








“In the name of the Father, and of the Son, and of the Holy Spirit, Amen. As we place ourselves in the presence of the most Holy Trinity, may all my intentions, thoughts and actions be directed as I”

	Stage One (Y1 and Y2)		Stage Two (Y3 – Y5)		Stage Three (Y6 – Y8)	
	EXAMEN	Sentence Starters	EXAMEN	Stimulus	EXAMEN	Stimulus
	Action & Drawing		Journal		Journal	
Thank 	Praying hands	“I thank you God for life and ...”	I first turn to God the Father... “I thank you God for the gift of life and ...”	<i>My God is here, waiting to talk with me as a friend.</i>	I first turn to God the Father... “It is good to be alive! I thank you Father for the gift of life and ...”	<i>God is with me, but more, he is within me. I take a moment to become aware of His loving presence and greet my loving God.</i>
See 	Pointing to the eyes and hand on heart	“Help me to see where you have been in my day ...”	I now turn to God the Holy Spirit... “Help me to see where you have been in my day ...”	<i>I see that the Holy Spirit is in my life and world.</i>	I now turn to God the Holy Spirit... “What is it that you want me to see?”	<i>God is not foreign to my freedom, but is gently nudging me towards all that is good. I ask for the grace to let myself be enfolded by the Spirit.</i>
Remember 	Point to temple	“Today I remember ...”	“How am I feeling today? Happy? Sad?” “Today I remember ...”	<i>I look over the experiences and events of the day.</i>	“How am I today? What happened?”	<i>Where did I find God today? What were today’s highlights? What was the best thing I did for someone/someone did for me? What did I find challenging today?</i>
Notice 	Thinking pose	“I noticed that my favourite experience today was ...” “I noticed that my least favourite experience today was ...”	“I noticed that my favourite experience today was ...” “I noticed that my least favourite experience today was ...”	<i>I notice the experiences that have hurt my heart and which put my heart at peace. What was the best thing I did for someone or someone did for me? Am I being challenged to grow?</i>	“Help me to understand ...”	<i>What are some of the feelings that arise when I recalled my day? What are these feelings telling me? I may be very much at peace, happy to be here. Then I give thanks. I may feel regret, anger or disappointment. Am I being challenged to grow? I pray for acceptance or healing.</i>
Act 	Both hands pointed forward in a giving action	“Tomorrow I will...”	I turn to God the Son... “Tomorrow I will...”	<i>What can I improve upon tomorrow, for myself and for someone else?</i>	I turn to God the Son... “How shall we plan for tomorrow?”	<i>I talk with Jesus who walks with me in this life ... I now choose to act, for myself, others, God and creation.</i>

Thank you God, for this day”

Dearest Lord,
 Teach me to be generous.
 Teach me to serve you as you deserve . . .