

# Introducing children to ADHD

# ADHD fact sheet

## What is ADHD?

Attention deficit hyperactivity disorder (ADHD) is a condition that affects people's behaviour. People with ADHD may struggle to concentrate, or sit still.

### People with ADHD may struggle with:

- Being easily distracted
- Making careless mistakes
- Being forgetful or losing things
- Being unable to sit still,
- Fidgeting
- Lots of physical movement or talking
- Little or no fear

### People with ADHD may be really good at:

- Being energetic
- Being courageous
- Being resilient
- Being creative
- Being talkative
- Being spontaneous
- Persistence

Often, individuals with ADHD may have related conditions, these can include:

- Anxiety
- Depression
- Sleep problems
- Autism (ASD)
- Dyspraxia
- Learning difficulties
- Epilepsy
- Tourette's syndrome


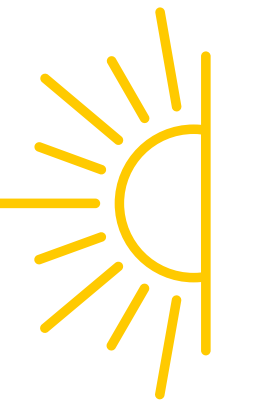
ADHD is NOT an illness, however behaviour therapy and medication can sometimes make life a bit easier.

ADHD affects people in different ways, some people with ADHD are shy and quiet while others are outgoing and loud.



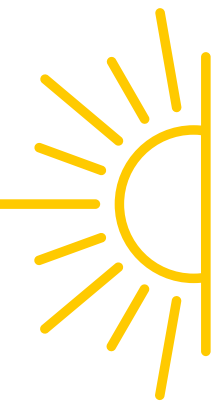
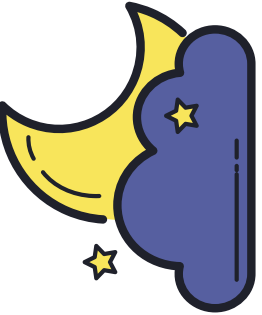
# Daily resources

# Daily plan

Sometimes it can be useful to see what we're going to do today, so that we know what to expect! Planning the day can also help us to stick to regular sleep patterns, physical activity and mealtimes. Use the example below to add your own plans for today onto the template!

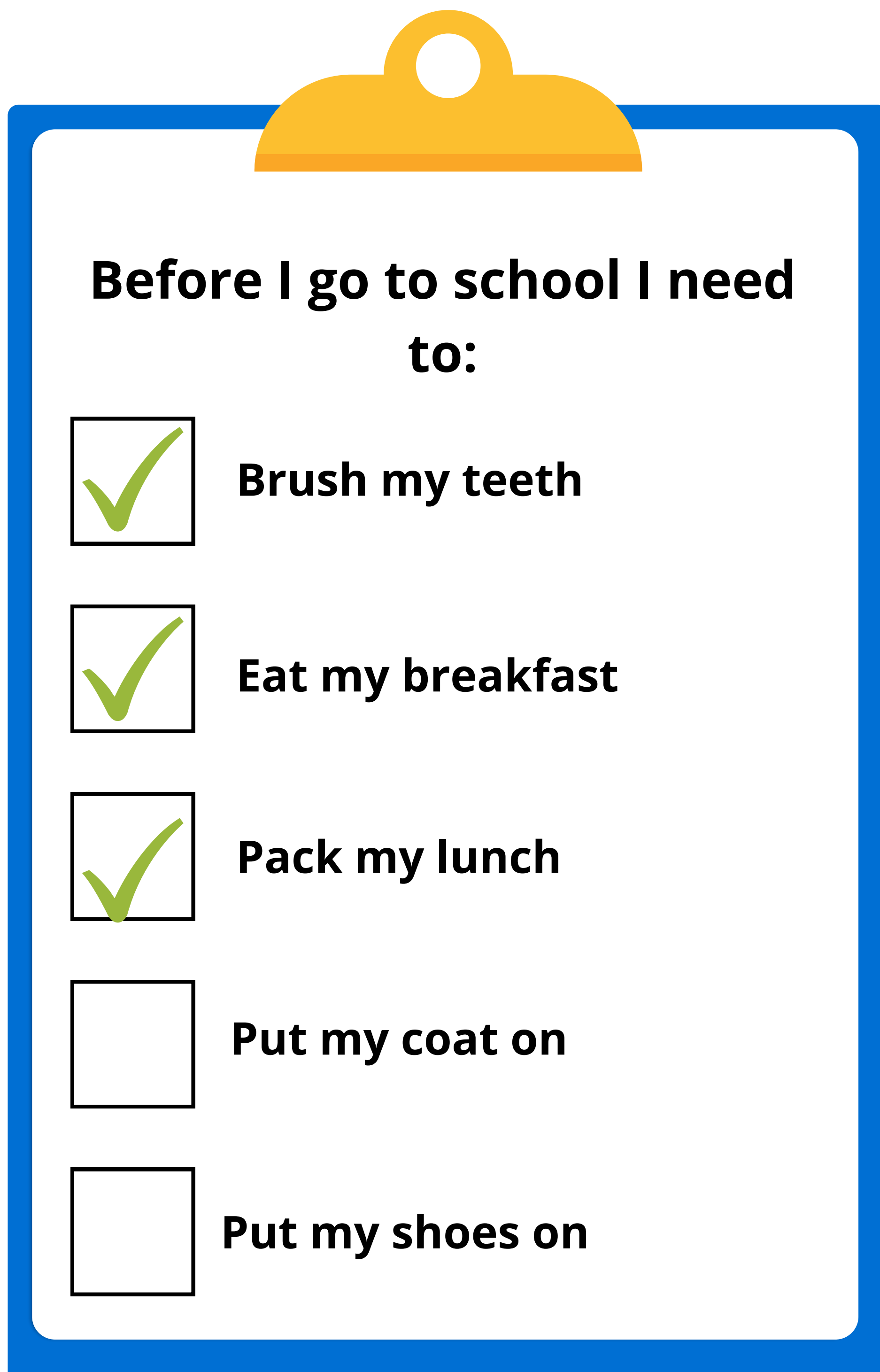
 <b>Time</b>	<b>Activity</b>
<b>Morning</b>  7am 7:15am 7:30am 8am	Wake up Get dressed Eat breakfast Go to school in the car
<b>Afternoon</b>  3:15pm 3:30pm 4pm	Get picked up from school Go home and eat a snack Play with toys
<b>Evening</b>  5pm 6pm 7pm	Eat dinner Bath time Bed time

