

A Special Examen for Children

Examen for children to do on their own

We make the sign of the cross: In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

Can you think of five to ten things that happened today? . . .

What did you most enjoy about today? . . . Tell God about what you enjoyed . . .

Did anything make you feel sad? . . .

Are you finding it difficult not being able to play out with friends?

What friends do you want God to bless today? . . .

Who else needs your prayers?

Think of someone who might be lonely or unwell . . .

Pray for them in your own words . . .

And ask God for what you and your family need . . .

Thank God for your day.

We make the sign of the cross: In the name of the Father, and of the Son, and of the Holy Spirit. Amen.