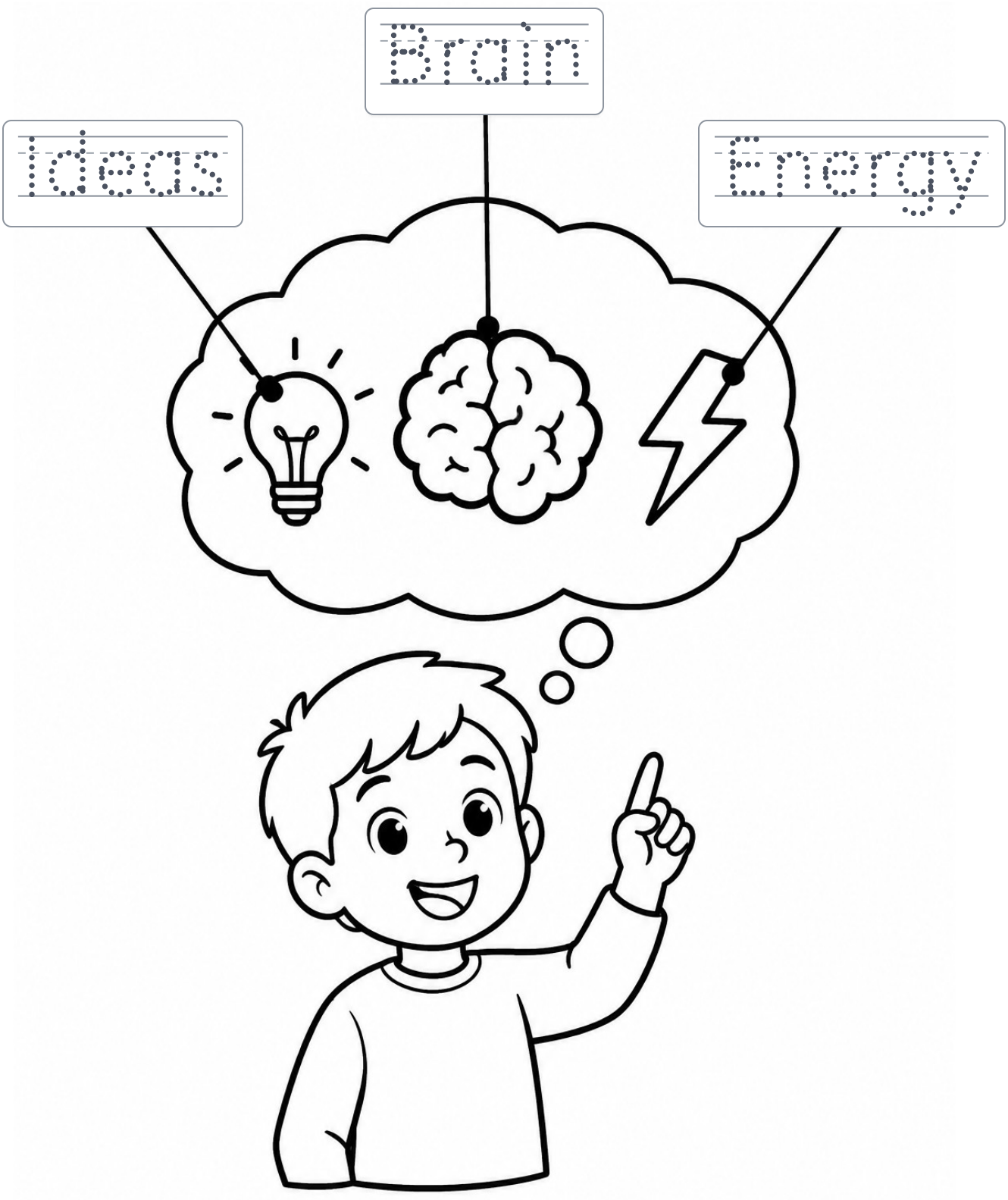
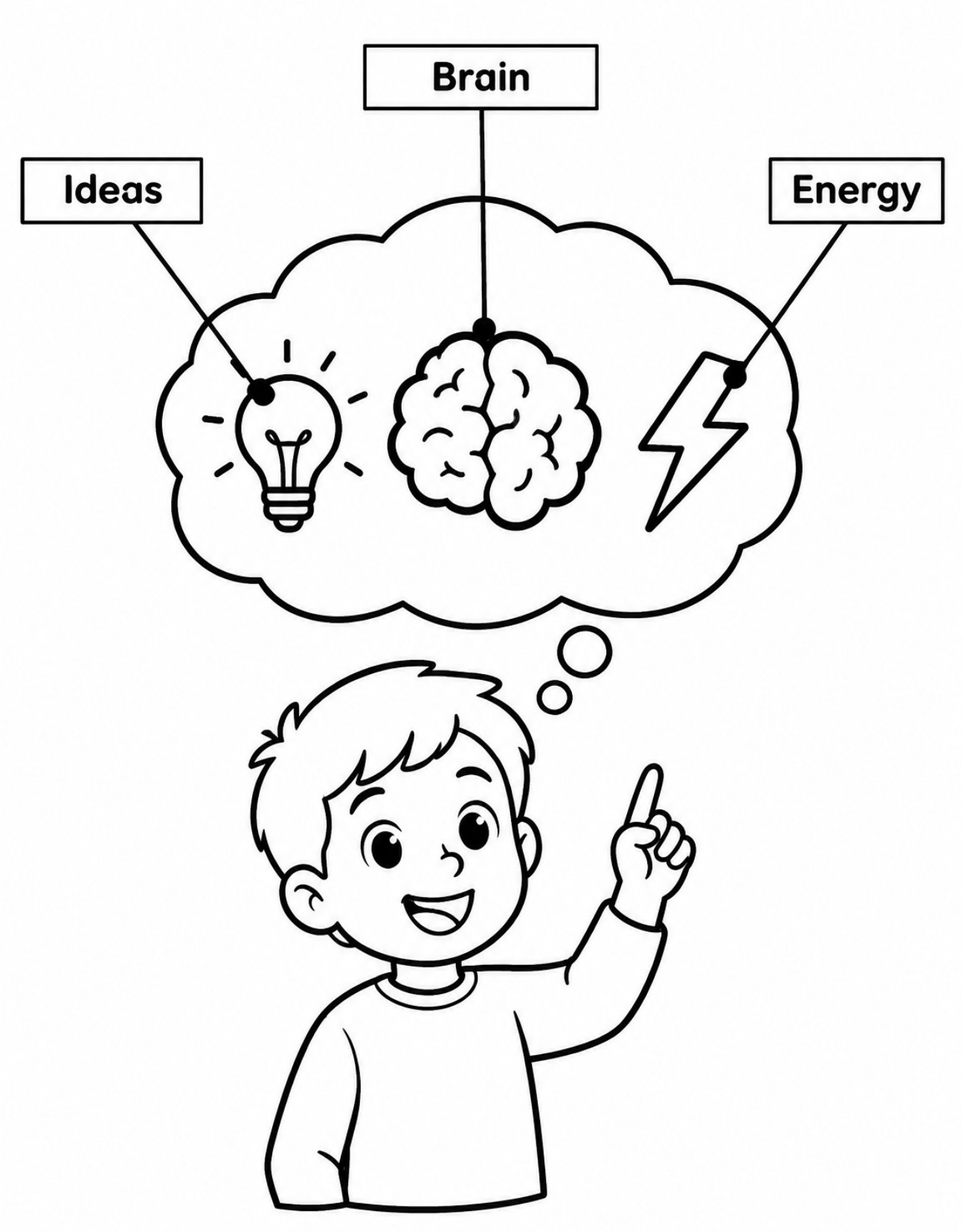
Trace the words. Then color the picture.

