

Examination of Conscience for Young Children

- 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 avoid medicine? Did I refuse to eat food I didn't like?

• Examination of Conscience for Children

I. I am the Lord your God. You shall not have strange gods before me.

Do I give time every day to God in prayer?

Do I put my trust in superstitions, good luck charms, rather than God alone?

Have I rejected any Church teaching or denied that I was a Catholic?

II. You shall not take the name of the Lord your God in vain.

Have I used the words "God" or "Jesus" in anger or irreverently?

Have I used foul or ugly language? Have I wished evil on another?

III. Remember to keep holy the Lord's day.

Have I missed Mass on Sunday or any holy day of obligation?

Do I arrive at church late or leave early?
Do I try to be reverent and pay attention during Mass?
Do I avoid unnecessary work on Sunday?
Do I make Sunday a day of prayer or rest?

IV. Honor your father and your mother.

Do I respect and obey my parents?
Have I dishonored or mistreated them by word or deed?
Am I willing to help around the house or must I be nagged a hundred times?
Do I try to get along with my brothers and sisters?
Am I a tattletale or bully?
Do I give a good example, especially to younger siblings?
Do I respect others in authority: priests, nuns, police, old people, baby-sitters?

V. You shall not kill.

Do I beat up others or hurt their bodies?
Do I say cruel things, or make fun of others to hurt their feelings?
Do I say mean things about others behind their backs?
Have I stopped speaking to anyone?
Do I encourage others to do bad things?
Do I try to love all people, born and unborn?

VI. You shall not commit adultery.

Do I treat my body and other people's bodies with purity and respect?
Do I look at television shows, movies, or pictures that are bad?
Am I modest in my speech and the clothes I wear?

VII. You shall not steal.

Have I taken things that were not mine from a store or another person?
Have I destroyed or misused another person's property for fun?
Do I return things that I borrow? In good condition?

VIII. You shall not commit false witness against your neighbor.

Am I honest in my school work?
Do I tell lies to make myself look good?
Do I tell lies to protect myself from punishment?
Do I tell lies that make another person look bad or get them in trouble?

IX. You shall not covet your neighbor's wife.

Do I allow my parents to spend time with one another, or do I get jealous and want them to pay attention only to me?

Do I get mad when I have to share my friends?

Are there kids I will not play with or be mean to because they look different?

X. You shall not covet your neighbor's goods.

Am I jealous or envious of the things or abilities that others have?

Am I thankful to God and my parents for what they have given me?

Do I share the things I have with my family, friends and poor people?