

The ADHD Hero Activity Book



You must be an ADHD hero like me!
Let's work together to learn more
about our ADHD.



I'm Merlin. I'm here to help
you do the activities!

Grownups: cut along the dotted line when all the activities are complete



This ADHD hero book belongs to:

.....



When you're finished, you
can share this mini-book
with family and friends



Where does ADHD come from?



Welcome! We're going to learn all about ADHD, which is a short way of saying Attention Deficit Hyperactivity Disorder. If you can find your way through this maze you can find out where ADHD comes from. If you hit a dead end, don't worry! Keep trying until you get there!

Does it come from being naughty?

Does it come from brains working differently?

Does it come from watching too much TV?



Everyone who has ADHD is unique! Use the section at the bottom to put information that is important to you.

When we're finished, a grown-up can cut the bottom part off. You can share this mini-book with your friends, family and teachers. This will help teach them about ADHD and what makes you special.



What makes you unique?
What do you like to do?

Write or draw what makes you unique and what you like to do.

I like making my friends laugh!





There's lots of good things about having ADHD. I had a list of good things but they got mixed up in this box. Let's find the right words!

E	D	N	D	W	B	U	H	W	C	P
G	V	K	U	R	P	V	Y	E	I	L
C	S	I	I	F	V	A	L	E	T	A
V	R	G	T	F	Y	U	N	Y	E	Y
S	H	E	A	A	F	P	X	L	G	F
T	I	I	A	P	N	X	H	M	R	U
B	O	A	L	T	P	I	H	E	E	L
G	X	E	N	F	I	E	G	H	N	F
C	H	C	D	D	F	V	K	A	E	O
I	G	N	I	V	O	L	E	A	M	E
T	A	L	K	A	T	I	V	E	U	I



Look through the lines to find these words:

bright energetic
 fun helpful
 playful talkative
 creative loving

They can appear in any direction!

Lots of famous people found out they had ADHD when they were young. Can you match the face to the name?

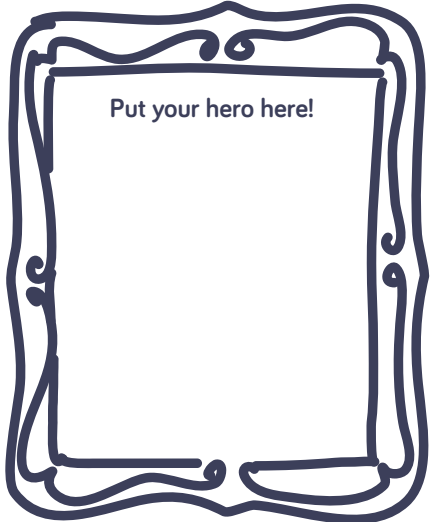


Jim Carrey

Will.i.am

Will Smith

Emma Watson



ADHD is a kind of superpower. Can you draw yourself as a superhero?



What do your superpowers look like? Can you draw yourself using your powers?



Put your powers here!

How does ADHD affect you?



We don't know what causes ADHD. Sometimes other people in your family can have it.



ADHD can mean that we face challenges. The pictures below are some things we might find hard. Circle the ones that could affect us!



Finding it hard to concentrate



Having too much energy



Speaking without thinking and interrupting people



Doing things without thinking



Feeling angry



Finding it hard to make friends



Feeling worried



Finding it hard to sleep

Add some colour to these drawings!



ADHD superheroes all face challenges. Use the space below to draw or write things you might find difficult.

Add some colour to these drawings!



Sometimes the way people speak makes us feel less happy. Then we get annoyed at our friends or family.

It's important to tell your friends, family and teachers how you feel. You might feel better with their help!



We sometimes find it hard to rest. When we get tired we notice our ADHD more. This makes it hard to sleep.

Try using up your energy with sports or hobbies. Try not to look at screens or eat sugar before bedtime though!



All superheroes need sidekicks!
Who helps you feel better when you're feeling sad?



My sister always cheers me up!

Write or draw who helps you. How do they help?

What does ADHD medication do?



Not everybody takes ADHD medication. It is up to you and your family, as well as the special doctors you see.

Here are some of the things we might notice if we do take ADHD medication.



Concentrating more at school



Not being as impulsive



Being happier than you were before



Not getting as angry

ADHD medication won't make us boring or sensible, just calmer!



Sometimes the medication can stop us feeling hungry. We've got to eat well before we take it and again when it stops working.



If it makes us feel strange, we just need to tell our family. They can help us feel better.



What I like about my ADHD medication:

.....
.....
.....



What I don't like about my ADHD medication:

.....
.....
.....

