

Amen™

FREE CATHOLIC PRAYER & MEDITATION APP

BRING PRAYER INTO EVERY PART OF THE SCHOOL DAY



6 Simple Ways to Use Amen in Your Classroom

1 **Start the Day: Bell Work & Morning Prayer**

Begin class with a short prayer, Scripture passage, saint story, or reflection. Follow it with a quick journal prompt: *What stood out to you? What might God be inviting you to do today?*

3 **Find Peace: Meditations for Mental Health**

Give students a prayerful way to slow down and turn to God. Explore meditations on anxiety, courage, healing, and growth before a test, after recess, during a difficult day, or whenever students need a quiet reset.

5 **Engage: Bring the Faith to Life**

Supplement religion lessons—or fill five extra minutes—with engaging Catholic audio created for kids. Explore Brother Francis, The Jesus Stories, Saint Stories for Kids, Walking with Jesus, The Wonderful World of Benjamin Cello, and more.

2 **Prepare: Student-Centered Reconciliation Prep**

Preparing students for Confession? Pray through the Catholic Sprouts *Examination of Conscience for Children*, then allow students time to reflect or journal quietly before receiving the sacrament.

4 **Continue: Connect School & Home**

Encourage families to continue praying beyond the classroom. Parents can listen with children in car line, on the drive to school, on the way to practice, or at bedtime—with no family subscription required.

6 **Celebrate: Live the Liturgical Year**

Bring the rhythm of the Church into the classroom with saint stories, novenas, prayers, and seasonal content. On a saint's feast day, listen to the saint's story and ask: *What is one virtue this saint shows us? How could we practice it today?*



TRY IT TOMORROW!

A 5-Minute Amen Bell Ringer

1. Choose a short saint story, Scripture passage, or meditation.
2. Give students one simple journal prompt to answer as they get settled into class.
3. Invite one or two students to share what stood out.
4. Pray together and God to help your class live what they learned.

One App. Countless Ways to Pray. Completely FREE.

No school subscription. No family subscription. Just press play and pray.