

Children's Examination of Conscience

My Relationship with God

- Do I pray to God every day?
- Do I fight against my parents when they say it is time to go to Mass on Sunday?
- Do I participate in Mass by paying attention, responding, and singing?
- Do I speak about God respectfully, or do I use God's name in vain?
- Do I try to learn more about my faith by learning prayers, attending religion classes, and reading the Bible?

My Relationship with My Family

- Do I obey my parents like I should?
- Do I talk back to my parents? Am I disrespectful toward my parents?
- Am I responsible about cleaning my room and doing my assigned household jobs?
- Am I ever mean to my brothers and sisters?
- Do I take care of my pets like I should? Or do I neglect or abuse my pets?
- Do I watch bad TV programs or videos?
- Am I selfish with my things, or do I share them with others?

Honesty

- 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?
- School
- Do I fool around in class? Am I lazy?
- Am I disrespectful or inconsiderate toward teachers or classmates?
- Do I pick on other kids?
- Do I have a foul mouth?

Self Care

- Do I eat a well-balanced diet?
- Do I get enough rest by getting to bed on time at night?
- Do I brush my teeth each day?
- Do I bathe, groom my hair, and dress appropriately?