How does ADHD medication work?



Imagine a postman delivering thousands of letters all on his own. He is very busy and loses lots of letters!



The letters he loses are like the messages in the brain. Our ADHD might make us forget things, or shout without thinking.



If the postman was part of a team, they can share the letters. Now they are less likely to get lost!



This is how medication can help our ADHD. It helps the messages in our brain get where they need to be, so we will be less likely to forget things!



How many letters did I lose?

Write your answer here:



Sometimes when people give us too much to do, we forget things.

How can your friends and family help you to remember things?



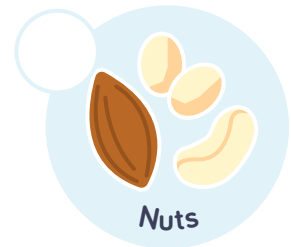
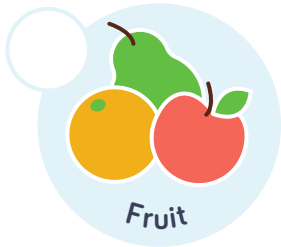
Write or draw how your family and friends can help you

How can I manage my ADHD?

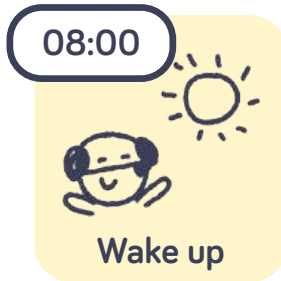
ADHD can be our superpower! Our powers work best when we eat the right foods. Let's choose what food and drink is best for us!



Psst... remember, healthy food is good for you!



Planning our day can help us focus and gives us things to look forward to. This is what I do in the morning.



Here's a space to plan your day. First add the time in the box. Then write or draw what you will do.

We've started the first one for you.



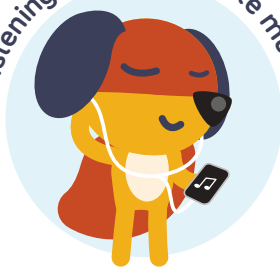
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Wake up
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
.....

Super-skills!

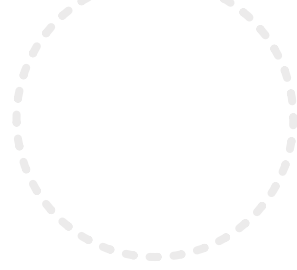
Sometimes our ADHD superpowers can make us feel angry. They can also make it hard to sleep. If we feel angry or can't sleep we may need to use super-skills!
What skills have you used before?



Listening to your favourite music



Add your own!



Slow breathing, counting to 10



Add your own!



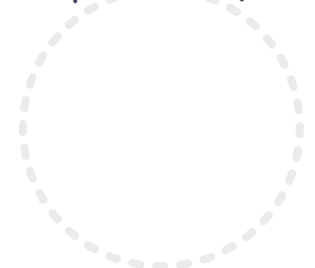
Hold something soft



Take regular breaks



Add your own!



You should always tell a grownup at home if your ADHD powers are making you feel strange. Grown-ups can help give you tips to make you feel better.

What are your favourite super-skills?
Can you draw yourself using them?



How do I help my friends learn about ADHD?



A lot of heroes find it hard to tell their friends about ADHD.
Let's look at some ways to help!

1. Try telling your friends how ADHD is like a super-power.

If my super-power gets too strong it can make me feel sad or angry. Sometimes I can't concentrate on school and learning. I can't help it though, it's my ADHD.



2. Your friends can help you too, if you teach them.

Don't worry, it's just your ADHD making you feel bad. It will get better once you control your powers!

3.

If you find it hard to make friends, try making a list of things you could talk about. This can help you get to know people. Here are some examples:

What is your name?

What school do you go to?

What subjects do you like a school?

What are your hobbies?

What are your favourite games and films?



Use this space to write some of your favourite things.

You can share this with your friends and see if they like the same things you do.

Your hobbies

Your favourite school subjects

Your favourite games

Your favourite films

How can I make school easier?



We can still do really well at school. We just need a bit more help. If we tell our teachers all about our ADHD super-power they can do more to help us!



Teachers are smart, they will understand your superpower. But everybody with ADHD is different, so you'll need to tell them how they can help you.

Don't forget super-skills! We can practice these at school to help control our ADHD.

Here is the plan I share with my teacher so that I can take a break if my ADHD is distracting me:



My plan if things get too much

- If my ADHD is getting in the way of my work, I might need:

2 minutes of break time

- During my break I can: do slow breathing

- If I manage to do my work again my reward can be: playstation time



Finish these sentences to tell your teachers how to help you at school.

