



An Examination of Conscience
(A checklist for children)

1. Using God's name without respect.
2. Being inattentive or disruptive during Mass.
3. Being disrespectful or disobedient to parents or teachers.
4. Saying mean things to others or about others.
5. Teasing or making fun of others.
6. Using bad language or looking at bad pictures.
7. Doing something bad or shameful by oneself or with others.
8. Being selfish.
9. Being conceited.
10. Being jealous or envious of others.
11. Sulking, pouting, or whining.
12. Stealing.
13. Breaking things on purpose.
14. Cheating.
15. Telling lies.
16. Being ungrateful.
17. Being inattentive or disturbing others in class.
18. Not doing, or not finishing, one's homework.
19. Being careless in one's work.
20. Not saying one's prayers.

Act of Contrition

O my God, I am heartily sorry for having offended You. I detest all my sins because of Your just punishments, but most of all because they offend You, my God, Who are all good and deserving of all my love. I firmly resolve, with the help of Your grace, to confess my sins, to do penance, and to amend my life. *Amen.*