# Daily plan

 <b>Time</b>	<b>Activity</b>
<b>Morning</b> 	
<b>Afternoon</b> 	
<b>Evening</b> 	

# Checklists

**It can be tricky to remember all of the different tasks we need to complete every day. Use the examples and templates below to remind yourself to complete different tasks throughout the day!**



**Before I go to school I need to:**

- Brush my teeth**
- Eat my breakfast**
- Pack my lunch**
- Put my coat on**
- Put my shoes on**

# Checklists

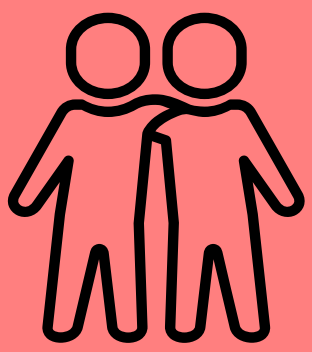


**Before I go to ...  
I need to:**

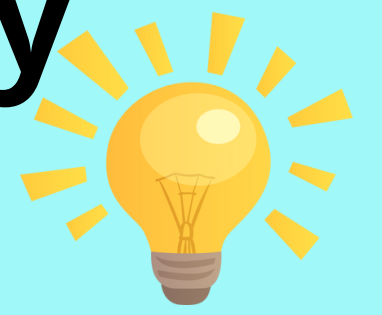
# Affirmation cards

Use these cards everyday, or when you're feeling low to remind yourself how great you are!

I am a good friend



I learn more everyday



I am kind



I am loved



I am proud of myself




I can achieve great things






# Sleep diary

Sometimes, ADHD can affect our sleep. Use the example and template below to create your own sleep diary. This will help you to see what you can do to help you sleep!

	What did I do to help me go to sleep?	What time did I go to sleep?	What time did I wake up?
<b>Monday</b>	Listened to music	9pm	6am
<b>Tuesday</b>	Read my book	8pm	7am
<b>Wednesday</b>	Didn't watch TV	7:30pm	6:30am
<b>Thursday</b>			
<b>Friday</b>			
<b>Saturday</b>			
<b>Sunday</b>			

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<b>Monday</b>			
<b>Tuesday</b>			
<b>Wednesday</b>			
<b>Thursday</b>			
<b>Friday</b>			
<b>Saturday</b>			
<b>Sunday</b>			

# Resources to regulate emotions

# The breathing star

When we feel overwhelmed, breathing slowly can help us calm down. You can also use breathing techniques to help you sleep.

Try following the arrows on the breathing star with your finger, breathing in and out deeply and slowly.



# Imaginative breathing

When we feel overwhelmed, breathing techniques can help us to calm down. They can also be used to help us fall asleep.

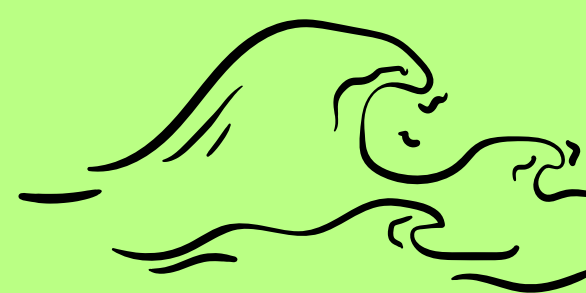
Try using your imagination to do some of the techniques below.

## Birthday cake



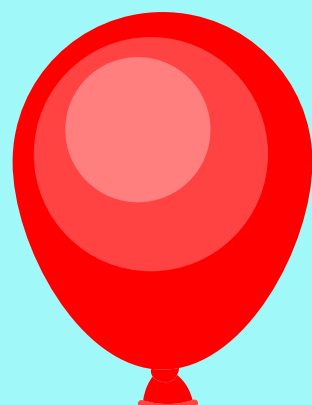
Take a deep breath in, and breathe out like you're blowing out a candle on a birthday cake

## Ocean



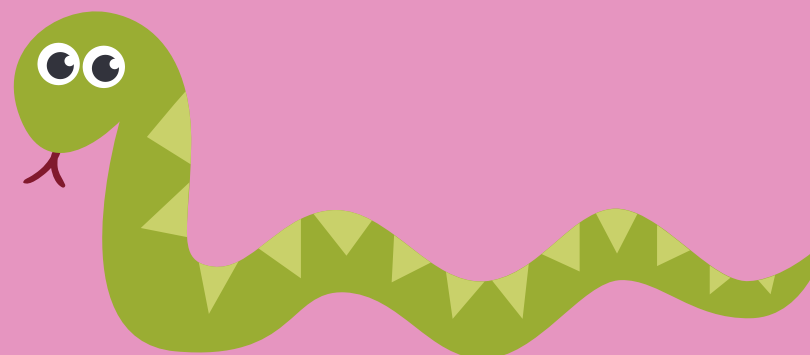
Take a deep breath in and imagine a wave rolling in, breathe out and imagine the wave rolling out to sea

## Balloon



Pretend your belly is a balloon. Breathe in and make the balloon bigger, then breathe out and make the balloon shrink.

## Snake



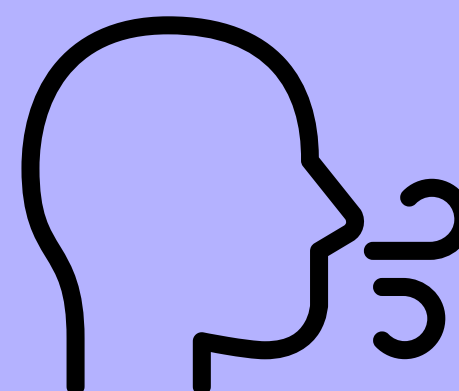
Breathe in, pause briefly, then breathe out slowly while you make a hissing sound like a snake for as long as you can.

## Rainbow



Arms start at the side of your body; lift your arms up as you breathe in and down as you breathe out, making the shape of a rainbow.

## 5-5-10



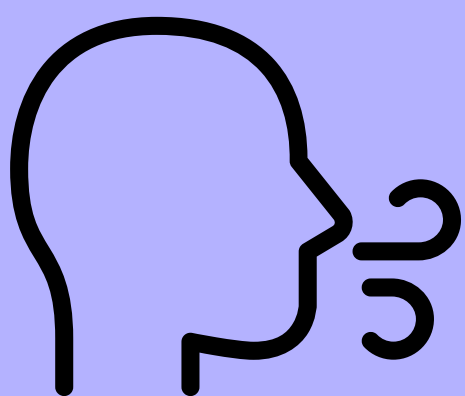
Count to 5 as you breathe in, hold your breath for 5, and then count to 10 as you breathe out.

