



ADHD STRENGTHS

AN OPTIMISTIC OUTLOOK TO SHARE WITH YOUR KIDS

IF YOU HAVE A CHILD WITH ADHD, YOU ARE PROBABLY
WORKING HARD TO HELP THEM DEAL WITH THEIR
SYMPTOMS AND THRIVE.

THIS PRINTABLE EXPLORES SOME POSITIVE ASPECTS THAT
COME WITH THE ADHD TERRITORY

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HEY, THERE! HAVE YOU BEEN STRUGGLING WITH ...

- ✓ LOSING THINGS
- ✓ FORGETTING SCHOOL ASSIGNMENTS
- ✓ SITTING STILL AT SCHOOL
- ✓ GETTING FRUSTRATED EASILY

DO PEOPLE TELL YOU THAT ...

- ✓ YOU TALK TOO MUCH
- ✓ YOU INTERRUPT WHEN OTHERS SPEAK
- ✓ YOU DO THINGS WITHOUT THINKING ABOUT THE CONSEQUENCES



SOME KIDS WHO STRUGGLE WITH THOSE THINGS HAVE
SOMETHING CALLED ADHD.

THEIR BRAIN HAS DIFFICULTIES PAYING ATTENTION, SLOWING
DOWN, AND THINKING BEFORE ACTING.

THERE ARE MANY STRATEGIES THAT CAN HELP WITH THAT. AND,
ALTHOUGH IT OFTEN FEELS HARD TO KEEP UP WITH EVERYTHING
GOING ON AROUND, THERE IS ALSO SOME GOOD NEWS

SOMETIMES, THE THINGS THAT FEEL LIKE BIG PROBLEMS TODAY,
TURN OUT TO BE SUPERPOWERS IN THE FUTURE.

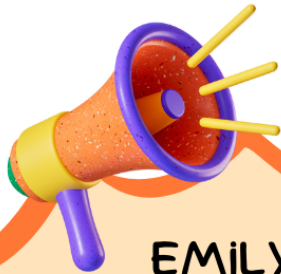


LET'S EXPLORE SOME
SUPERPOWERS OF ADHD...

THE SUPERPOWER OF ...

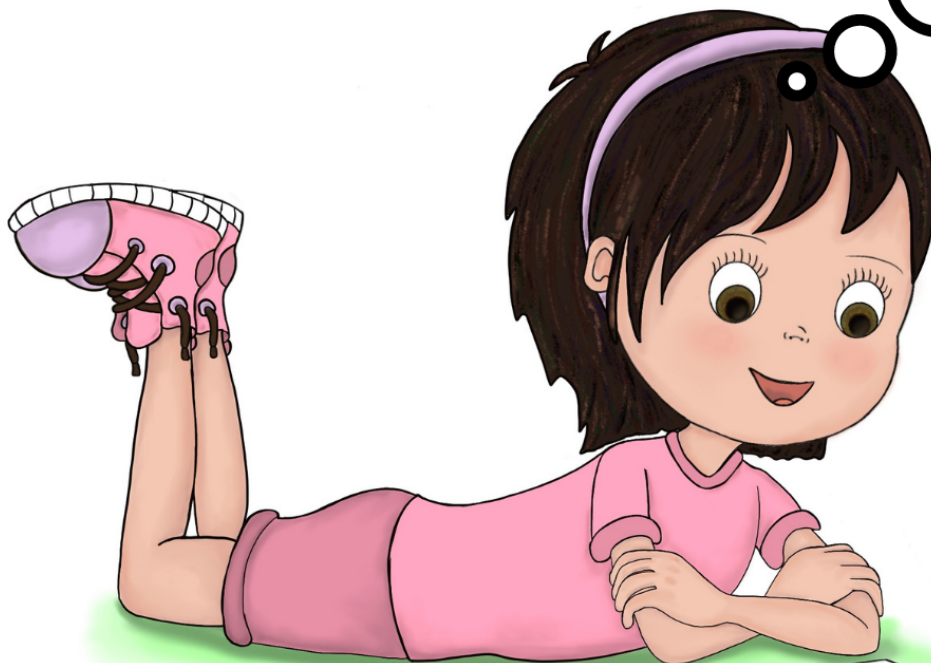
HYPERFOCUS

YOU CONCENTRATE ON THE THINGS YOU LOVE SO MUCH
THAT YOU LOSE TRACK OF EVERYTHING ELSE GOING ON
AROUND YOU



EMILY, I'VE
ALREADY CALLED
YOU A THOUSAND
TIMES!

SO, THIS IS HOW
YOU TRAIN A
DRAGON!
I WISH I HAD A PET
DRAGON!



THE SUPERPOWER OF ...