Name _____ Date _____

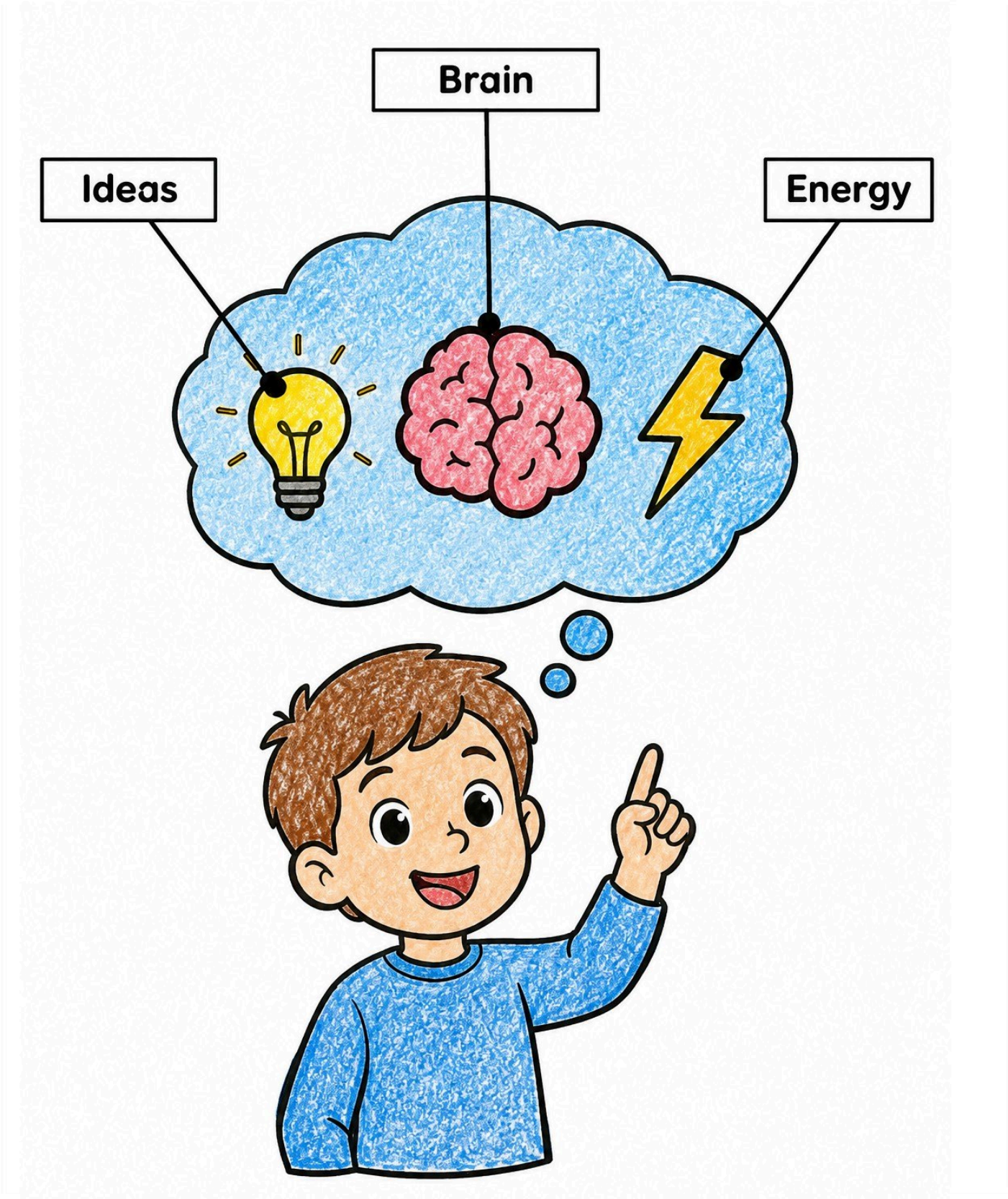
My Busy ADHD Brain



My Busy ADHD Brain



My Busy ADHD Brain



Write the missing words. Use the word bank.