# What can we do to calm ourselves down?

Sometimes, things to do with ADHD can make us feel angry and make it hard to sleep. When this happens, it's important that we give ourselves time to regulate our emotions.

Look at the examples below of some things you can do to help you calm down, then use the template to add your own! Use these techniques when you feel angry, or before you go to sleep.

**Breathing exercises**



**Listening to music**



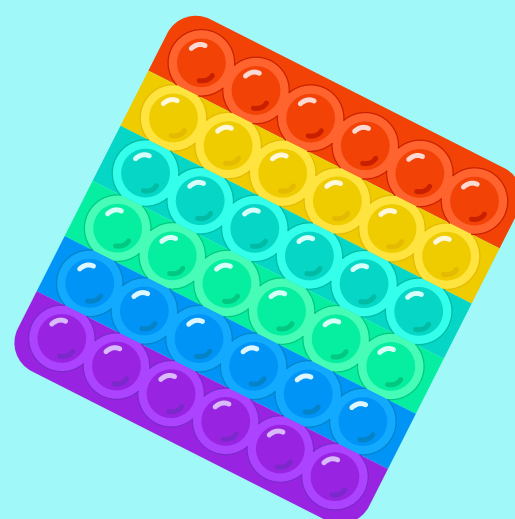
**Sit in my calm down spot**



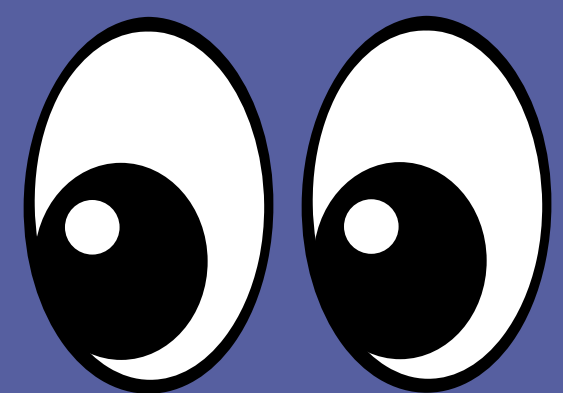
**Hold something soft**



