



No time:

- Make it a habit to greet the day with an affirmation of Jesus' presence: "Thank you Jesus for the gift of this day!" "Be with me now and all day, Jesus."
- Say grace aloud before every meal even in public
- Make the sign of the cross and say "In the name of the Father and of the Son and of the Holy Spirit" out loud to remind yourself that God sealed you as His own at baptism.

Especially for students and/ or teachers

- Say a brief prayer before the beginning of each class

Especially for families

- Bless your family/children as they leave for the day: "May God bless and keep you this day. We pray through Jesus our Lord, Amen"