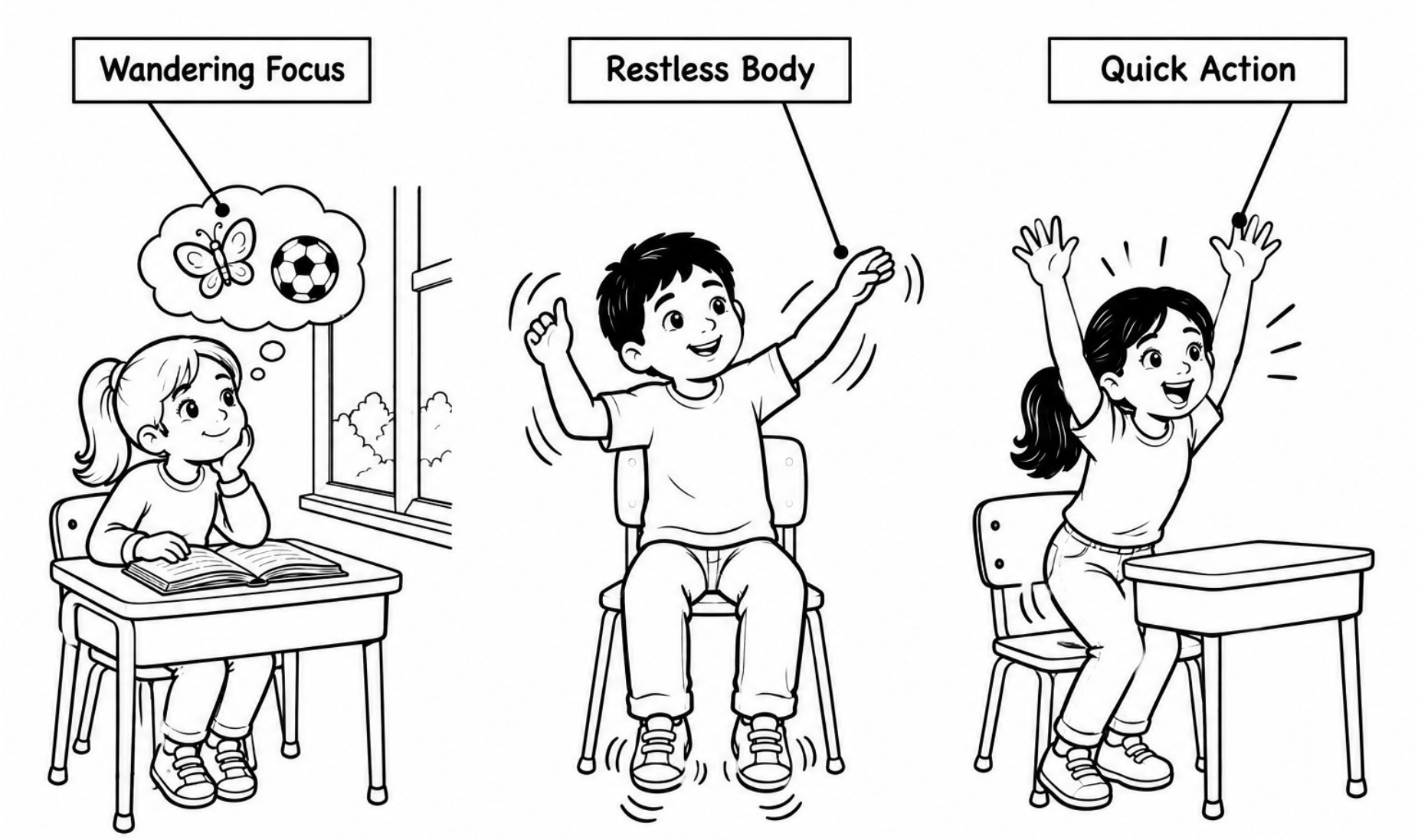
Name _____ Date _____

Three Signs of ADHD

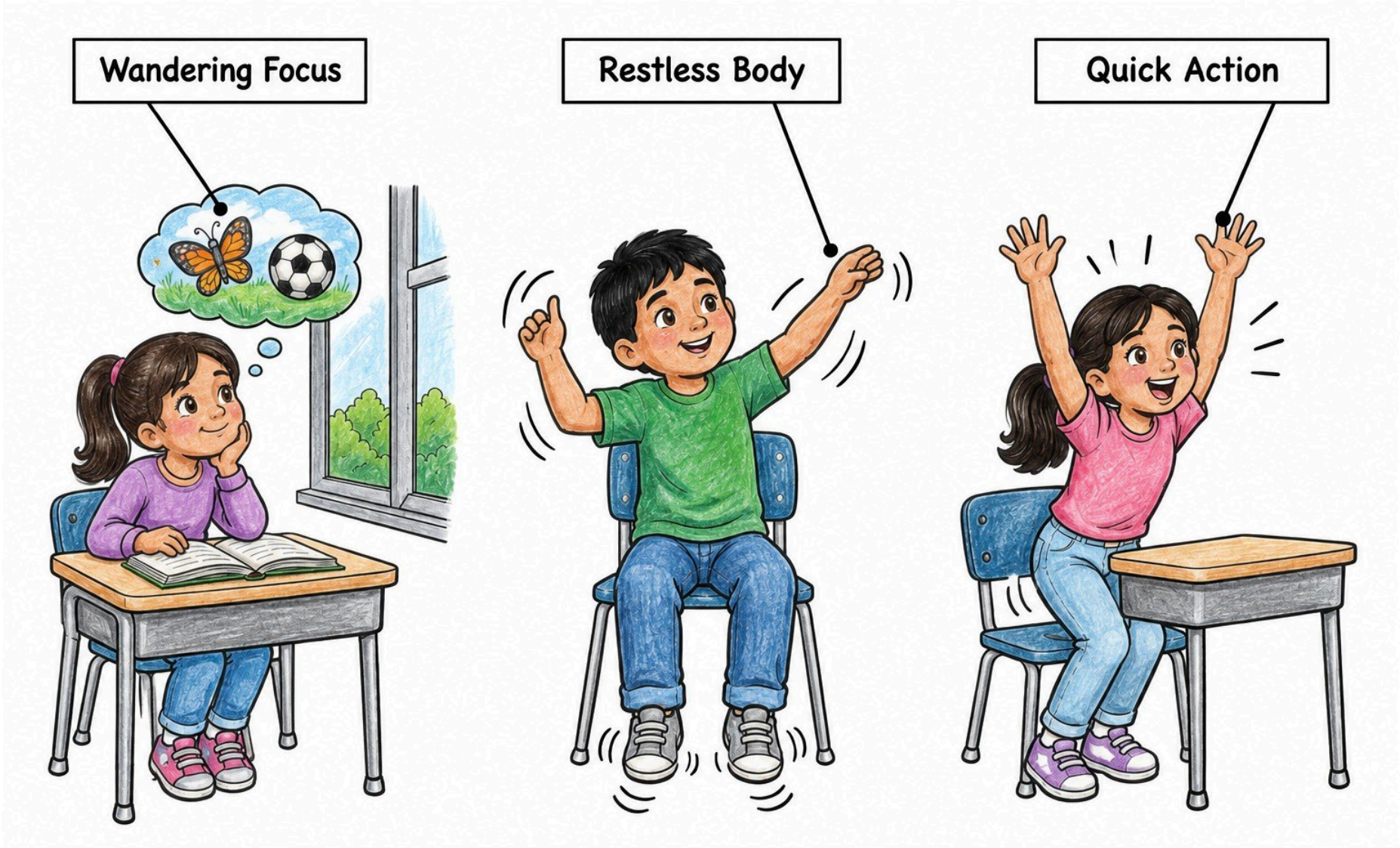


WORD BANK Quick Action • Wandering Focus • Restless Body

Three Signs of ADHD



Three Signs of ADHD



Trace the words. Then color the picture.

