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# ADHD AND ME: ACTIVITY BOOK

**Learn about ADHD and what it means to you!**



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# ADHD AND ME:

# What is ADHD?

ADHD stands for Attention-Deficit/Hyperactivity Disorder. That's a big name, but it just means that your brain works in a unique way.
Here are 5 fun facts about ADHD:

ADHD will affect each person differently, so each person with ADHD will have different strengths and challenges.



There are other people with ADHD in every school and every town. That means you will be able to meet lots of friends who have similar experiences to you!



You are born with ADHD and it is a part of what makes you you!



Some celebrities like Simone Biles, Michael Phelps and Emma Watson have ADHD too!



Your brain works in a special way, meaning you have some unique superpowers that come with having ADHD! We will talk about them more on the next page.



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**ADHD means your brain works in a unique way. This can bring both strengths and problems. It affects everyone differently. Let's first look at some of those strengths. Colour in the bars to show how much you think each strength reflects you:**

| | I disagree | I strongly agree |
|---|---|---|
| I am creative, i have lots of ideas | | |
| I am not afraid to make quick decisions and take a risk | | |
| I am spontaneous (i try new things on the spot) | | |
| I have lots of energy and enthusiasm | | |
| I am resilient (i bounce back from difficulties) | | |
| I can focus intensely on things that interest me | | |
| i can think outside the box | | |

Use this box to write some other strengths you have:

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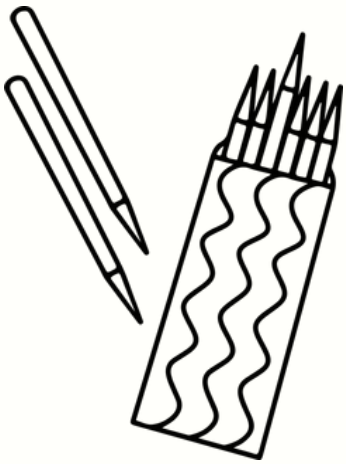
# ADHD Superpowers!



ADHD comes with some pretty cool superpowers! Here are some different pictures for you to colour that represent a few of them.



People with ADHD are often very creative and have great imaginations!



When something really interests you, you can focus on it for hours. This is called hyper focus and it can help you become really good at the things you love!



People with ADHD often have lots of energy!



People with ADHD are often very empathetic, meaning you can understand how others are feeling.

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# ADHD AND ME:

## Now lets look at some problems.



## PROBLEMS

| | DEFINITELY ME | SOMETIMES ME | NO, THAT'S NOT ME |
|---|---|---|---|
| I get easily distracted | ☐ | ☐ | ☐ |
| I struggle to stay focused on a task | ☐ | ☐ | ☐ |
| I find it difficult to plan & organise my time | ☐ | ☐ | ☐ |
| I am always losing or forgetting things | ☐ | ☐ | ☐ |
| I struggle to sit still | ☐ | ☐ | ☐ |
| I make mistakes because i forget to check details | ☐ | ☐ | ☐ |
| i avoid things that might need a lot of concentration | ☐ | ☐ | ☐ |
| _____ ADD ANOTHER PROBLEM HERE) | ☐ | ☐ | ☐ |
| _____ ADD ANOTHER PROBLEM HERE) | ☐ | ☐ | ☐ |



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## SCHOOL ADAPTATIONS

What adaptations would (or already do) help you to do your best at school?
Circle the ones that already help you in blue and anything that would help you in red.



help from an adult to stay on task



movement breaks in the classroom



more understanding from people my age



time out of the classroom to regulate myself



help from an adult to organise my time



more understanding from adults



fidget aids (e.g. blu tak, wobble cushion)

ADD ANOTHER ADAPTATION HERE)

ADD ANOTHER ADAPTATION HERE)

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# Movement Cards

Having a movement break is a great way to stay focused at school or at home and release any built up energy! Use these cards to draw some quick but fun activities, then cut them out. You can then pick one at random to do when you need a movement break. You could even number your favourite 6 and use a dice to chose what to do. The first 2 are done for you.



