

Examination of Conscience Chart

Cut out the chart on the next page and paste it onto a sheet of construction paper. Cut out the smiley and frowny face cards below. Read the words and decide what is a sin and what is not. Help the child to understand that this chart will help him or her remember what sins he or she has committed.



Actions	Sin	Not a Sin
Hitting		
Helping		
Lying		
Stealing		
Sharing		
Trying to hurt someone		
Doing chores		
Disobeying		