Name _____ Date _____

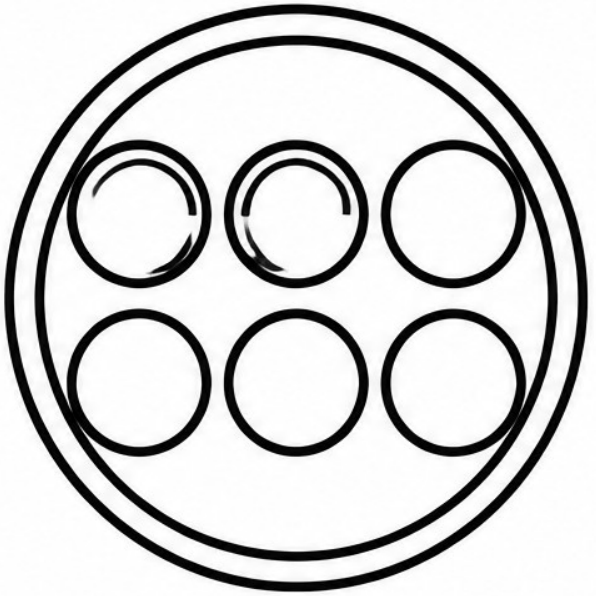
Helpful Focus Tools



Earmuffs



Timer



Fidget

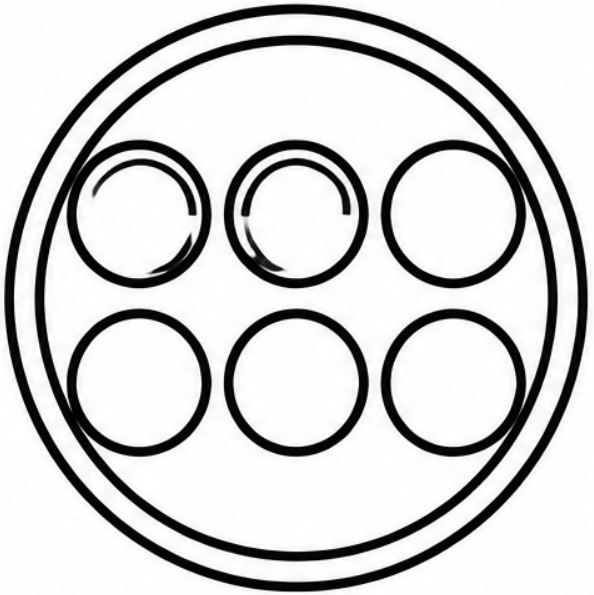
Helpful Focus Tools



Earmuffs



Timer



Fidget

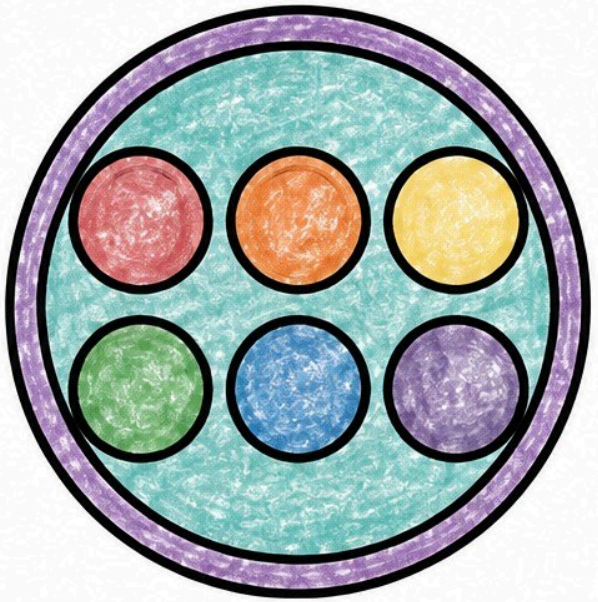
Helpful Focus Tools



Earmuffs



Timer

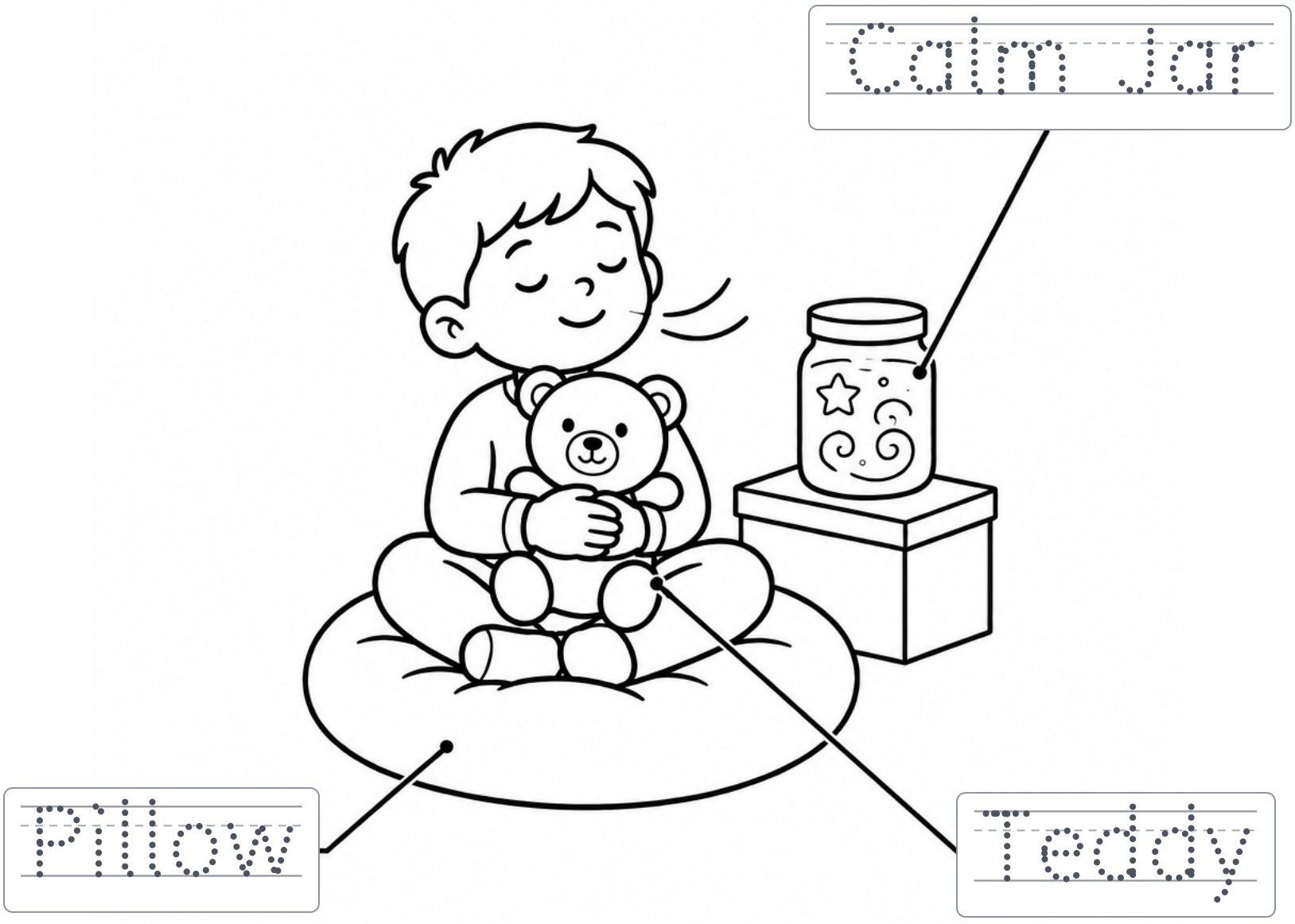


Fidget

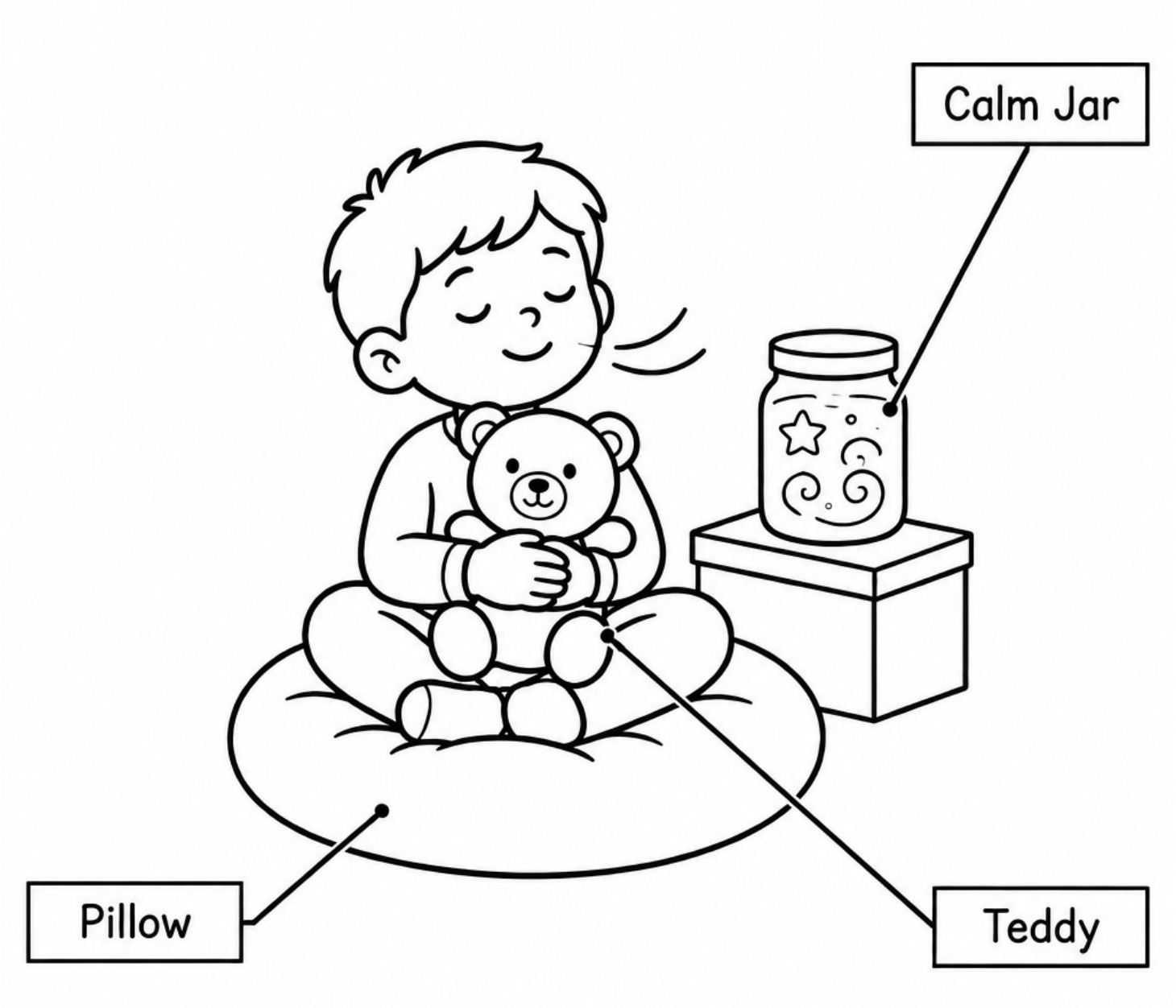
Trace the words. Then color the picture.