20 star jumps



1 minute dancing

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## what helps you to feel calm and happy at home?



| HOME STRATEGIES | THIS WOULD HELP ME | THIS ALREADY HELPS ME | THIS WOULD NOT HELP |
|---|---|---|---|
| Lots of exercise | ☐ | ☐ | ☐ |
| Calming my senses (e.g soothing music, soft fabrics) | ☐ | ☐ | ☐ |
| Getting help to organise my time | ☐ | ☐ | ☐ |
| Making sure i manage energy levels and don't do too much | ☐ | ☐ | ☐ |
| Eating healthy foods with lots of nutrients | ☐ | ☐ | ☐ |
| Sticking to a bedtime "wind down" routine | ☐ | ☐ | ☐ |
| Using a visual planner | ☐ | ☐ | ☐ |
| _____ add another strategy here) | ☐ | ☐ | ☐ |
| _____ add another strategy here) | ☐ | ☐ | ☐ |









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# ADHD AND ME: Worm Planner!

Using a visual planner is a great way to stay organised and manage your time. In each segment of the worm, write a task that is in your daily routine and the time it should be done, starting with when you wake up and finishing with when you go to sleep. You can draw a picture as well if you would like! There are examples around the worm of things you could include.



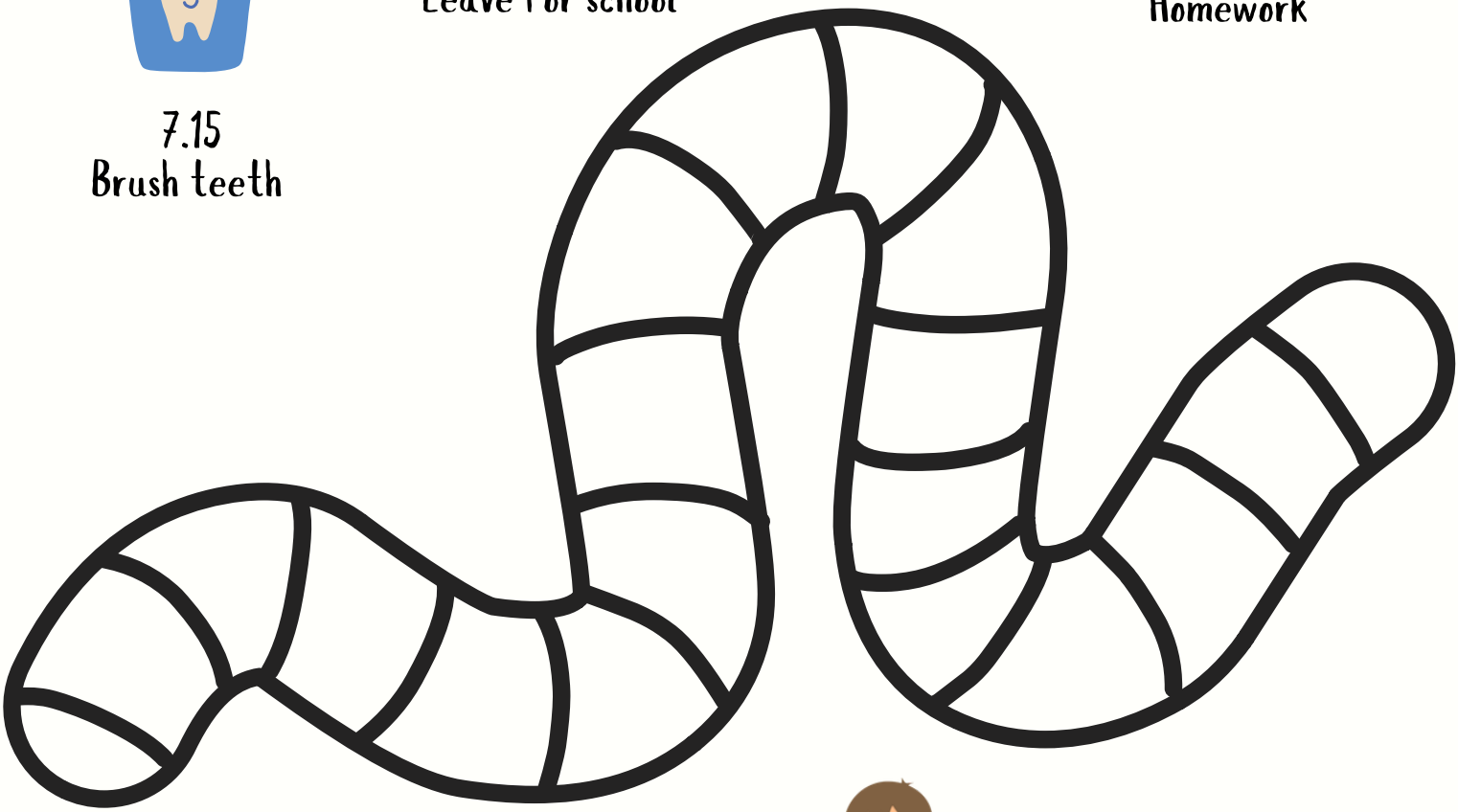
7.15
Brush teeth



7.50
Leave for school




4.30
Homework





7.00pm
Read a book in bed



6.00pm
Dinner

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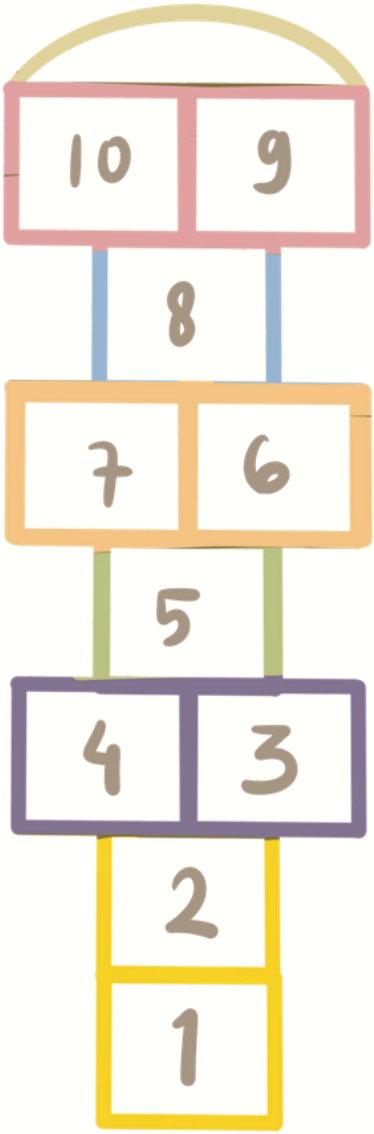
# Big feelings!

People with ADHD often feel lots of powerful emotions. This can be a good thing, but they may be a little harder to control. It is important that we can recognise and describe our emotions.

You can use this emotions wheel to pick a word or several to describe how you are feeling. After that, you can use the hop scotch to show how intensely you are feeling the emotions from 0-10!








When I feel overwhelmed, I like to write things down, like what emotions I am feeling and what happened to make me feel that way. Having a special notebook where you can write things down is a great way to cope with big feelings.

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# Compliments Jar

It is really important for your self confidence and self esteem (feeling good about yourself) to remember the things that you and other people love about you! Any time someone gives you a compliment (says something nice about you), write it down in the jar so you can read it again later! You can also write down things that you like about yourself, whether you are wearing a great outfit one day, or you think you are really funny.







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# ADHD AND ME:



This is a page for you to write or draw your thoughts about what ADHD means to you.




This activity book was written by Dr Lucy Russell and her team. We hope you enjoyed it! Check out our shop for more resources!

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