

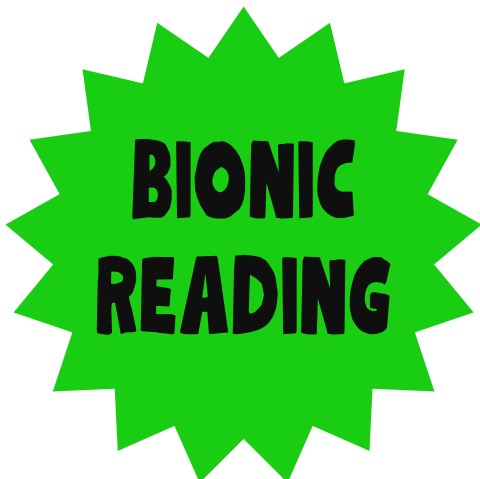


ADHD WORKBOOK

GET YOUR HEAD IN THE GAME



Proven strategies to help students with ADHD understand and deal with their emotions in ways that are relatable.





If **you're reading this**, it means **you have something truly special: an amazing ADHD brain!** Your brain is like a **Superpowered rocket ship** – it **might zoom in all directions**, go at **lightning speed**, or **get so curious about one thing that it can't stop exploring**.

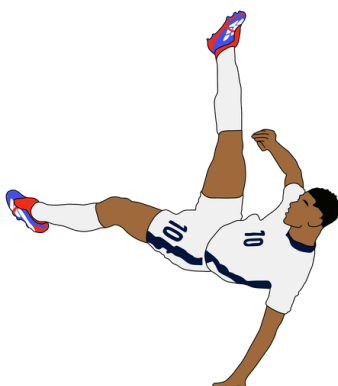
Sometimes, it **might feel tricky to steer that rocket ship**, especially when it **doesn't want to follow the "rules" everyone else does**. But **guess what? Your ADHD brain isn't broken** – it's **brilliant**. It **sees the world in colorful, creative, and unique ways that others might not**.

This workbook is your toolkit. Inside, **you'll find fun activities, tips, and challenges to help you understand how your brain works and how to make it work for YOU**.

Together, we'll learn how to focus your rocket ship when you need to, celebrate your creativity, and build super skills to help you shine.

Remember: **you're not alone**. Lots of **people, including grown-ups and other kids, have ADHD too**. And **just like you, they're finding their own ways to turn their ADHD superpowers into something incredible**.

Ready to **start your adventure? Let's go explore!**





Use this page to mark how you're feeling!



FEELINGS THERMOMETER



DO I NEED A FIX OR A HUG?

Sometimes, when you're upset, it's hard to know what you need. Here's a simple way to figure it out:

Think about how you feel.

Are **you feeling sad, scared, or hurt?**

**You might need comfort
(like a hug or someone to listen).**



Are **you stuck, confused, or have a problem to solve?**
You might need a solution (like advice or help fixing it).

Ask **yourself this question:**

"Do I want someone to help me feel better, or do I need help fixing something?"

Tell **someone what you need.**

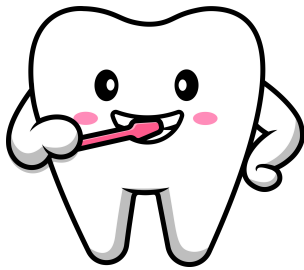
If **you need comfort, you can say:** "Can you sit with me?" or "I need a hug."

If **you need a solution, you can say:** "Can you help me with this?" or "What should I do?"



STAYING ON TRACK!

Make your best guess on how long it will take you to do the following tasks, then find out how close you were!



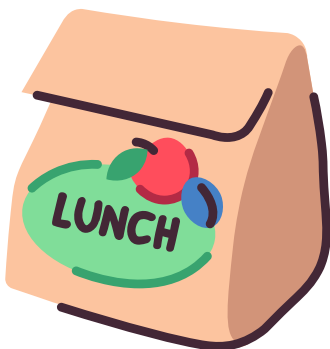
My Guess

Actual Time



My Guess

Actual Time



My Guess

Actual Time

Total Time difference



CREATIVE BREAK

Finish the doodles to turn them into something new, be creative!





CREATE YOUR OWN WORDSEARCH

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____



HOW TO RISE A LIKE A SALMON [OR A HAALAND!]

Imagine you're a football player like Erling Haaland. You want to be super fast, strong, and full of energy for every game, right?

Inside your body, you have an invisible clock called your circadian rhythm. This clock helps your body know when to wake up, when to be sleepy, and when to be full of energy.

Erling Haaland knows a big secret: sunlight in the morning helps set his clock the right way.

When Erling wakes up, he gets sunlight on his eyes first thing. This tells his body, "Hey! It's morning! Time to wake up and get ready to play!"

At night, when the sun goes down, his body knows it's time to slow down.

That helps him fall asleep easily and wake up feeling powerful the next day.

If you want to have super energy like Erling Haaland, try to get some morning sunlight too. It helps your body clock stay strong and keeps you feeling great all day.





HEY! DON'T TALK ABOUT MY FRIEND LIKE THAT!

Have you **ever** caught **yourself** saying **something mean** about **yourself**, **either** out loud or in **your head**? Maybe you've **thought** things like:

- "I'm so bad at **this**."
- "I'll **never** get it **right**."
- "Why **can't** I be like **everyone else**?"

*That **little voice** can be **really tough** **sometimes**. But **here's** the **thing**: just **because** you **think** it, **doesn't mean** it's **true**.*

Flip the Script!

Imagine if **someone** said **those same things** about **your best friend**. **Would** you let **them**? No **way**! You'd stand up for **them** **because** you **know** it's not **true**. So why not **stand up** for **yourself**, **too**?

Next **time** your **brain** says **something mean**, try **this**:

- 1** Catch It – Notice **when** that **negative voice** pops up.
- 2** Challenge It – Ask **yourself**: **Would** I say **this** to a **friend**? Is it really true?
- 3** Change It – **Replace** it **with** **something kind**. **Instead** of "I'll never get it **right**," try:
 - "I'm **still learning**, and **that's okay**."
 - "I **don't** have to be **perfect** to be **awesome**."
 - "I can do **hard things**."



LOOK HOW FAR YOU'VE COME!

Reflection Activity

Complete the sentences...

One **thing** I've **learned** about **myself** is...

.....

A **strategy** I **want** to **keep** using is...

.....

Something I'm **proud** of is...

.....

*Not **every** day **will** be **perfect**, and **that's** **okay**!*

***What** **matters** is **that** you **keep** **trying**, **learning**, and **being** **kind** to **yourself**. You **don't** **have** to be **perfect**—you **just** **have** to be you.*

Are you ready to take the ADHD FC Pledge?

*"I **promise** to be **kind** to **myself**, **even** on **hard** **days**."*