Name _____ Date _____

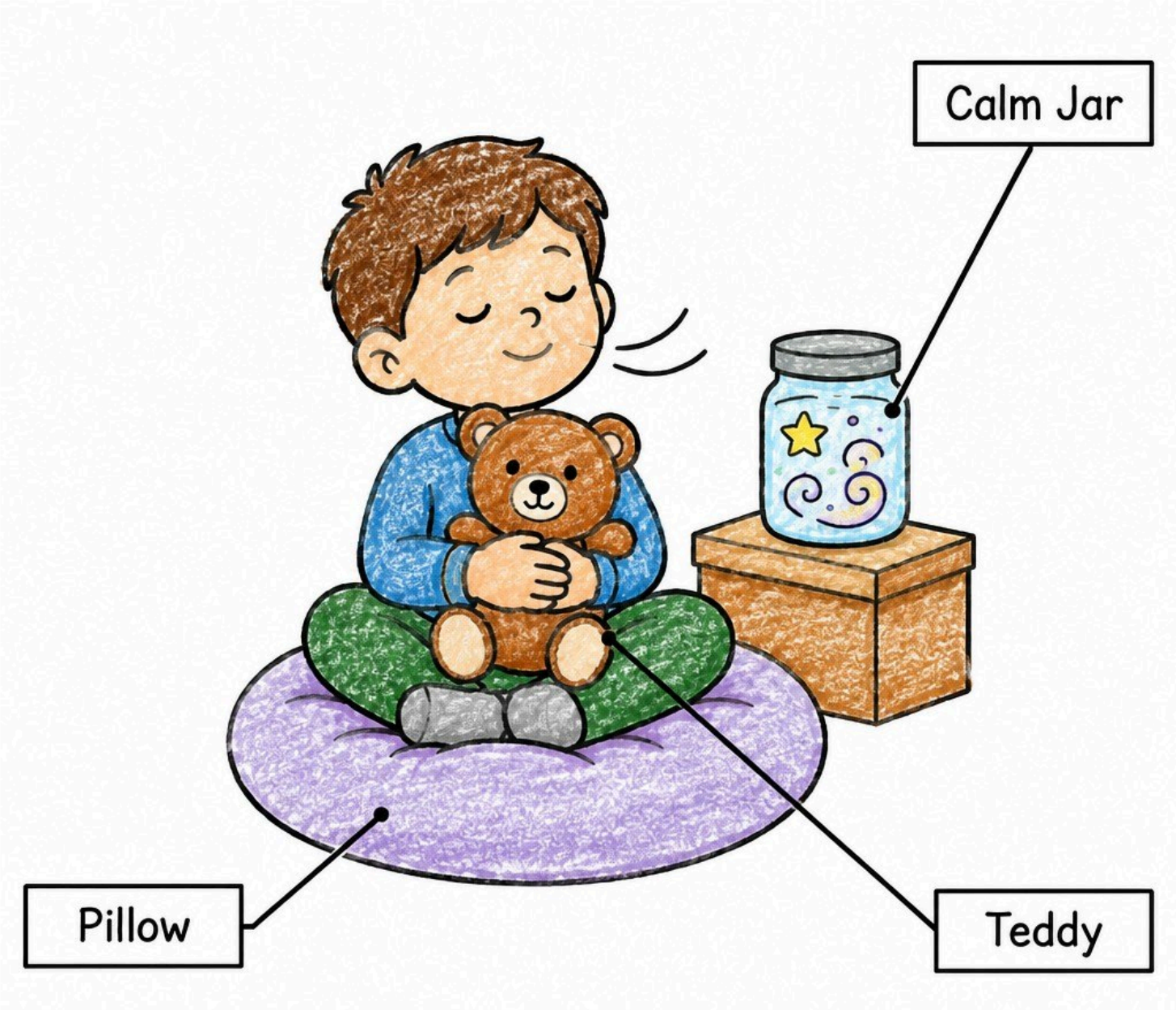
My Calm Reset Corner



My Calm Reset Corner



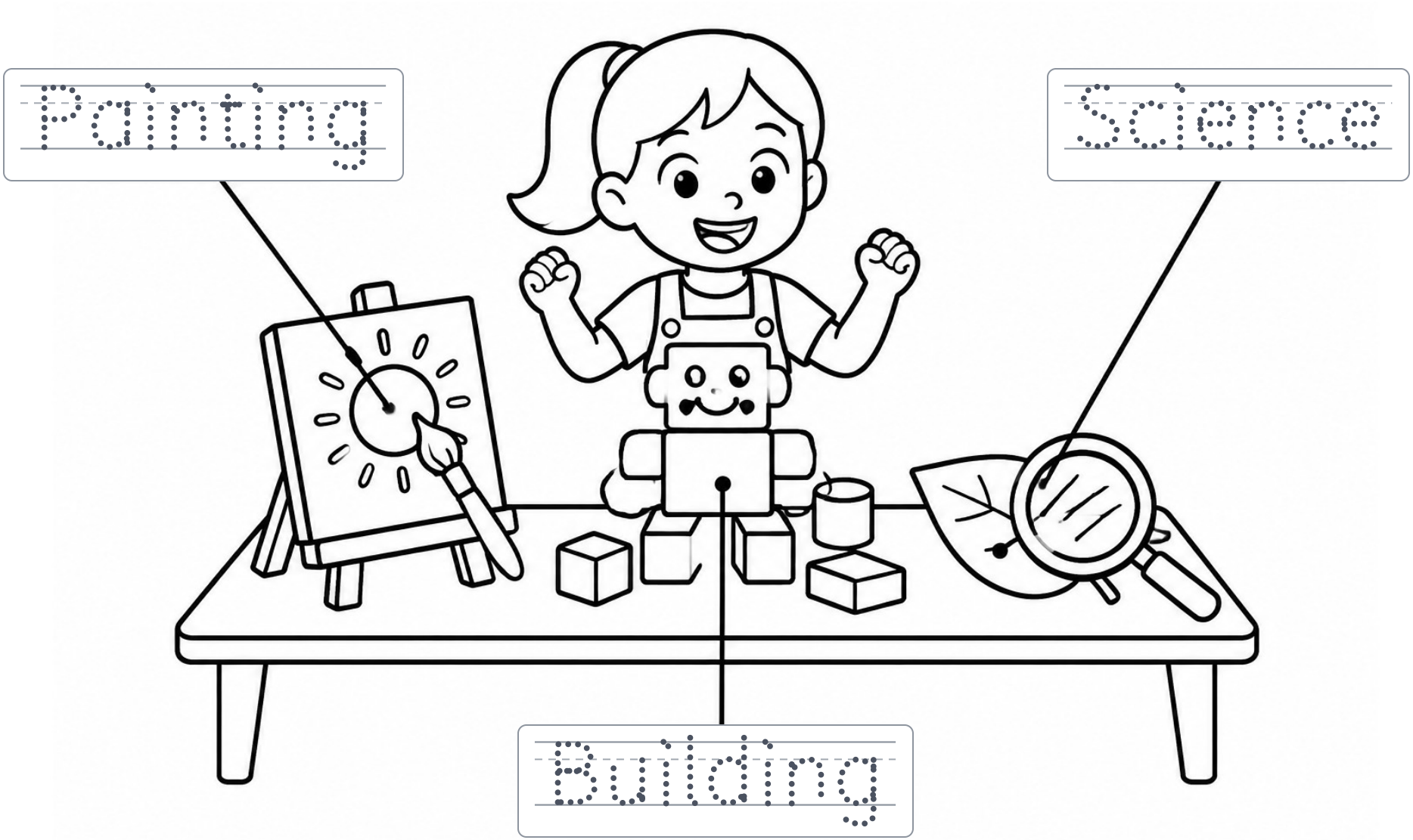
My Calm Reset Corner



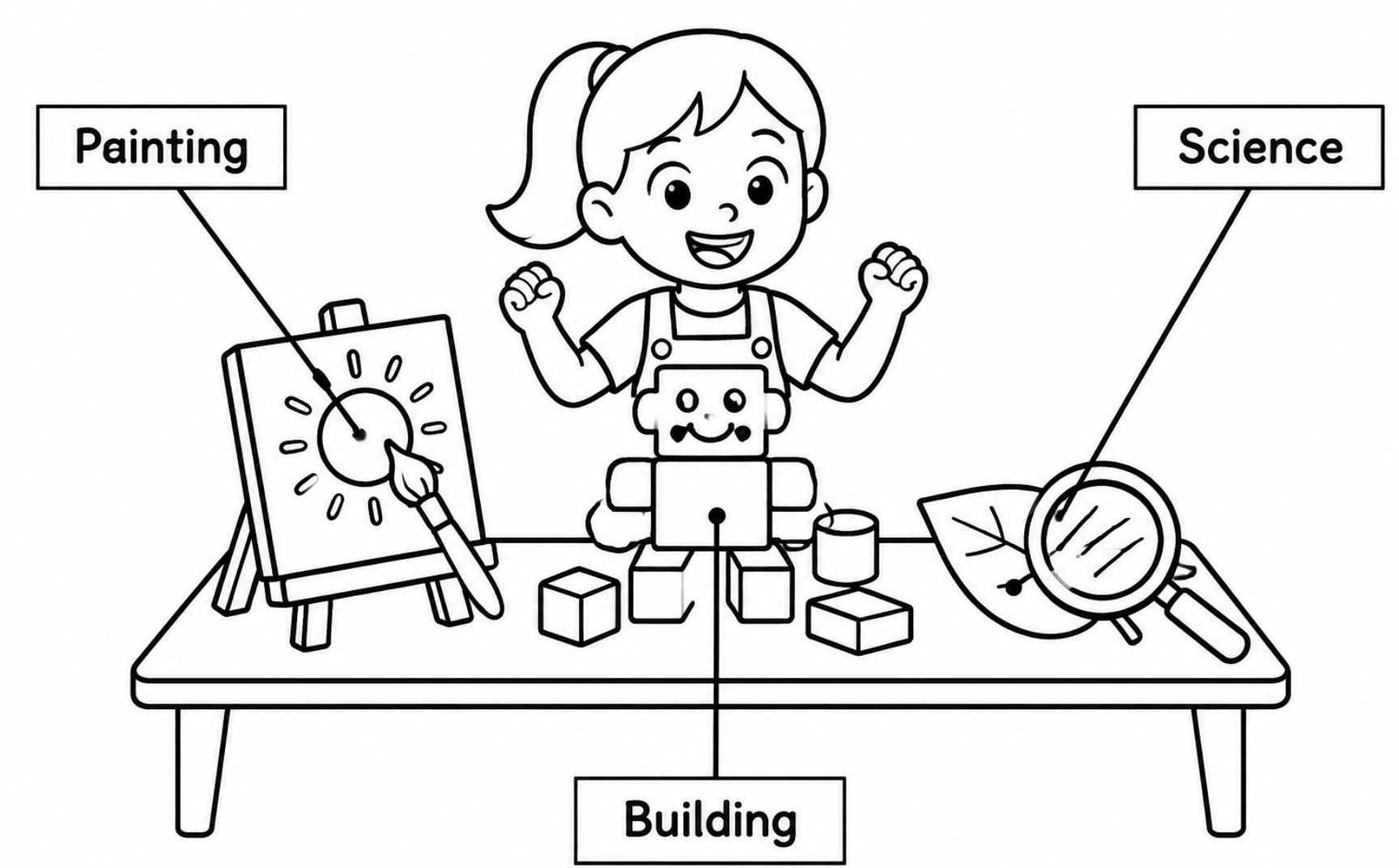
Trace the words. Then color the picture.

