

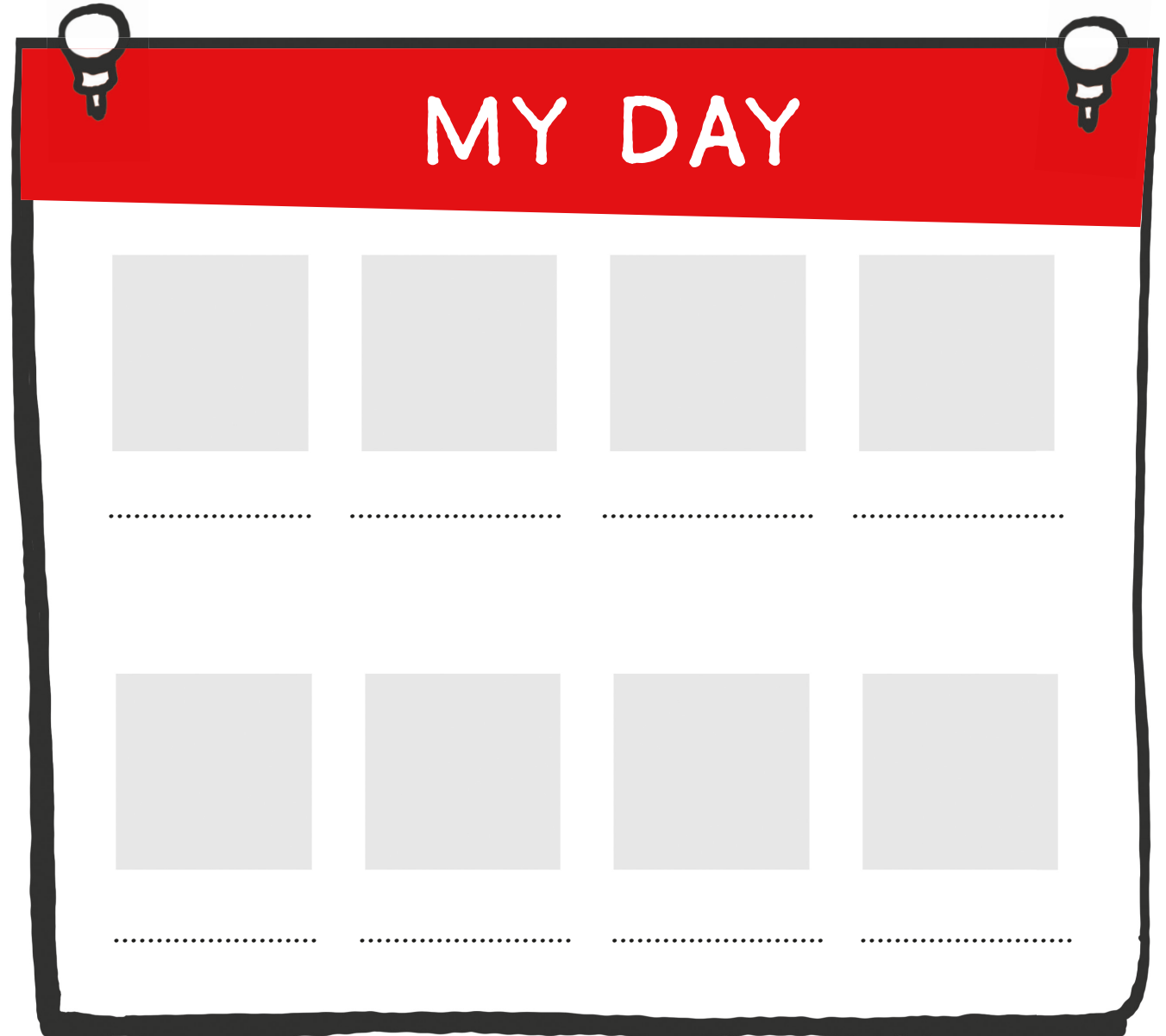


DAILY TIMETABLE

People with ADHD can find timetables with pictures or symbols really helpful to organise their day. Here is a blank template for you to create your own timetable!



Here is an example of what your timetable could look like. You could draw, paint or stick down photos of the activities you'll be doing!