If I feel **angry** I might need to Ask my teacher for help

If I feel **worried** I might need to _____

If I feel **sad** I might need to _____

If I feel **confused** I might need to _____

If I feel **tired** I might need to _____

If I feel **strange** I might need to _____

We've done the first one for you.



How will ADHD affect my future?



Let's take a look at how your ADHD can change as you get older.

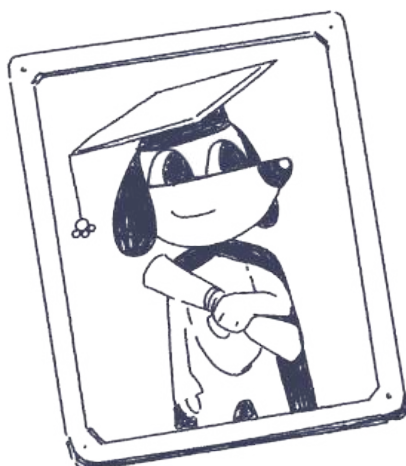
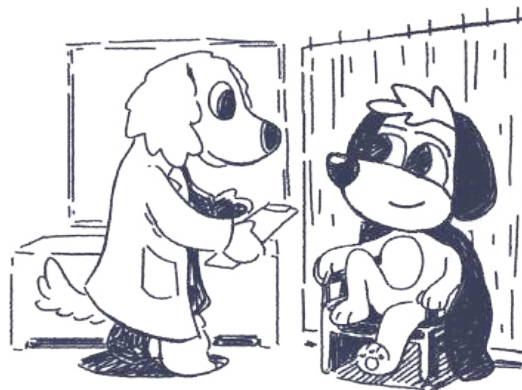
now

For now we will have regular checkups at the doctors. They need to make sure we are healthy and our medication is helping.



It's important to keep having checkups. When we get older we get better at controlling our emotions. This means our ADHD powers can get easier to control too.

teens



grown up

Anyone with ADHD can get a great job when they grown up. It will be easier if you try your best right now. Talk to grown-ups, teachers and friends. Always ask for help if you need it.

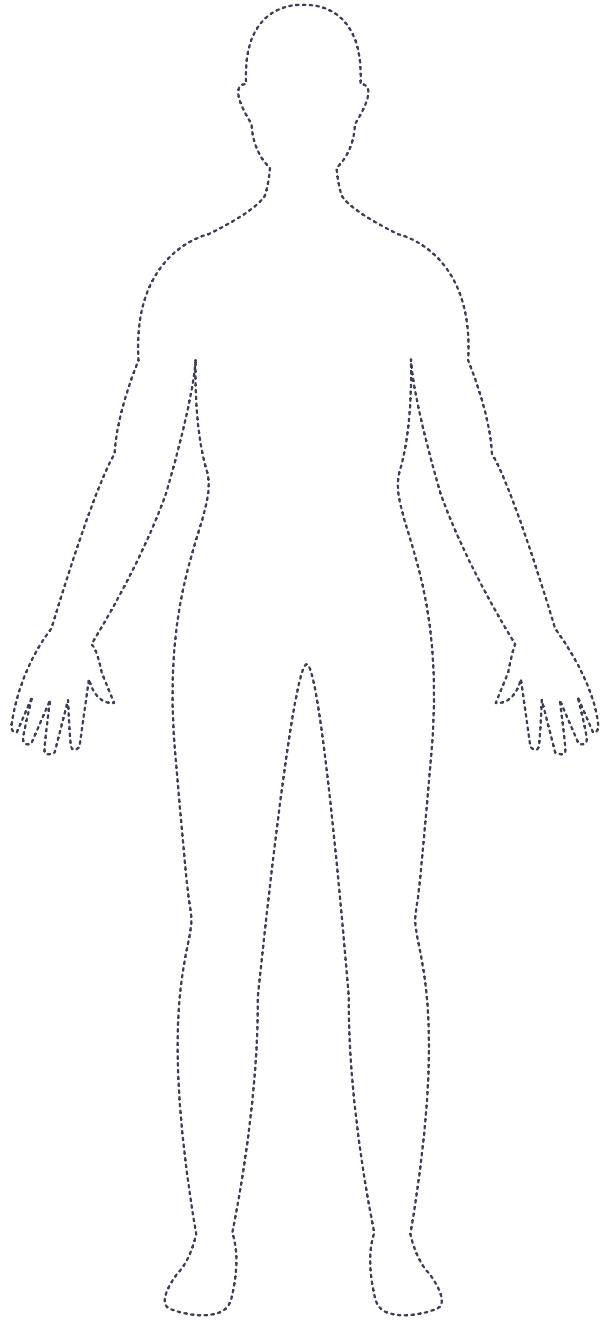


Add some colour to the drawings!



