

An Examination of Conscience for Children

1. I examine my conscience by thinking about the things I have said and done that are not according to God's law. I also think about the things I have failed to do. I ask myself why I did those things.
2. Do I love God with all my heart?
Do I participate in God's family? Does God come first?
Do I go to Mass on Sunday's and participate by paying attention, responding and singing each week?
Do I speak about God respectfully? Do I use God's name carelessly or in anger?
Do I pray to God every day?
3. Do I love others?
Do I help make my family a pleasant and fun group?
Do I obey my parents and those who are responsible for me?
Have I tried to be kind to others?
Do I respect other's property at home and at school?
Am I ever mean to my brothers and sisters?
Do I take care of my pets like I should?
4. Am I honest and truthful?
Have I lied to my parents? to my teachers? to my friends?
Have I cheated on homework or a test?
Have I taken something that does not belong to me?
Do I borrow things without returning them?
5. Do I value and appreciate my school?
Do I fool around in class? Am I lazy about my schoolwork?
Am I disrespectful or inconsiderate toward teachers or classmates?
Do I pick on other kids?
6. Do I love myself?
Am I proud to be part of my family?
Do I take care of my body?
Do I eat properly?
Do I get enough rest by getting to bed on time at night?
7. Do I use my talents and share with others?
Do I share my talents with others?
Do I work to increase my talents?
Do I share my possessions freely?
Do I offer to share my time with others?