



## Examining Our Daily Lives

1. Invite the children to take a moment to settle themselves and put themselves in God's presence.
2. Explain that you are going to lead them through a process that will help them reflect on their day.
3. Ask the children to close their eyes and think about their day. Have them begin with the morning and move slowly through all the activities of the day.
4. As they think about all of their activities and thoughts, ask them to note where their day went well.
5. Then direct them to silently thank God for all that went well today.
6. Then ask them to begin thinking about their day again. This time, ask them to note where their day did not go as well. When did they treat someone poorly? When did they not try to do their best? When did they feel awkward or uneasy?
7. Continue by inviting the children to pray to God. Encourage them to ask God to help them do better.
8. Explain to the children that this a prayer technique they can use as they go to bed each night.