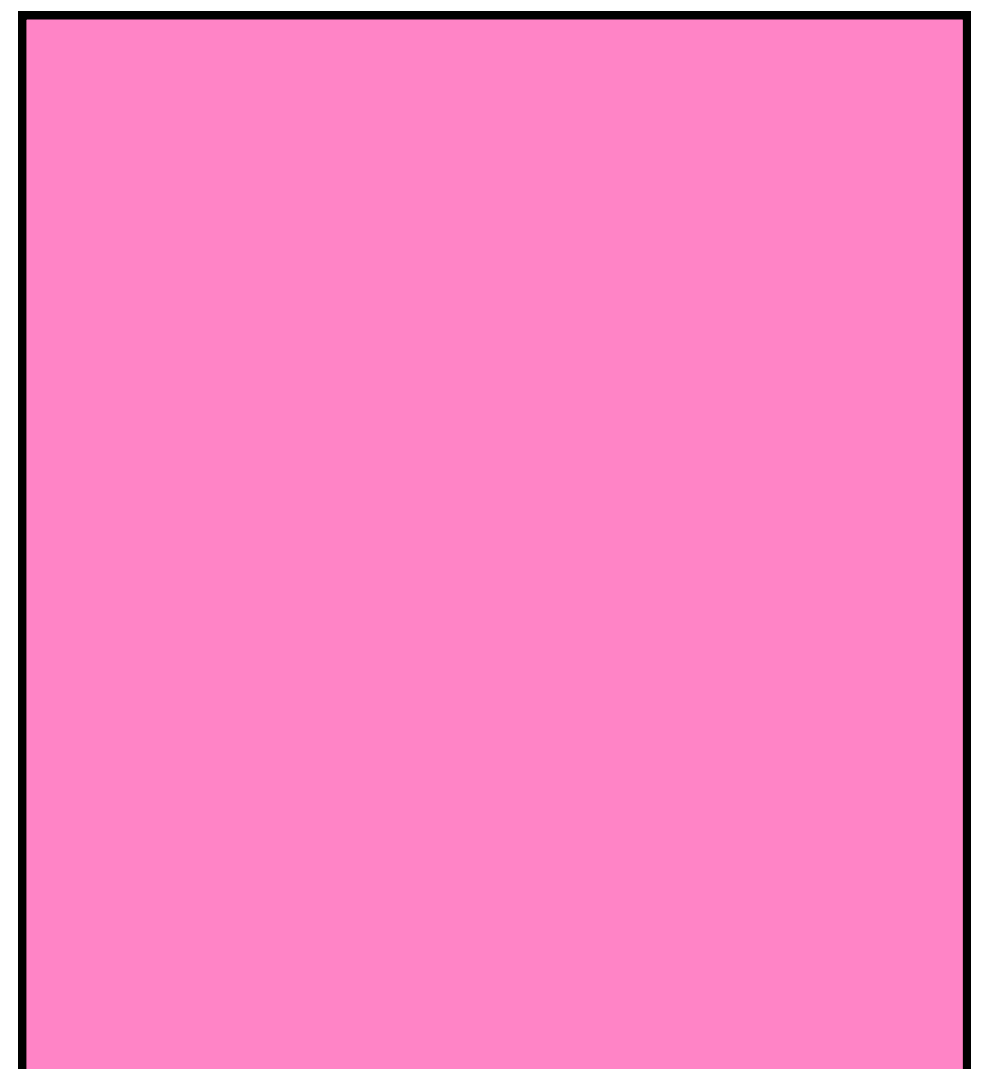
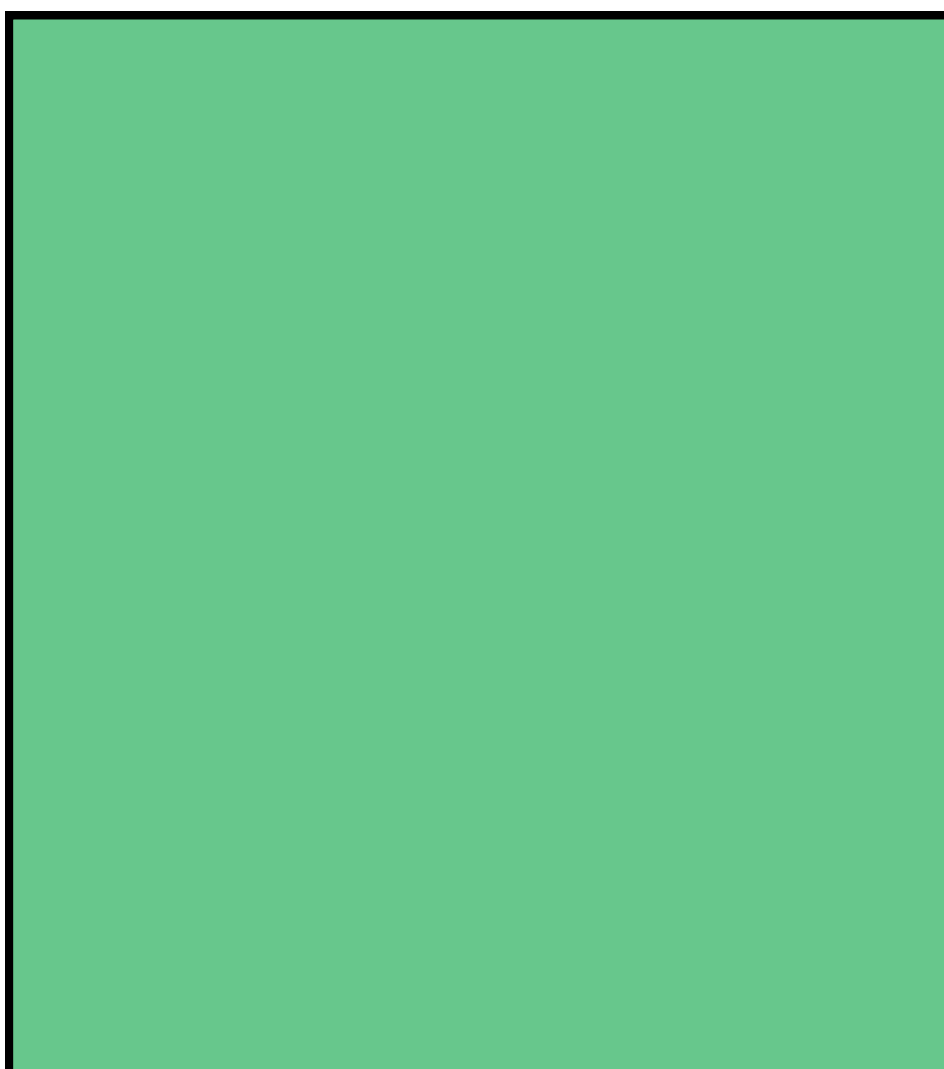
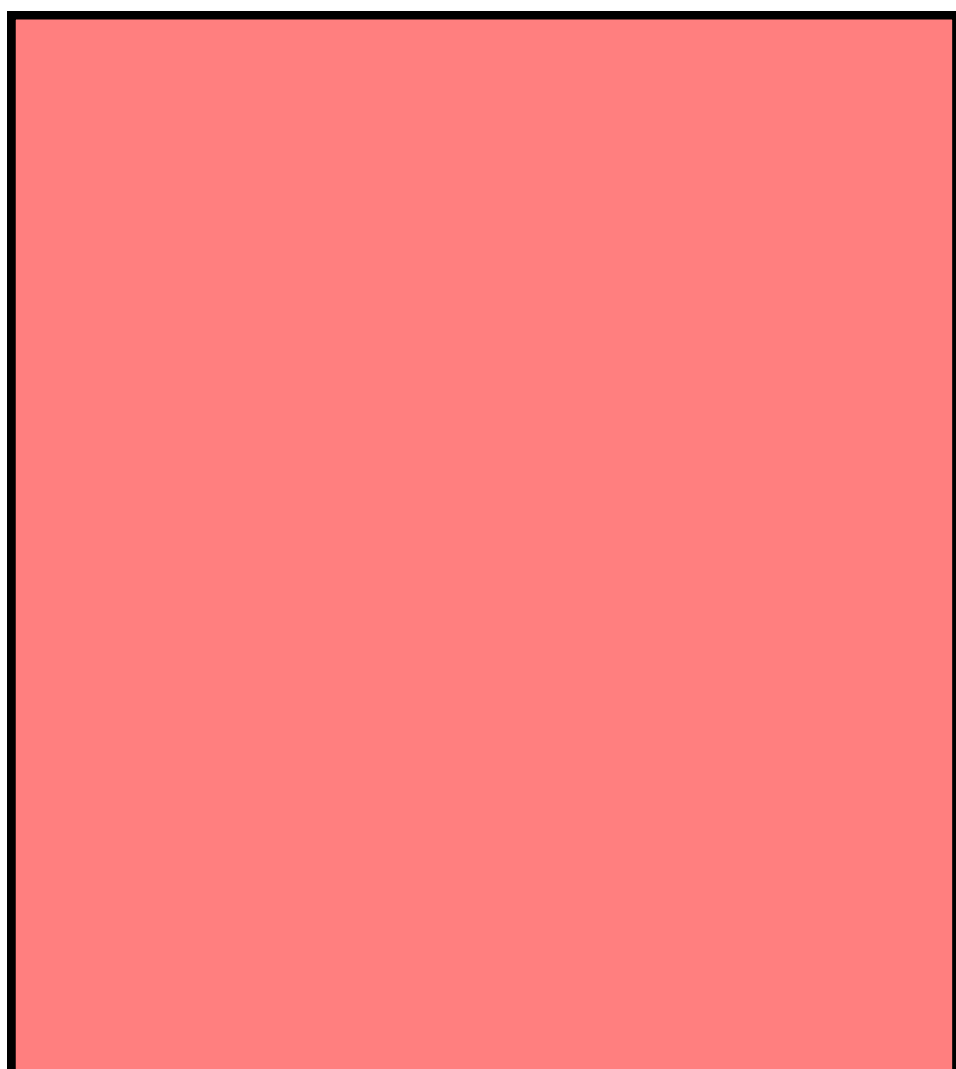
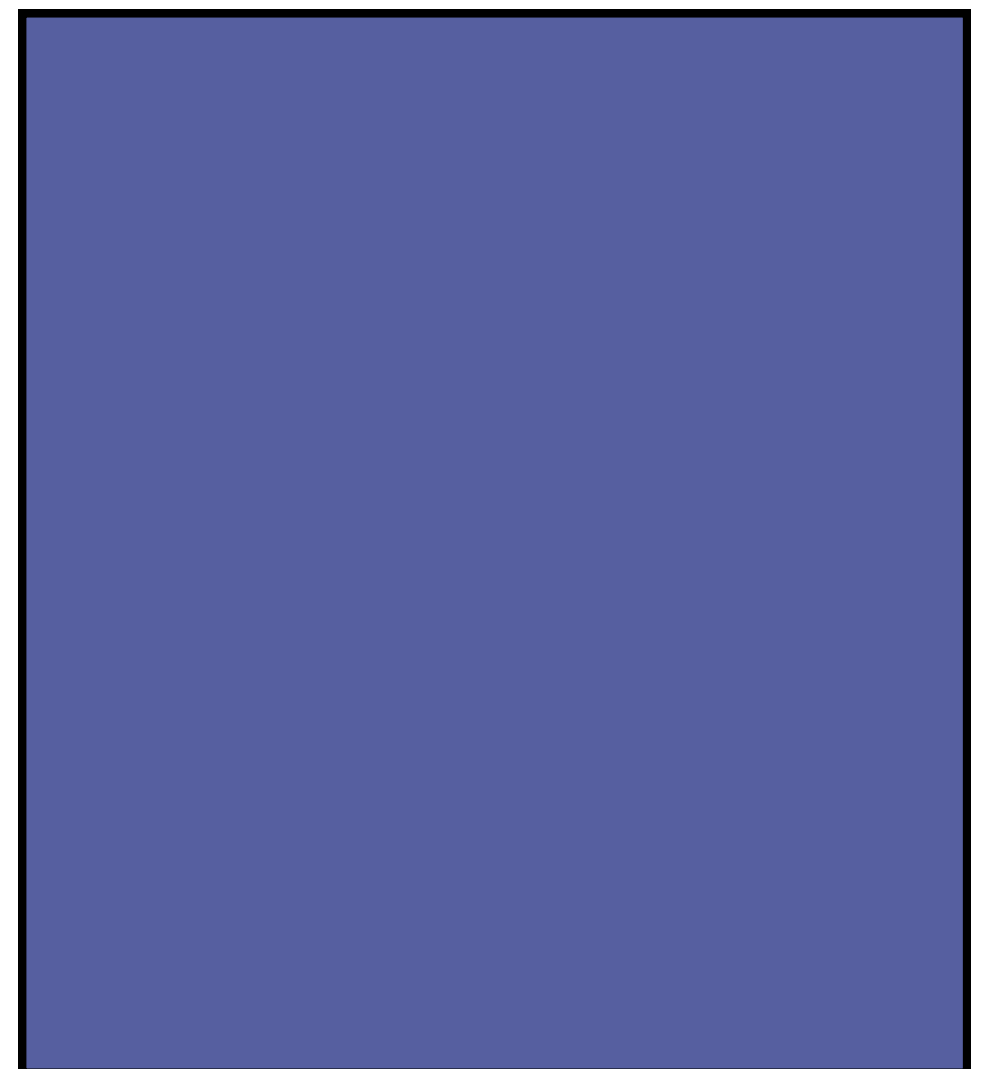
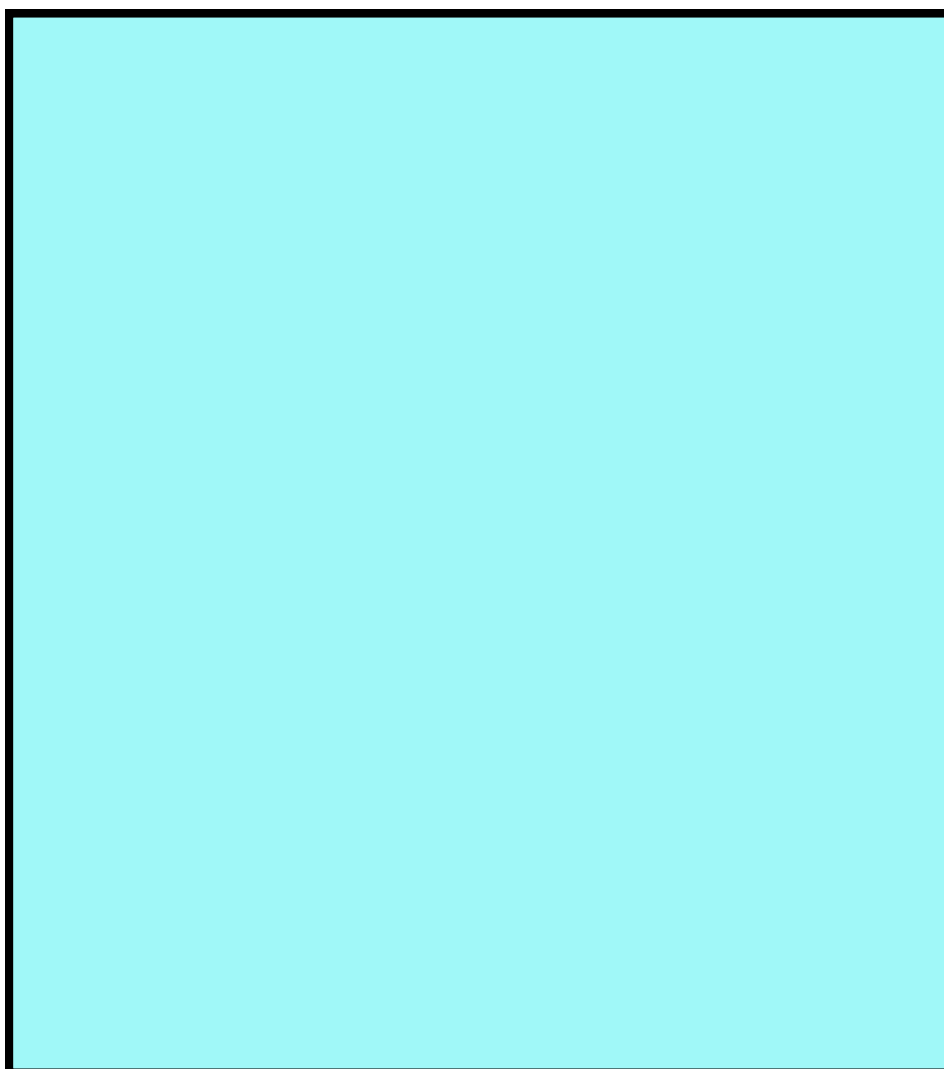