Name _____ Date _____

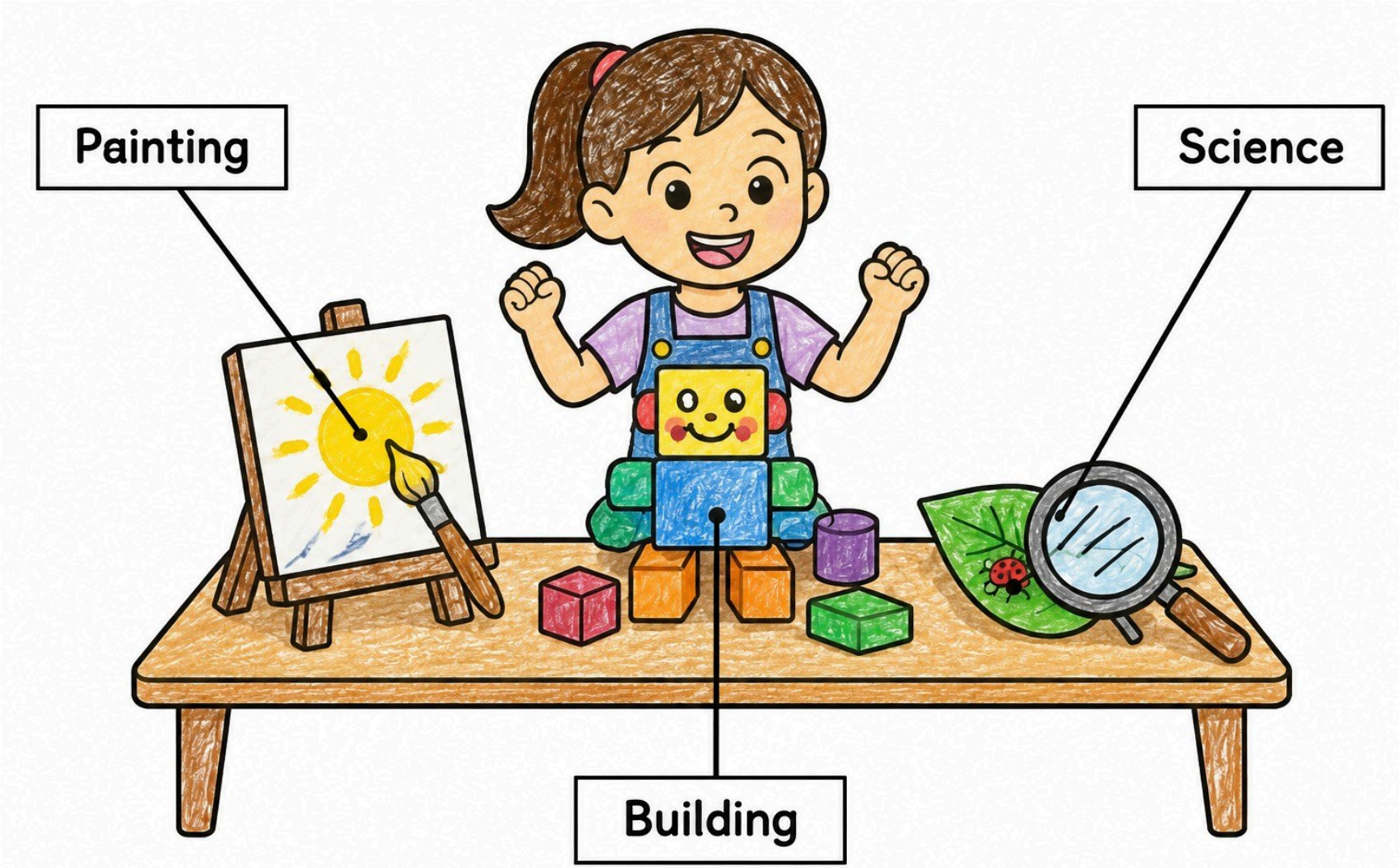
ADHD Creative Strengths



ADHD Creative Strengths



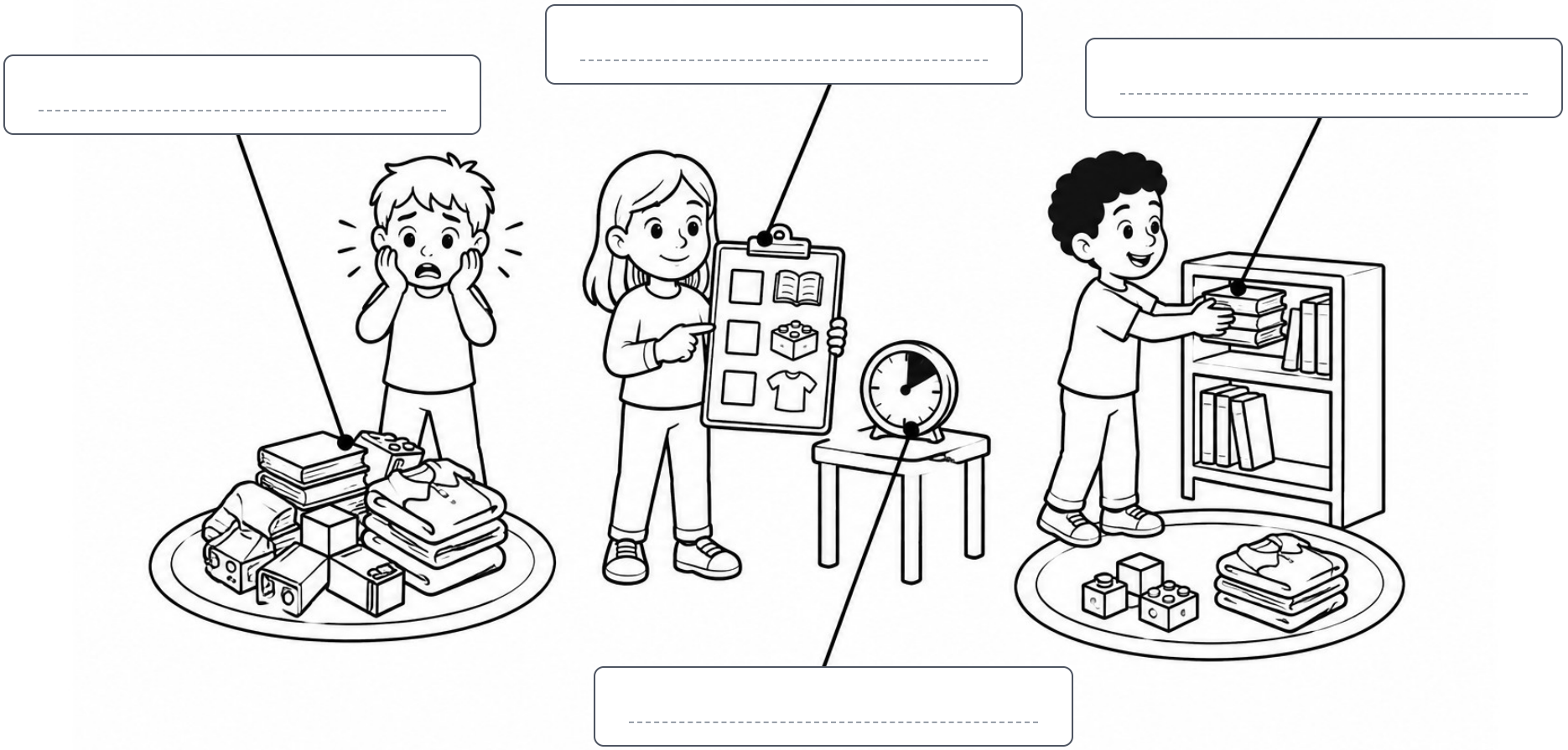
ADHD Creative Strengths



Write the missing words. Use the word bank.