ENDLESS ENERGY

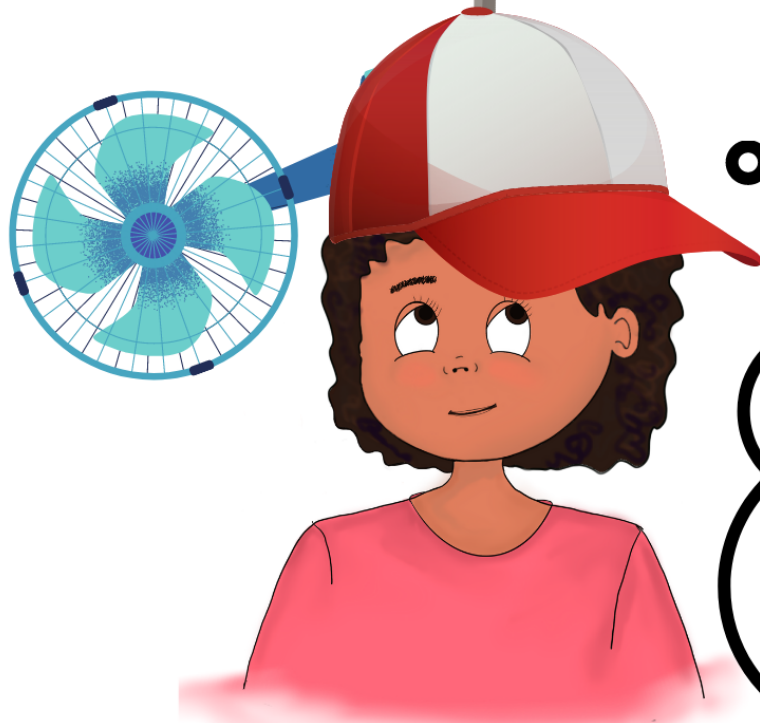
SOME KIDS WITH ADHD HAVE WHAT IS CALLED HYPERACTIVITY. IF THAT'S YOU, YOU MAY HAVE REALIZED THAT YOU HAVE HIGH LEVELS OF ENERGY EVEN WHEN EVERYBODY ELSE SEEMS TO NEED A BREAK.

OH, COME ON! GET
UP! LET'S DO A
RACE NOW!



THE SUPERPOWER OF ... **CREATIVITY**

YOUR MIND IS FULL OF IDEAS THAT KEEP POPPING UP AT A GREAT PACE. WELL, THAT MAY MEAN THAT YOU ARE A VERY CREATIVE PERSON THAT COMES UP WITH LOTS OF INTERESTING AND UNEXPECTED IDEAS



AND THIS IS THE
PERFECT YEAR-
ROUND CAP, WITH
AN UMBRELLA FOR
THE RAIN AND A FAN
FOR SUMMER

THE SUPERPOWER OF ...

SPONTANEITY

SOME PEOPLE CALL IT IMPULSIVITY. I CALL IT
SPONTANEITY!

SOMETIMES YOU COME UP WITH THESE GREAT IDEAS AND
THEY NEED TO HAPPEN **RIGHT NOW!**

MOM, I'VE INVITED
ALL MY CLASS FOR
A PLAYDATE!



THE SUPERPOWER OF ...

DARING TO TRY!

TAKING RISKS CAN BE A BAD THING WHEN WE GET
OURSELVES IN A DANGEROUS SITUATION.
BUT THERE ARE ALSO SITUATIONS IN LIFE WHEN BEING ABLE
TO "DARE TO TRY" CAN BRING MANY BENEFITS, LIKE WHEN
PEOPLE DECIDE TO START A BUSINESS



THE SUPERPOWER OF ...

STRONG SENSE OF JUSTICE

IF YOU HAVE A STRONG SENSE OF WHAT IS RIGHT AND
WRONG, FAIRNESS, JUSTICE, SINCERITY...
THEN, THIS IS ANOTHER OF YOUR SUPERPOWERS!



THE SUPERPOWER OF ...

GREAT CONVERSATIONS

ALL THESE IDEAS BUBBLING IN YOUR MIND CAN SHAPE UP
AS FUN AND ENGAGING CONVERSATIONS!

WHAT DO YOU DO
OVER THE
WEEKEND

WHAT IS FASTER A
DOG OR A CAT?



I GOT SOME SUPER
COOL STICKERS,
WANNA SEE THEM?

SHOULD WE GO
FOR AN ICE-
CREAM?

THE SUPERPOWER OF ...

NOTHING GOES UNNOTICED!