THE ADHD: RAPPED UP! CREW

Below is Mr G with the pupils from ADHD: Rapped Up!
Draw yourself in the line up and add some facts about yourself!

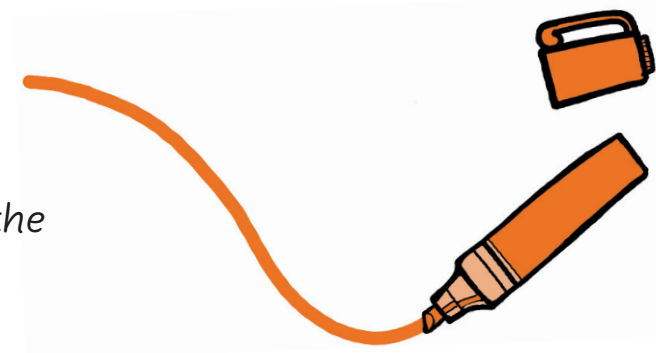




WORDSEARCH

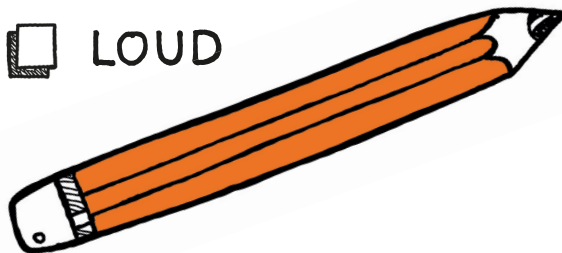
There are 10 words related to ADHD: Rapped Up! in the wordsearch below. Can you find them all?

Hint: Words can go either → or ↓



- HYPERACTIVE
- HYPERFOCUS
- PASSIONATE
- IMPULSIVE
- FORGETFUL
- BRILLIANT
- CREATIVE
- FIDGET
- UNIQUE
- LOUD

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



ADHD AND ME!

Stick a photo of yourself here!
(Or draw a self portrait)

MY NAME:

MY AGE:

MY TYPE OF ADHD:

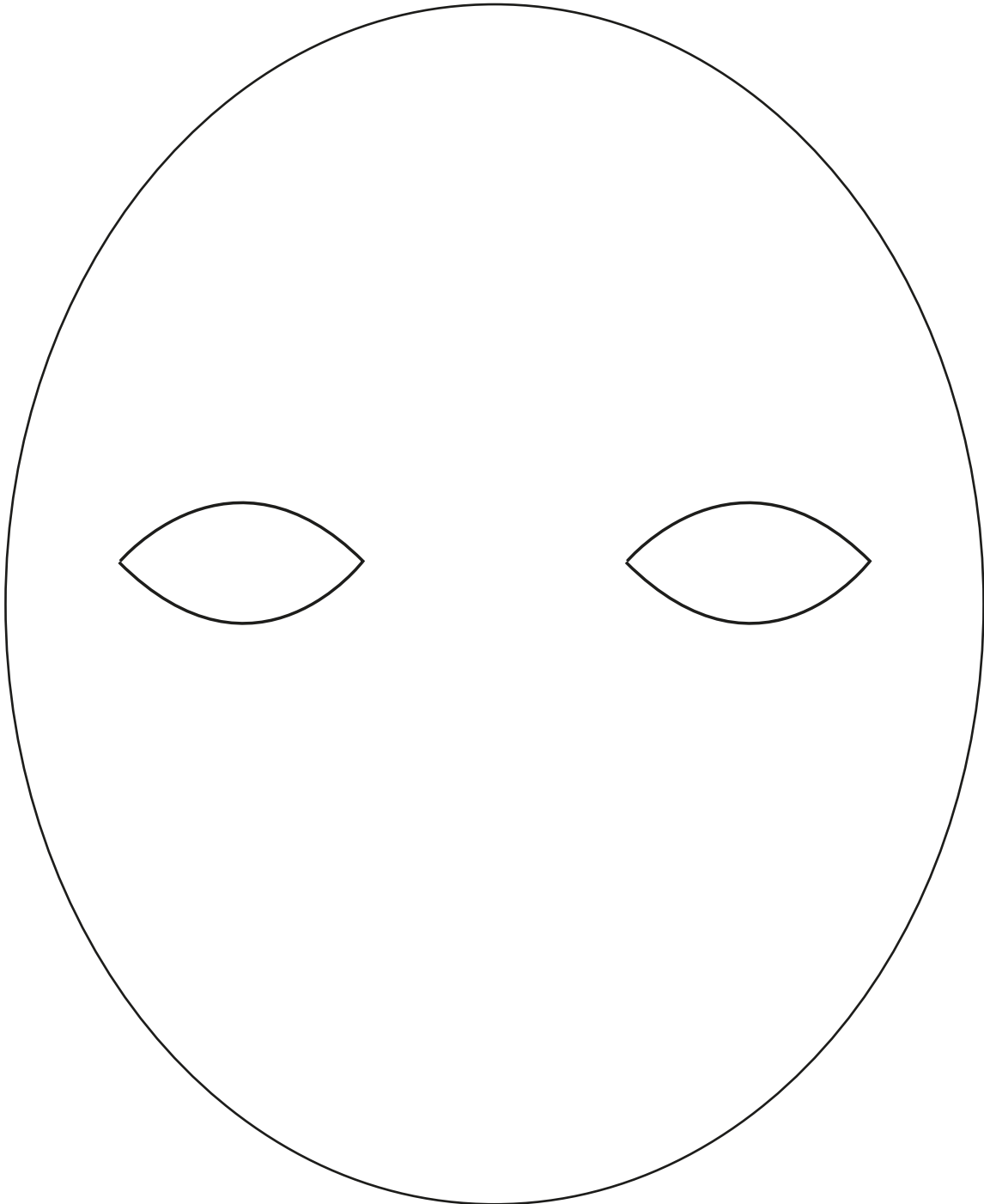
MY DREAM JOB:

MY HOBBIES:



YOUR TRUE COLOURS

Design a mask below that is all to do with your true self.
It can be a range of different doodles and words that represent you.
Unleash the REAL you!



YOU COULD INCLUDE...

YOUR HYPERFOCUS ☆ YOUR LIKES / DISLIKES ☆ YOUR HOBBIES ☆ YOUR ANGER TRIGGER ☆ YOUR STRENGTHS / AREAS TO IMPROVE ☆ YOUR MAIN STRESS RESPONSE (FIGHT, FLIGHT OR FREEZE) ☆ YOUR BEST MOVEMENT BREAK ACTIVITY



FINDING YOUR HYPERFOCUS

Hyperfocus is a special ability where you can focus and concentrate on something you are really interested in!

Can you draw and write about your Hyperfocus below?

.....

.....

.....

.....

.....

.....

.....



WORKING WITH YOUR HYPERFOCUS

Sometimes it can be tricky to follow instructions when you are in Hyperfocus mode.

Colour in the strategy boxes below and put a circle around the one which you are going to use to help to de-activate your hyperfocus.

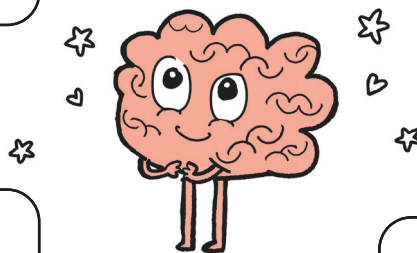
I will need 3 prompts from an adult to help process the instruction and begin de-activation mode.

I need a visual timer so I know when I need to stop Hyperfocusing to prepare my brain.

I will need a hand signal to alert me that Hyperfocus is coming to an end.

I will need access to an alternative movement activity after my hyperfocus task.

I will need a countdown from an adult to process the instruction.