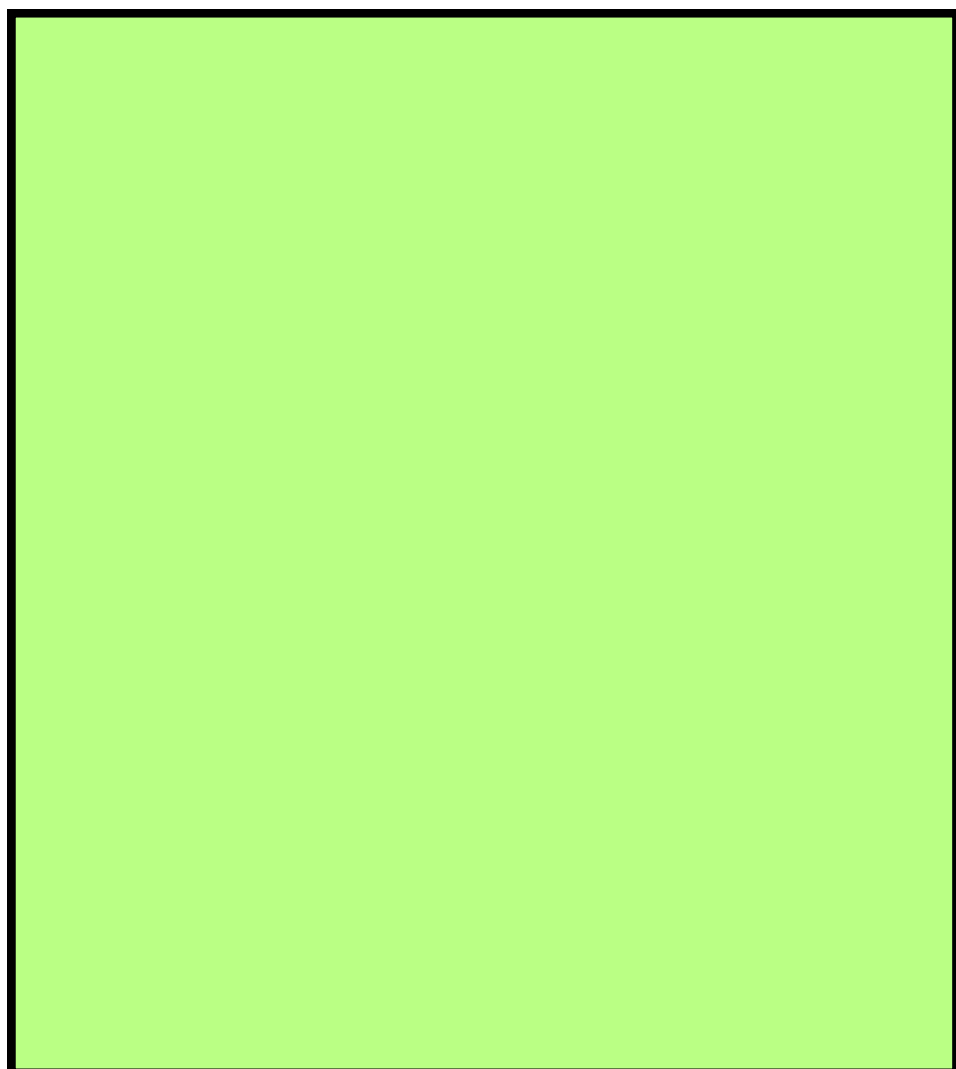
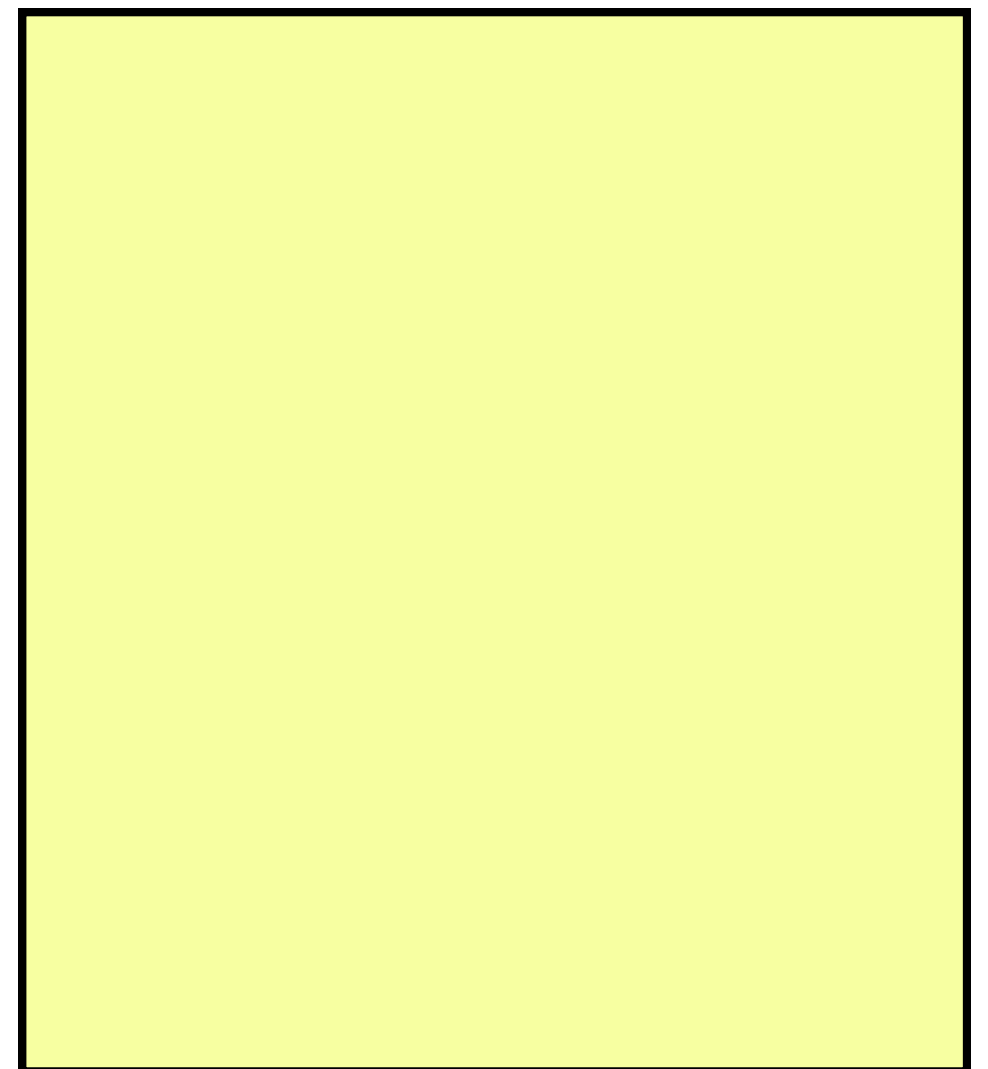
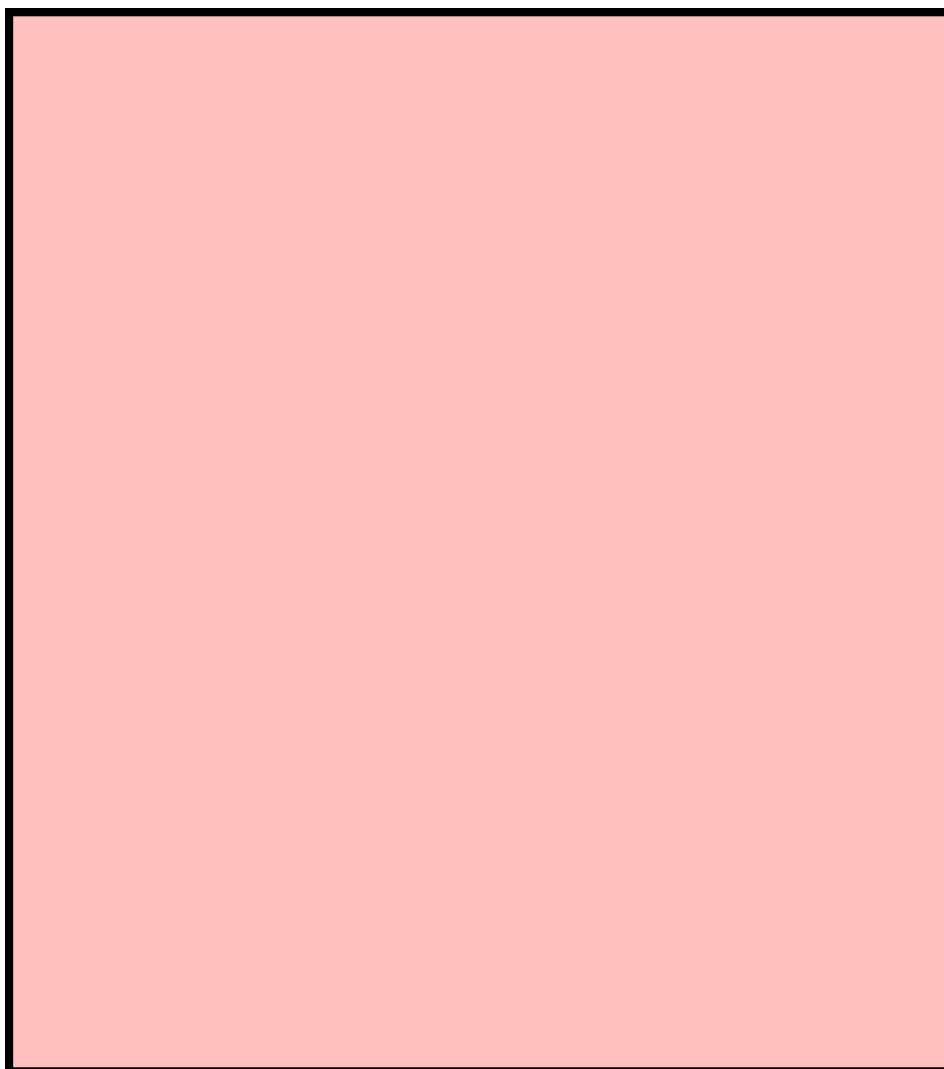
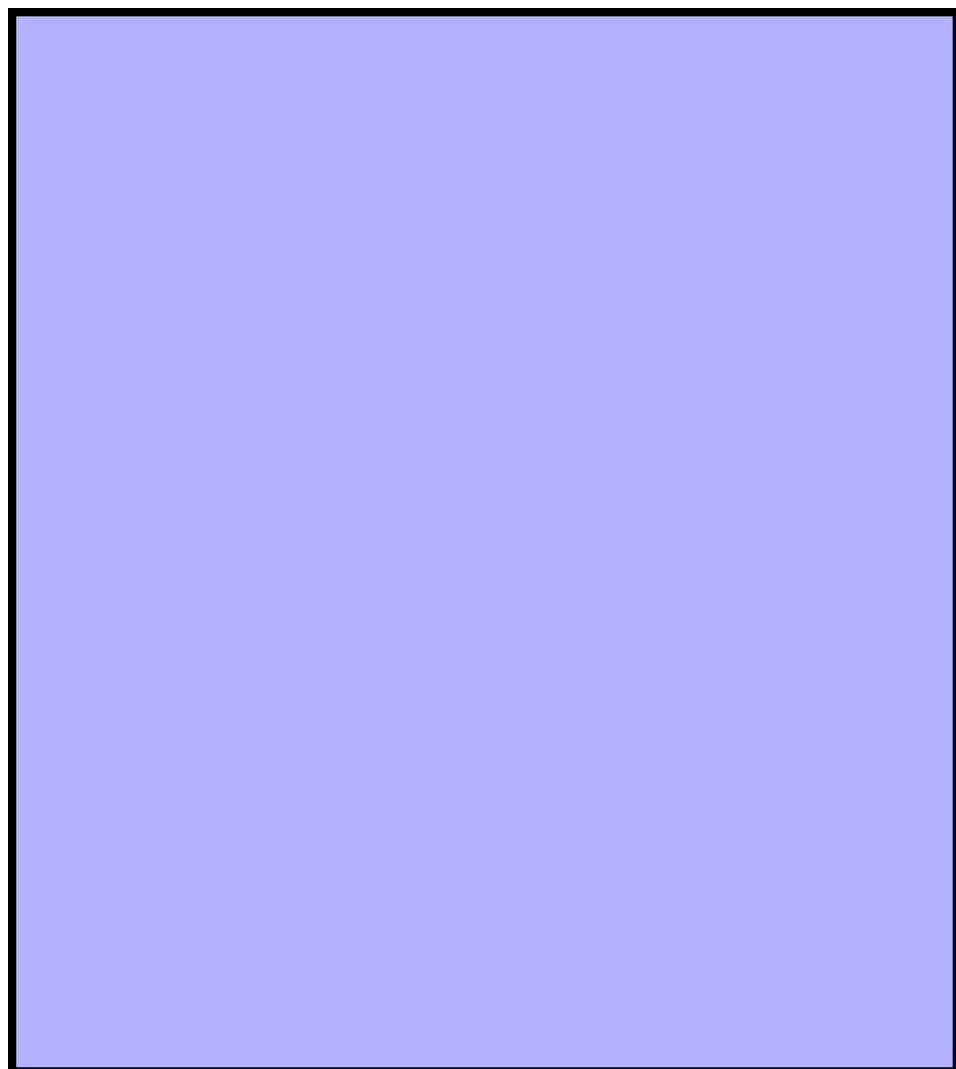
**Play with my sensory toys**