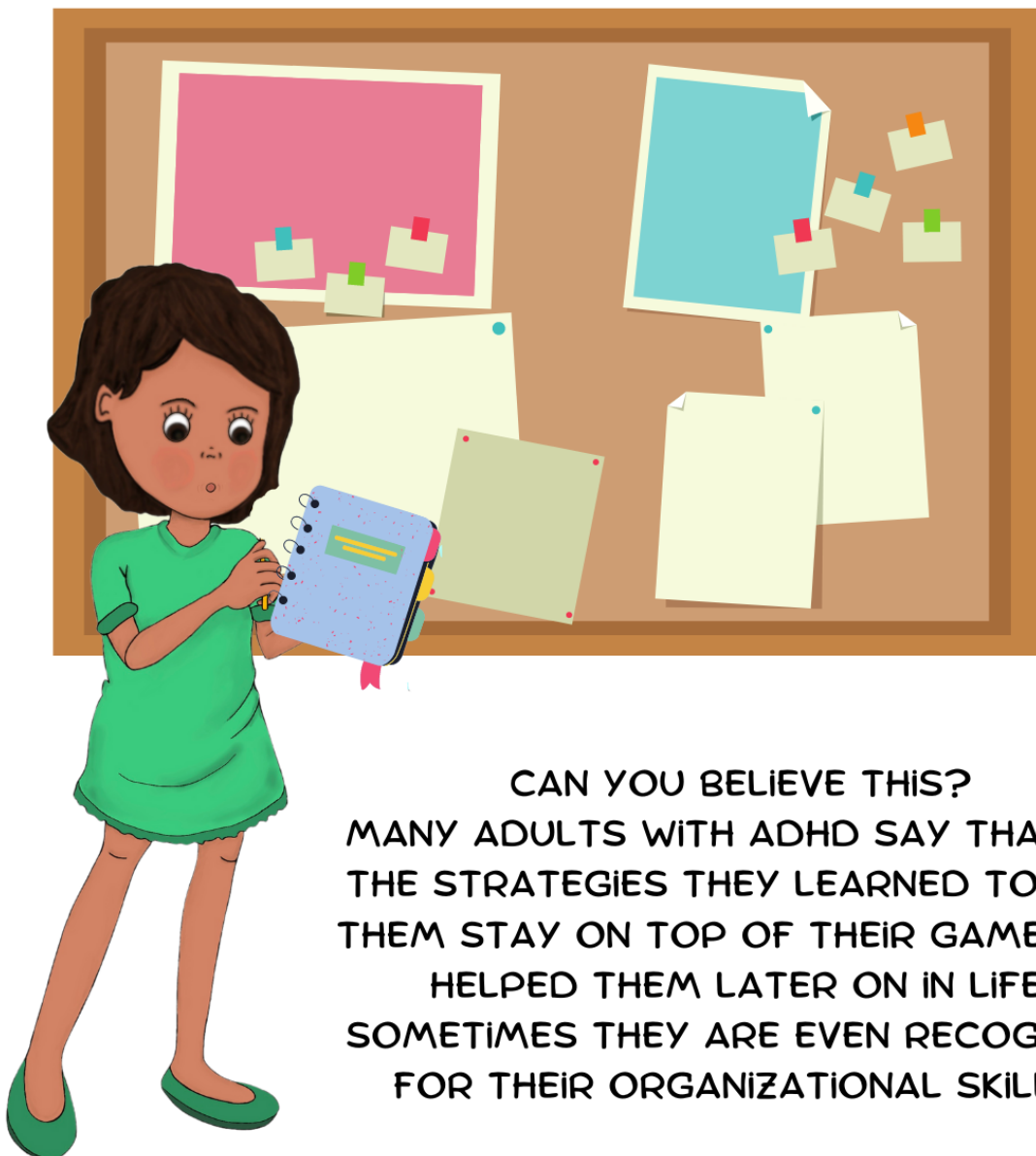
SOME KIDS WITH ADHD GET EASILY DISTRACTED BY
ANYTHING HAPPENING AROUND THEM.
COULD WE SAY THEY HAVE AMAZING OBSERVATIONAL
SKILLS?



THE SUPERPOWER OF ... **ORGANIZATION**

SURPRISE, SURPRISE!

IT IS SO DIFFICULT TO KEEP UP WITH ROUTINES, SCHOOL HOMEWORK, AND SO MANY OTHER THINGS THAT YOU NEED TO LEARN STRATEGIES TO HELP YOU STAY ON TRACK (TO-DO LISTS, FILING SYSTEMS, WEEKLY PLANNERS, SCHOOL PLANNERS, GOAL PLANNERS...)



**CAN YOU BELIEVE THIS?
MANY ADULTS WITH ADHD SAY THAT ALL
THE STRATEGIES THEY LEARNED TO HELP
THEM STAY ON TOP OF THEIR GAME HAVE
HELPED THEM LATER ON IN LIFE.
SOMETIMES THEY ARE EVEN RECOGNIZED
FOR THEIR ORGANIZATIONAL SKILLS!**

OTHER RESOURCES

LINKS TO OTHER RESOURCES:

- [ANGER CONTROL FOR KIDS](#)
- [EMOTIONS \(WORKSHEETS, PUZZLES & PLAYDOUGH MATS\)](#)
- [ASSERTIVE COMMUNICATION FOR KIDS](#)
- [POSITIVE AFFIRMATION CARDS](#)
- [YOGA CARDS FOR KIDS](#)
- [FOOD JOURNAL FOR PICKY EATERS](#)

