

**Teacher's Note:**

**Self examination is never an easy thing, so it will take some practice and encouragement from you, parents/guardians. When you catch your child doing something good (setting the table, taking out the garbage, sharing with younger siblings, etc.) without being asked or told to do these things, help them to understand that they are following the suggestions of the Holy Spirit to love others. On the other hand when you see your child acting in a mean or unloving manner, be sure to explore your child's feelings about the incident with him/her. It is a difficult thing for children to realize that the actions they take are choices to follow God's law of love or to reject it. These discussions will help your child to be ready for the sacrament of Reconciliation with some real knowledge of what he/she is saying/doing when she/he approaches the Lord's forgiveness. Another way to help your child is by helping him/her to memorize the Act of Contrition.**

**“O my God, I am very sorry for all of my sins because they displease you, who are all good and deserving of all my love. With your love I will sin no more. Amen.”**