You've learned a lot about ADHD so far!
Write or draw the best things you've learned in the space below.

When you grow up



Can you make this outline look like you when you're a grown-up?

Add some accessories to show what job you want to do when you grow up!



Tell us your dream future job in the space on the right.

Use the rest of the space to show us how your ADHD powers would help you do your job.

Dream job:

How my powers can help me do this job:

A large rectangular area with a dashed border, intended for drawing or writing to show how ADHD powers would help with the dream job.

What did you learn?



Well done for getting to the end. We hope you learned lots more about your ADHD superpowers. Merlin has made a True or False Quiz to check if we've been paying attention. We can do this!

	TRUE	FALSE
1. Everyone with ADHD is hyperactive	<input type="checkbox"/>	<input type="checkbox"/>
2. Medication is the only way to manage your ADHD powers	<input type="checkbox"/>	<input type="checkbox"/>
3. People with ADHD sometimes act without thinking	<input type="checkbox"/>	<input type="checkbox"/>
4. You are more likely to have ADHD if someone in your family has it	<input type="checkbox"/>	<input type="checkbox"/>
5. ADHD comes from eating too much sugar	<input type="checkbox"/>	<input type="checkbox"/>
6. People with ADHD can still get a good job	<input type="checkbox"/>	<input type="checkbox"/>



When you finish the quiz, try testing your friends and family too. If they get the answers wrong, you can tell them the right answers!

You can check your answers to all the quizzes and puzzles on the back page!



Before you get your certificate, let's tick everything we've learned to make sure we didn't miss anything!

- | | |
|--|--|
| <input type="checkbox"/> Where does ADHD come from? | <input type="checkbox"/> How can I manage my ADHD? |
| <input type="checkbox"/> How does ADHD affect you? | <input type="checkbox"/> How can I make school easier? |
| <input type="checkbox"/> What does ADHD medication do? | <input type="checkbox"/> How do I help my friends learn about ADHD? |
| <input type="checkbox"/> How does ADHD medication work? | <input type="checkbox"/> How will ADHD affect my future? |



This certificate is for

.....

Who achieved the rank of



by completing their activity book and learning more about their ADHD powers!

Their grown-ups have agreed to reward them with:

.....



Grown-ups can now cut along the dotted line to make your mini-book.



This is a place for useful phone numbers.

Parents/Guardian name:

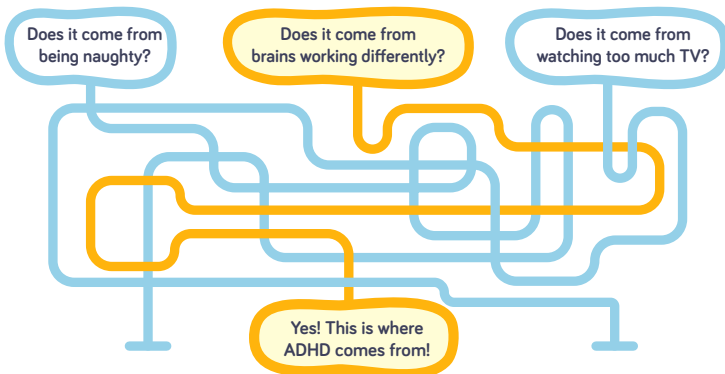
Contact number:

A grownup can help you add this information.

Parents/Guardian name:

Contact number:

Answers



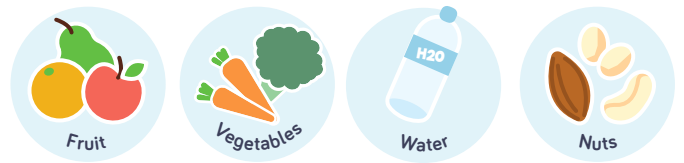
Positive things about having ADHD



Celebrities with ADHD, did you get them right?



These are the healthy food and drinks:



The postman lost 18 letters!
I hope he found them again...

Everyone with ADHD is hyperactive	FALSE	You are more likely to have ADHD if someone in your family has it	TRUE
Medication is the only way to manage your ADHD powers	FALSE	ADHD comes from eating too much sugar	FALSE
People with ADHD sometimes act without thinking	TRUE	People with ADHD can still get a good job	TRUE



These are the universities that worked together to make this book!



The University of Sheffield.



UNIVERSITY of DERBY



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