

WRITTEN BY **MR G**
(ALSO KNOWN AS JAMIE GILBERT)



Rapped
UP!



INCLUDES A
FREE
AUDIOBOOK AND
MOVEMENT BREAK
(QR CODE INSIDE)

ILLUSTRATIONS BY
MATTHEW ELLERO





CREATIVE

HUMOROUS

ENERGETIC

HYPERFOCUS

IMAGINATIVE

PASSIONATE

HONEST

AUTHENTIC

**GREAT
PROBLEM
SOLVING**

RESILIENCE

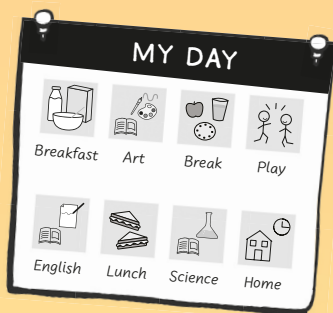
AMBITIOUS

SPONTANEITY

ROUTINES/EXPECTATIONS

Routines can be important!
Did you know –

Having a visual timetable
can help you find your flow.

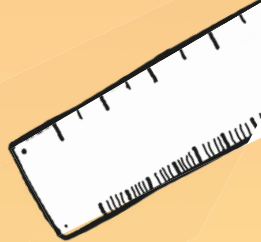
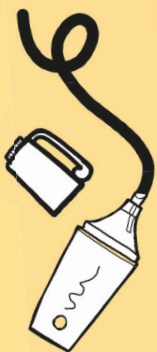


When you **KNOW** what
is happening next,
You can **prepare** yourself
to be your very **best**.

Organisation can be tricky
for someone with **ADHD**,

But having a routine
can make you see
What equipment you may need
In each lesson, so you can succeed.

Knowing **expectations**
and
BOUNDARIES is a must
So you can live your day
in safety and trust.



MASKING ADHD



ADHD is such a **unique** brain,

People with ADHD may not present the same.

Some can blend in and try to **MASK**,

Whereas others constantly appear to be off task.

People who mask can appear in the **zone**,

Then it all comes out when they get home.

They can smile, nod in class and look completely fine,

When deep inside they're not having the best time.

They never ask for help but may FORGET the task,



Then will copy others, putting on their mask.

They just want to be the **same** as everybody else,

Yet it is **EXHAUSTING** and can build up stress.

So if you let all your **emotions** out at home,

You're not the only one, **you're not alone**.

Often home is your **SAFE SPACE**, Your complete **comfort** and base.

All your **energy** is used up at school, Trying to blend in to appear cool.

Learning to use your words is a **MUST**, With an adult who you **deeply trust**.



ANGER MANAGEMENT

ANGER can really get into your head.

You can feel it in your veins,
you can even turn RED.

ADHD can make anger
more INTENSE,



You may not be thinking
or making sense.

Before you do something
really abrupt,

Think of a VOLCANO
about to erupt.



Like burning lava inside
you, ready to explode.



Sometimes you need to take
a different road.

Going to a SAFE PLACE
is a really good way

To tell your body to chill.
It's got somewhere to stay

And have a little break,

Long enough to get rid of the anger ache.



Try to learn from your anger
so you can prepare

To look after yourself
and promote SELF-CARE.

