CHILD’S EXAMEN WE DO AT SCHOOL - 5 mins

1. Let us pause and reflect on our day. Close our eyes and centre ourselves
2. Answer these questions

What am I grateful for today?

Have I been the best person I can be?

Have I been positive today?

Have I helped those around me to be positive?

Have I talked positively to those around me?

Have I thought positively today?

Have I included people today?

Have I said thank you to others today?

1. Let’s pause and think about what I can do better tomorrow.
2. Ask God for the strength and courage to be a better person
3. Let’s pray -

O MY GOD

O My God I am very sorry that I have sinned against you and with your help I will try not to sin again.

GLORY BE

Glory be to the father, and to the Son and to the Holy Spirit

Amen.