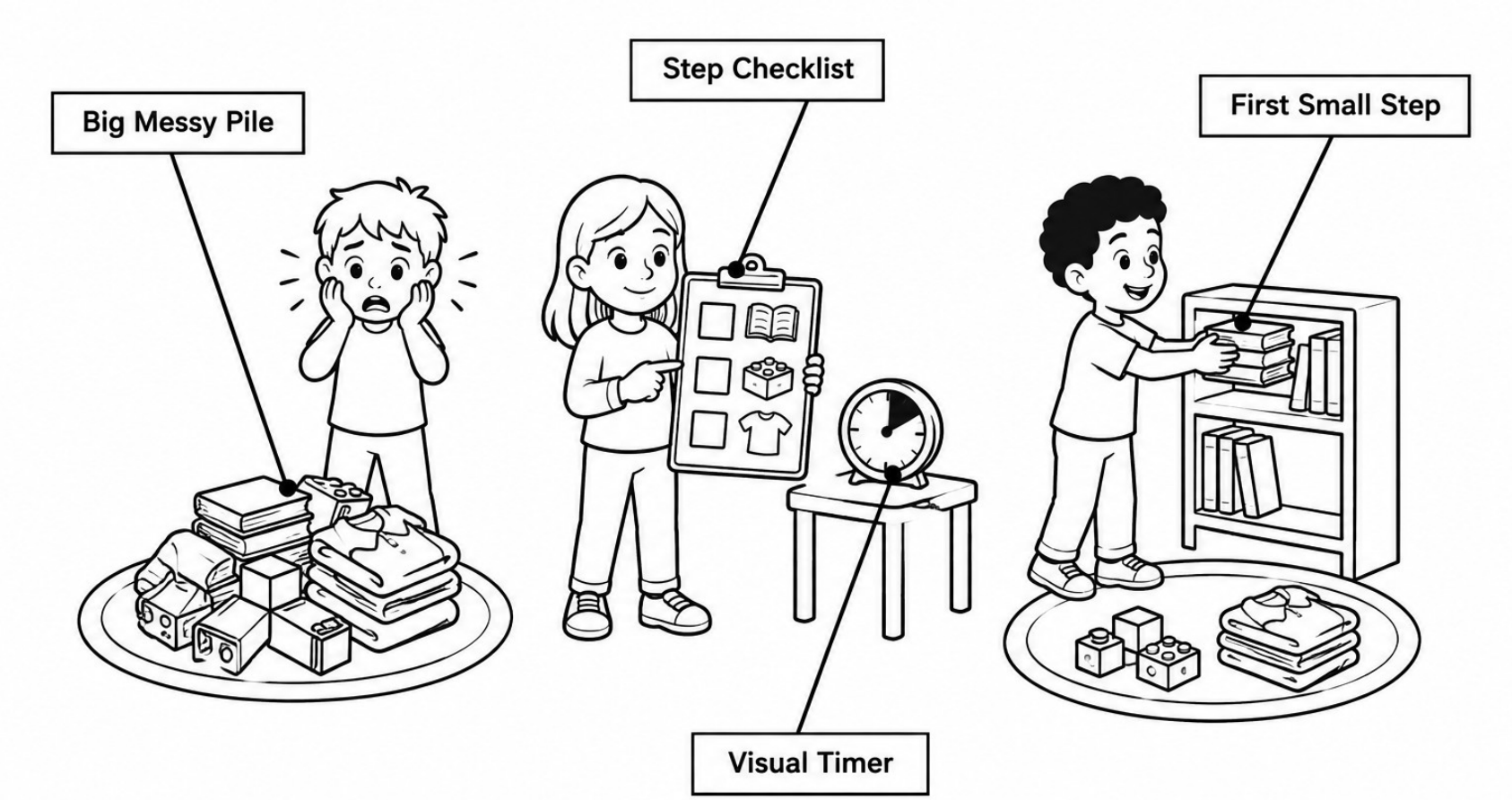
Name _____ Date _____

One Small Step at a Time

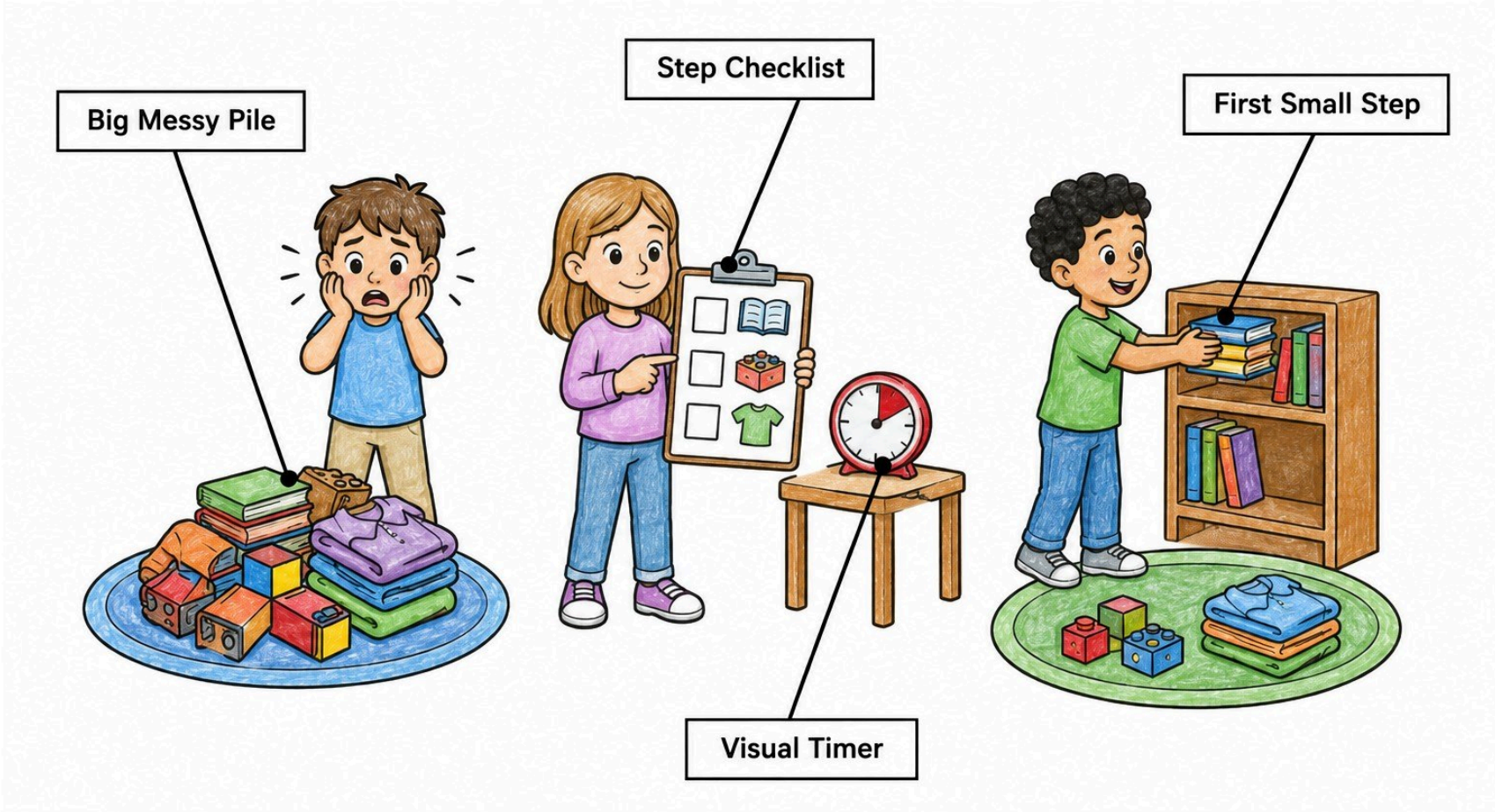


WORD BANK Step Checklist • Visual Timer • First Small Step • Big Messy Pile

One Small Step at a Time



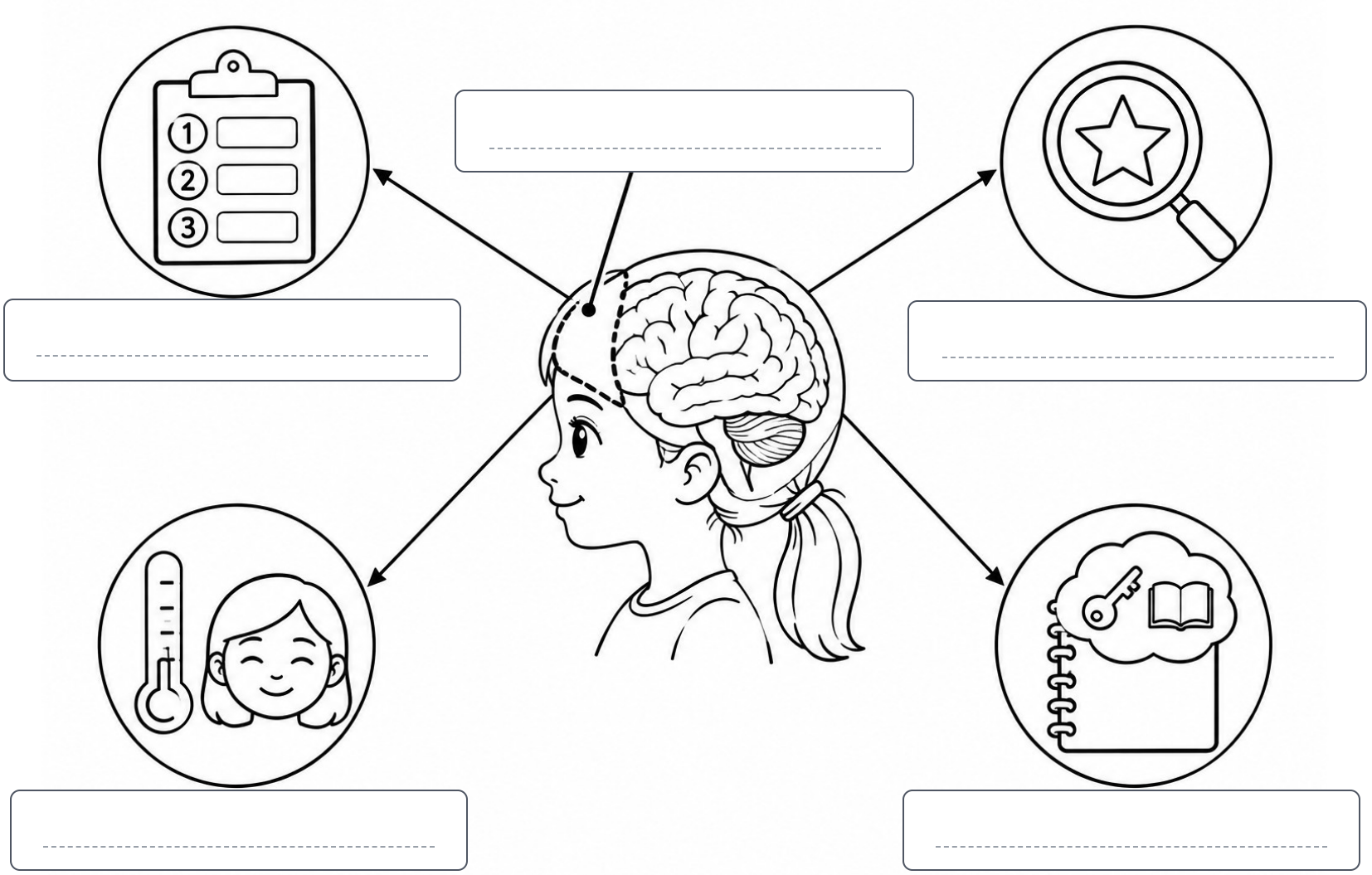
One Small Step at a Time