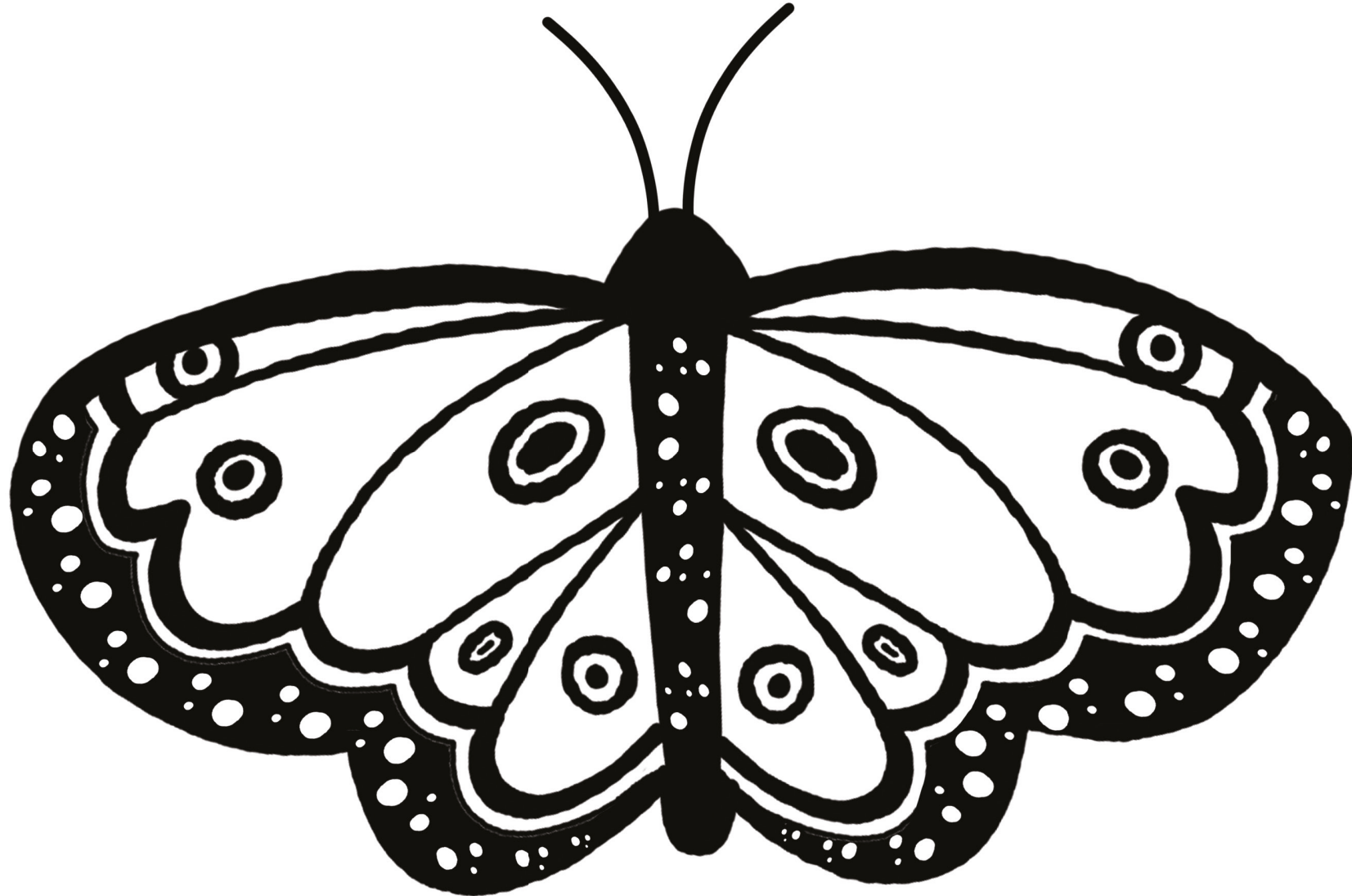


My own strategy.



MINDFULNESS COLOURING

Mindfulness colouring can also develop resilience as some people with ADHD have perfectionism and likes things done in a particular way. Colour in this butterfly below, using different colours, patterns and techniques to help build your resilience!





RESILIENCE ACTIVITY

Resilience is a key life skill. It is the ability to keep going and not give up. This activity is designed to be tricky to develop your resilience skills!

The current world record for the tallest house of cards is held by Bryan Berg, who built a 54-level structure in just 8 hours. He then knocked it over!

Sometimes you will have knockbacks in life and it is important to learn from them and to keep going!

TASK – Create a card tower using playing cards. What is the highest structure you can build? What happens when it knocks over? How can you adapt and problem solve? Demonstrate your GROWTH mindset!

