination of Conscience for Children



Did I pay attention at Mass?
Have I fooled around in Church?
Did I say my prayers every day?
Did I say mean things to my mom or dad?
Did I always say "Thank You" to people?
Am I hard to get along with (during
school, at Grandma's, at home?)?
Did I do what my mom and dad told me to do? My teacher?
Was I lazy around the house?
Did I do my chores?
Did I hurt others people's feelings by calling them bad names?
Have I started fights with my brothers and sisters at home?
Have I blamed other people for things I do?
Did I get other people into trouble?
Do I hit people when I get mad?
Have I forgiven people? Or am I holding a grudge?
Have I cheated or been unfair in games?
Did I refuse to play with someone for no good reason?
Was I was lazy about my schoolwork?
Did I fail to do my homework?
Did I cheat in school?
How many times did I lie to my parents? My teachers? My friends?
Did I take anything that didn't belong to me?
Did I avoid medicine? Did I refuse to eat food I didn't like?

Act of Contrition:

My God, I am sorry for my sins with all of my heart. In choosing to do wrong and failing to do good, I have sinned against you whom I should love above all things. I firmly intend, with your help, to do penance, to sin no more, and to avoid whatever leads me to sin. Our Savior Jesus Christ suffered and died for us. In his name, my God, have mercy. Amen.