Write the missing words. Use the word bank.

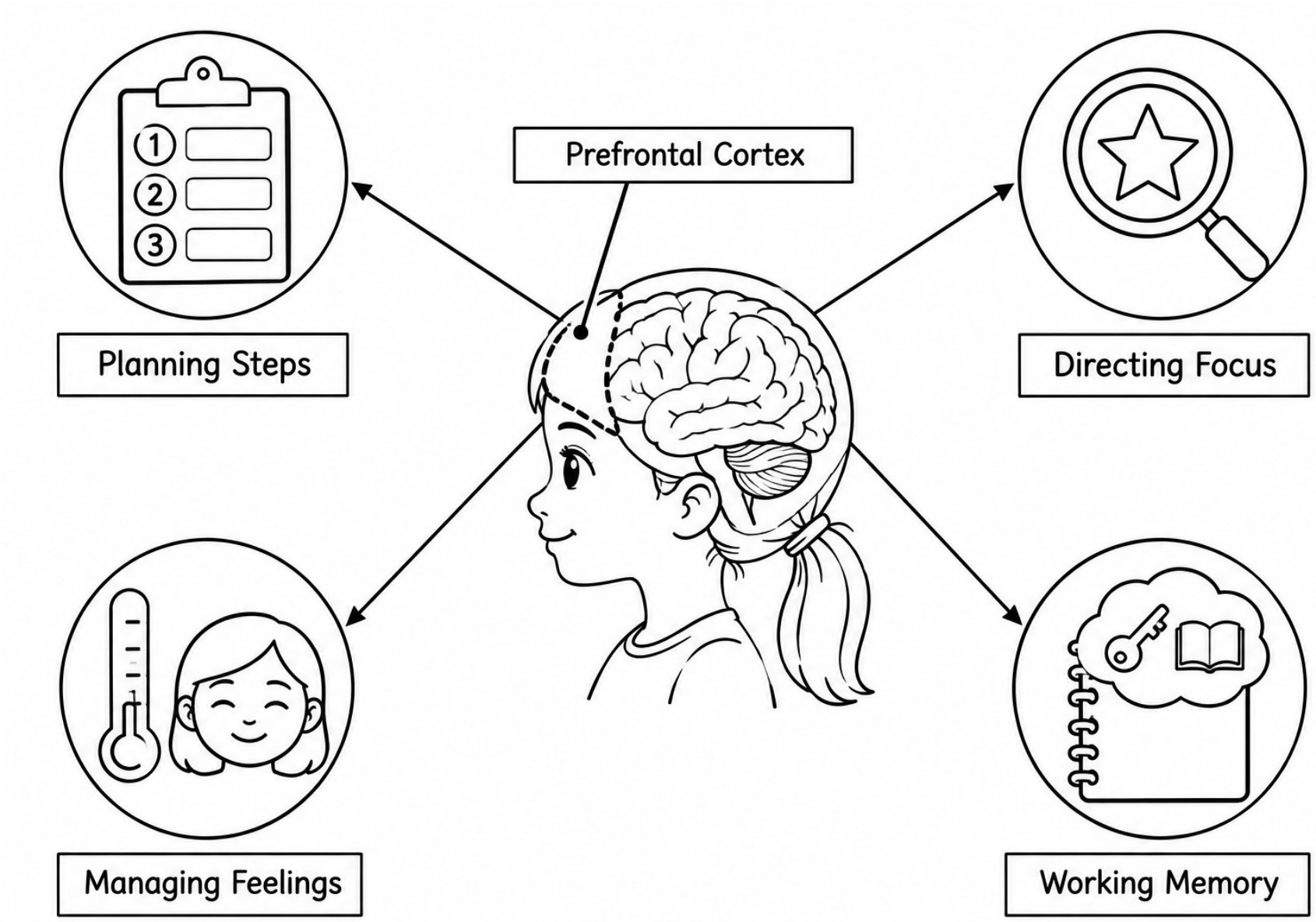
Name _____ Date _____

The Brain's Control Center



WORD BANK Prefrontal Cortex • Planning Steps • Directing Focus • Managing Feelings • Working Memory

The Brain's Control Center



The Brain's Control Center

