

An Examination of Conscience for Children

Did I pay attention at Mass?

Have I fooled around in Church?

Did I make it hard for my family to get to Mass on time?

Did I tell my parents that we shouldn't go to Mass?

Did I think there was something more powerful than God, like magic, or astrology, or fallen angels? Did I play games or watch shows that made me think that?

Did I say my prayers every day?

Is my favorite person on TV or my favorite athlete or sports team more important than God?

Did I say mean things to my mom or dad?

Did I always say "Thank You" to people?

Have I nagged my parents into buying things because my friends have them?

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? My coach?

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 make up stories about other people to hurt them?

Did I get other people into trouble?

Have I told another person to commit a sin?

Do I hit people when I get mad? Do I use bad words?

Do I respect the gift of my body and the bodies of others?

Do I take care of my body? Do I avoid medicine or refuse to eat food I am given?

Have I looked at bad pictures or watched bad shows on purpose?

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?

Have I helped others when they needed help?

Was I was lazy about my schoolwork?

Did I fail to do my homework? Did I copy someone else's homework?

Did I cheat in school?

How many times did I lie to my parents? My teachers? My friends?

Have I been sad about a good thing someone else has or has accomplished?

Did I take anything that didn't belong to me?