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.
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?

Yes! This is where ADHD comes from!

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

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!

Look through the lines to find these words:

- bright
- energetic
- fun
- helpful
- playful
- talkative
- creative
- loving

They can appear in any direction!

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 hero here!

Put your powers here!

Energetic
Clever
Funny
Creative

Jim Carrey
Will.i.am
Will Smith
Emma Watson
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.
All superheroes need sidekicks!
Who helps you feel better when you're feeling sad?

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!

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.

- Not getting as angry
- Not being as impulsive
- Being happier than you were before
- Concentrating more at school

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.

08:00
Wake up

08:30
Put on cape

09:00
Brush teeth

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.
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!
- Hold something soft
- Add your own!
- Slow breathing, counting to 10
- Add your own!
- 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:

<table>
<thead>
<tr>
<th>What is your name?</th>
</tr>
</thead>
<tbody>
<tr>
<td>What school do you go to?</td>
</tr>
<tr>
<td>What subjects do you like a school?</td>
</tr>
<tr>
<td>What are your hobbies?</td>
</tr>
<tr>
<td>What are your favourite games and films?</td>
</tr>
</tbody>
</table>

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.
How can I make school easier?

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.

Teens

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.

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!

Dream job: ________________________________

How my powers can help me do this job:

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.
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!

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

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!

- Where does ADHD come from?
- How does ADHD affect you?
- What does ADHD medication do?
- How does ADHD medication work?
- How can I manage my ADHD?
- How can I make school easier?
- How do I help my friends learn about ADHD?
- 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:

Parents/Guardian name: ..................................................

Contact number: ..........................................................

Parents/Guardian name: ..................................................

Contact number: ..........................................................

Grown-ups can now cut along the dotted line to make your mini-book.
Yes! This is where ADHD comes from!

Does it come from being naughty? Does it come from brains working differently? Does it come from watching too much TV?

Answers

Yes! This is where ADHD comes from!

Celebrities with ADHD, did you get them right?

Energetic Clever Funny Creative

Will Smith Emma Watson Jim Carrey Will.i.am

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

These are the healthy food and drinks:

- Fruit
- Vegetables
- Water
- Nuts

Everyone with ADHD is hyperactive FALSE

Medication is the only way to manage your ADHD powers FALSE

People with ADHD sometimes act without thinking TRUE

You are more likely to have ADHD if someone in your family has it TRUE

ADHD comes from eating too much sugar FALSE

People with ADHD can still get a good job TRUE

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