

# Examination of Conscience for KIDS



## PRAY

Ask God to help you prepare to  
make a good Confession

O God, I love you and I wish to love you more every day.  
Help me to see how I have sinned. Help me to be sorry for my sins.  
Help me to make up my mind to be better in the future. Amen.

Think about how you have hurt your  
relationship with yourself, others, and God

## THINK



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 refuse to eat food I didn't like?