

My ADHD Discovery Pack

A guide for learning about how my brain works.

Everyone's brain works differently. This pack helps me learn about my ADHD brain — what helps me focus, what keeps me calm, and what makes me feel proud of who I am.

ADHD means my brain is full of ideas and energy. Sometimes it's busy, fast, or full of thoughts. I might find it harder to focus on some things, but easier to focus on things I love.

I might:

- Think quickly or get lots of ideas at once
- Move, fidget, or talk a lot when I'm excited
- Forget things sometimes
- Be creative and notice new possibilities

My ADHD is part of who I am — it helps me learn and do things in my own way.

About Me

My name is: _____

I am ____ years old.

Things I like doing: _____

People who help me: _____

Things that make me feel calm: _____

My Strengths

Everyone has strengths. These are some of mine:

Things I'm good at	Things I enjoy
Things that are tricky but I keep trying	Things I'm learning about myself

My Focus and Energy

Sometimes it's easy to focus, and sometimes my brain wants to do lots of things at once. These boxes help me notice what helps or makes it harder to focus.

Things that help me focus or listen	Things that make it harder to focus

My Feelings and Movement

My body and brain are connected. When I move, it can help me feel calm or ready to learn.

I feel calm when: _____

I feel full of energy when: _____

Moving helps me when: _____

I can take breaks by: _____

My Senses

My body and brain notice things through my senses. I can write or draw what I like, don't like, and what helps me.

Sight:

I like: _____

I don't like: _____

It helps me when: _____

Sound:

I like: _____

I don't like: _____

It helps me when: _____

Touch:

I like: _____

I don't like: _____

It helps me when: _____

Smell:

I like: _____

I don't like: _____

It helps me when: _____

Taste:

I like: _____

I don't like: _____

It helps me when: _____

Movement:

I like: _____

I don't like: _____

It helps me when: _____

How I Communicate and Learn

I learn and share ideas in my own way.

I learn best when: _____

It helps me when people: _____

When I need help, I can: _____

What Helps Me

These things help me stay calm, focused, and happy.

At home, it helps when: _____

At school, it helps when: _____

When I feel worried, I can: _____

People can support me by: _____

My Reflections

This space is for me to draw or write things I've noticed or learned about myself.