



All about me: Understanding my ADHD

This worksheet helps you identify and understand your ADHD symptoms in a positive light. Here, you will understand how these characteristics make you who you are.

Directions: Review the ADHD symptoms listed below. After reading each symptom, check the box next to the ones that you relate to or experience.

Inattention symptoms

- I have difficulty focusing on tasks or activities.
- I struggle to organize my homework, projects, or chores.
- I frequently lose items (like my school supplies, books, or toys).
- I often find it hard to concentrate when there are noises or other activities happening around me.
- I have trouble remembering details or instructions.
- I don't always listen when someone speaks to me directly.
- I find myself daydreaming during conversations or tasks.
- I avoid reading or completing long assignments because they feel overwhelming.
- I often forget to turn in my homework or assignments.

Hyperactivity symptoms

- I have difficulty staying seated when expected to.
- I talk so much that it sometimes interrupts others.
- I find myself running or dashing around in situations where it's not appropriate.
- I feel the need to keep moving, even when I'm supposed to be quiet.
- I feel like I have too much energy and need an outlet for it.
- I tend to play energetically and loudly, which can startle those nearby.
- I fidget or tap my hands or feet.



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Impulsivity symptoms

- I interrupt or intrude on others' conversations or games.
- I sometimes make quick decisions without thinking about the consequences.
- I blurt out answers before questions are completed.
- I say things without thinking, which sometimes gets me into trouble.
- I often rush through tasks, which can lead to mistakes.
- I find it hard to control my emotions, like getting angry or upset quickly.
- I feel an urge to do things immediately, even if I know I should wait.
- I struggle to wait my turn in games or group activities.

In the space below, write or draw about how these symptoms affect your daily life:



My ADHD super skills

In this fun worksheet, you will learn and explore different coping strategies for managing your ADHD. Think about coping strategies as “special tools” you can use to handle your feelings and actions, especially when you’re stressed.

Directions: Start by thinking about how you usually feel when you’re overwhelmed. Choose a coping strategy that you believe could help you calm down and stay focused. Practice using it whenever needed.

My concentration hacks

When I feel distracted, I can take a short break to recharge. For example, I might step outside for a quick walk, practice deep breathing exercises, or listen to a favorite song.

I can find a quiet space to complete my assignment without distractions.

I can use a timer to stay focused on my tasks.

I can set small goals, and when I finish them, I get to enjoy a treat or a fun activity.

I can create a sticker chart to track my progress. For every task I complete, I earn a sticker!

I can break my big assignments into smaller, manageable parts.

I can organize my workspace by removing distractions, like turning off the TV or putting away my phone.

I can remind myself that I’m doing great! I can tell myself, “I am getting better every day.”

How I manage my energy

I can do some quick exercises to use up extra energy. For example, I might do jumping jacks or run in place.

I can find fun activities that allow me to move around without disturbing others. For example, I might try doing a dance routine in my room or playing with a stress ball.

I can take deep breaths or stretch my arms and legs to calm myself when I feel restless.

I can create a daily routine to help me feel organized. Knowing what comes next helps me manage my energy better!

I can stay hydrated and choose healthy snacks like nuts and fruits.

I can set a timer to remind me to take breaks during work. These short breaks help me recharge.

I can join team sports or group activities that allow me to use my energy while also enjoying the company of others.



My ADHD super skills

Handling my emotions like a pro

I can use “I feel” statements to express my feelings.

I can keep a feelings journal to track my emotions.

I can create a personal “calm down” plan with my parents or teachers.

I can take a moment to count to 10 slowly when I feel overwhelmed.

I can create a mental “calm place” where I imagine myself feeling safe and happy. I can go there in my mind when I need to feel better.

I can repeat positive affirmations to myself, like “I am strong” or “I can handle this.”

I can make a list of people I trust and feel comfortable talking to.

I can reach out to a friend, family member, or teacher when I need to talk about my feelings. Sharing helps me feel understood.

I can create a calm-down kit with items that help me relax, like stress balls, fidget toys, a soft blanket, or coloring books.

I can shift my focus from problems to solutions when conflicts arise.

Coping strategies are your superpowers! The more you use them, the stronger you become at facing challenges.



My social skills quest

Social situations can feel a bit tricky sometimes. You might find yourself feeling overwhelmed by your emotions or unsure how to start a conversation. That's totally OK! This worksheet is here to help you practice important social skills in a fun and exciting way.

Directions: Go through the different parts of the worksheet. Answer the questions and do the activities one by one. If you want, share your answers with a parent or friend—they might love to hear your thoughts. You can come back to this worksheet whenever you want to practice your social skills.

The power of a smile

Did you know that smiling can make you feel better and help others feel good too? Draw a big, happy smiley face below:

How do you think your smile can help someone else?

Active listening

When someone is talking to you, try to focus all your attention on them. This means looking at their face and listening carefully to their words. Active listening helps you build better friendships because it shows you care about what others feel and think!

Read each scenario below and write how you would respond as an active listener:

Scenario: Your friend tells you about their favorite movie.

Your response:

Scenario: Your sibling shares a story about their day at school.

Your response:

Scenario: Your friend is feeling sad because they lost their favorite toy and want to talk about it.

Your response:



My social skills quest

Practicing empathy and kindness

Empathy and kindness help you build strong connections with others.

Empathy means understanding how someone else feels. When we practice empathy, we can better support our friends and family during tough times. On the other hand, kindness is about being friendly and considerate towards others.

Circle the things that show empathy:

Validating someone's feelings by saying, "That sounds really tough."

Offering help or support when someone is struggling

Ignoring a friend's feelings

Sharing a similar experience to show understanding

Making fun of someone's experience

Complete the following kindness challenges today:

A. Give a compliment to someone.

Who did you compliment? What did you say?

B. Help someone with a task.

What did you help with? How did the person you helped react?

C. Make a kindness jar and fill it with positive notes for family or friends to read.

What positive notes did you fill your kindness jar with?