**5-4-3-2-1 exercise**



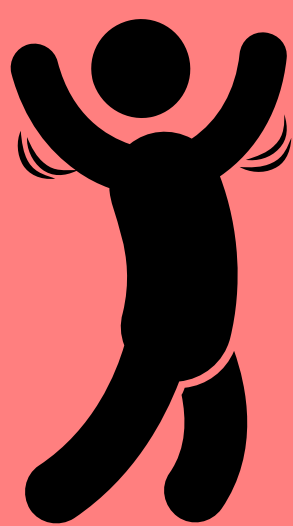
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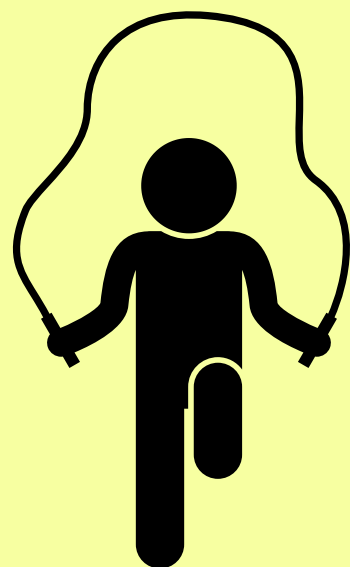
# Let's get moving!

ADHD can sometimes make it really tricky for us to sit still! Try some of the at-home exercises below the you can do to help burn off some energy!!

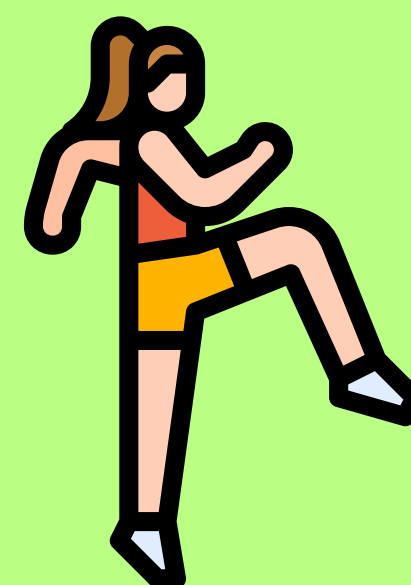
## Star jumps



## Skipping



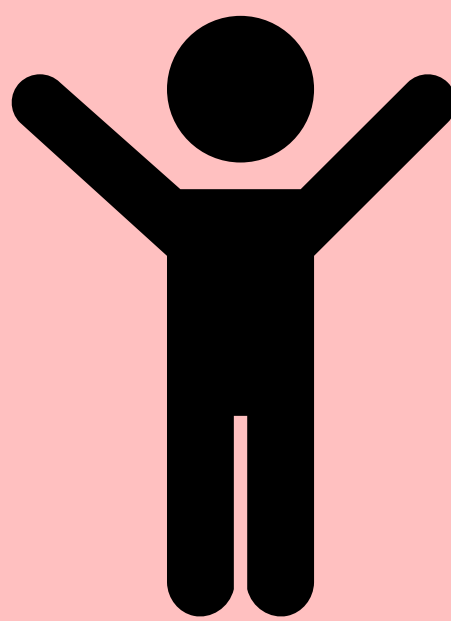
## High knees



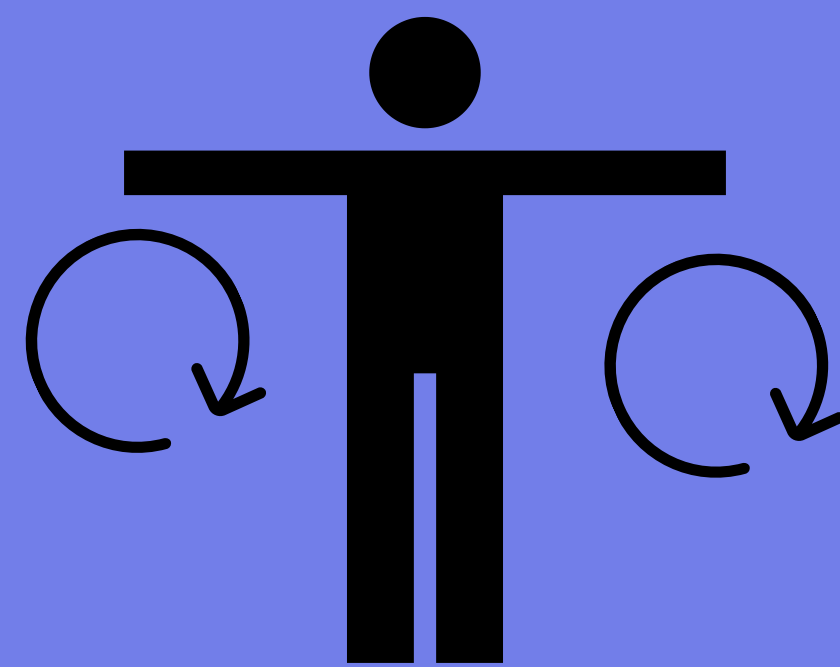
## Side stretch



## Arm raises



## Arm circles



## Jog on the spot



## Toe touches



## Dance!





# The 5-4-3-2-1 activity

When we feel overwhelmed, grounding ourselves can help to calm us down.

Try listing the things you can sense around either verbally, or by writing them on the sheet below.

<b>5 things I can see</b> 	
<b>4 things I can feel</b> 	
<b>3 things I can hear</b> 	
<b>2 things I can smell</b> 	
<b>1 things I can taste</b> 	

# Making a 'calm down' spot

When we feel overwhelmed, having a spot that we can go to can help us to calm down and feel safe.

Ask a grown-up to help you make a calm down spot!

## Step 1:

Find a spot and make it cozy! You could add pillows, blankets, or even a cover like a bedsheet!



## Step 2:

Add all of your favourite things! This can include sensory toys, or things that calm you down

**Step 3:**  
Use your calm down spot!  
When you feel overwhelmed or stressed, go into your calm down spot to relax and regulate your emotions.

