

ADHD AND ME

ADHD MEANS YOUR BRAIN WORKS IN A UNIQUE WAY. THIS CAN BRING BOTH STRENGTHS AND PROBLEMS. IT AFFECTS EVERYONE DIFFERENTLY.

LET'S LOOK AT SOME OF THOSE STRENGTHS AND PROBLEMS. WHICH APPLY TO YOU?

STRENGTHS

DEFINITELY ME SOMETIMES ME NO, THAT'S NOT ME

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

ADD ANOTHER STRENGTH HERE) ---

ADD ANOTHER STRENGTH HERE) ---



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HOW DO YOU FEEL ABOUT YOUR ADHD?

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) -----

ADHD AND ME

WHAT ADAPTATIONS WOULD (OR ALREADY DO) HELP YOU TO DO YOUR BEST AT SCHOOL?

SCHOOL ADAPTATIONS

THIS WOULD HELP ME
THIS ALREADY HELPS ME
THIS WOULD NOT HELP

HELP FROM AN ADULT TO STAY ON TASK

HELP FROM AN ADULT TO ORGANISE MY TIME

MOVEMENT BREAKS IN THE CLASSROOM

TIME OUT OF THE CLASSROOM TO REGULATE MYSELF

FIDGET AIDS (E.G. BLU TAK, WOBBLE CUSHION)

MORE UNDERSTANDING FROM ADULTS

MORE UNDERSTANDING FROM PEOPLE MY AGE

ADD ANOTHER ADAPTATION HERE)

ADD ANOTHER ADAPTATION HERE)

ADHD AND ME

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)---