



EXAMINATION OF CONSCIENCE FOR CHILDREN (GRADES 2-5)

Have I missed Mass on Saturday night or Sunday through my own fault?

Do I pay attention at Mass?

Have I fooled around in Church?

Do I say my prayers every day?

Do I say mean things to my mom or dad?

Do I always say "Thank You" to people?

Am I hard to get along with (during school, at Grandma's, at home)?

Do I do what my mom, dad or teacher tell me to do?

Was I lazy around the house?

Do I do my chores?

Do I hurt other 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?

Do 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?

Do I refuse to play with someone for no good reason?

Was I lazy about my schoolwork?

Do I fail to do my homework?

Do I cheat in school?

Do I lie to my parents, teachers, or friends?

Do I take anything that doesn't belong to me?

Do I spend too much time on the internet or with games on electronic devices?

Do I look at impure or violent pictures or movies?

ACT OF CONTRITION

My God, I am sorry for my sins with all 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.