

ADHD Skills Workbook for Adolescents

Practical ways to start tasks, manage time, and ask for support. For ages approximately 13 to 17.

Name: _____ Date started: _____

Use one page at a time. Choose tools that fit you and skip those that do not. This workbook supports reflection and skill practice; it cannot diagnose ADHD or replace individualized medical care.

My ADHD profile

ADHD can affect attention, task starting, working memory, time, emotions, and impulse control. Your experiences and strengths are individual.

Strengths or interests	What feels hard right now	Support I already use
_____	_____	_____
_____	_____	_____

The knowing doing gap

Knowing what to do does not always make starting easy. Find the smallest visible action and make it easy to begin.

Task	First two minute action	Start cue
_____	_____	_____
_____	_____	_____



My time awareness plan

Activity	My estimate	Actual time	What I learned
_____	_____	_____	_____
_____	_____	_____	_____

A reminder, timer, or calendar cue I can use:

An assignment broken down

Small step	When I will try it	Help I may need
Open instructions	_____	_____
Find materials	_____	_____
Work on one part	_____	_____
Review and submit	_____	_____

Digital distraction experiment

When I need focus, I can test one change, such as silencing alerts, putting my phone farther away, or using a planned check-in time.

My one change:



Emotion and pause plan

Early sign	Pause I can take	Words I can use
_____	_____	_____
_____	_____	_____

Example: “I want to answer, but I need ten minutes to think.”

School advocacy

A challenge	A support I could ask for	Who I can ask
_____	_____	_____
_____	_____	_____

Possible supports include clear written instructions, planned check-ins, a quiet place, and help breaking down assignments.



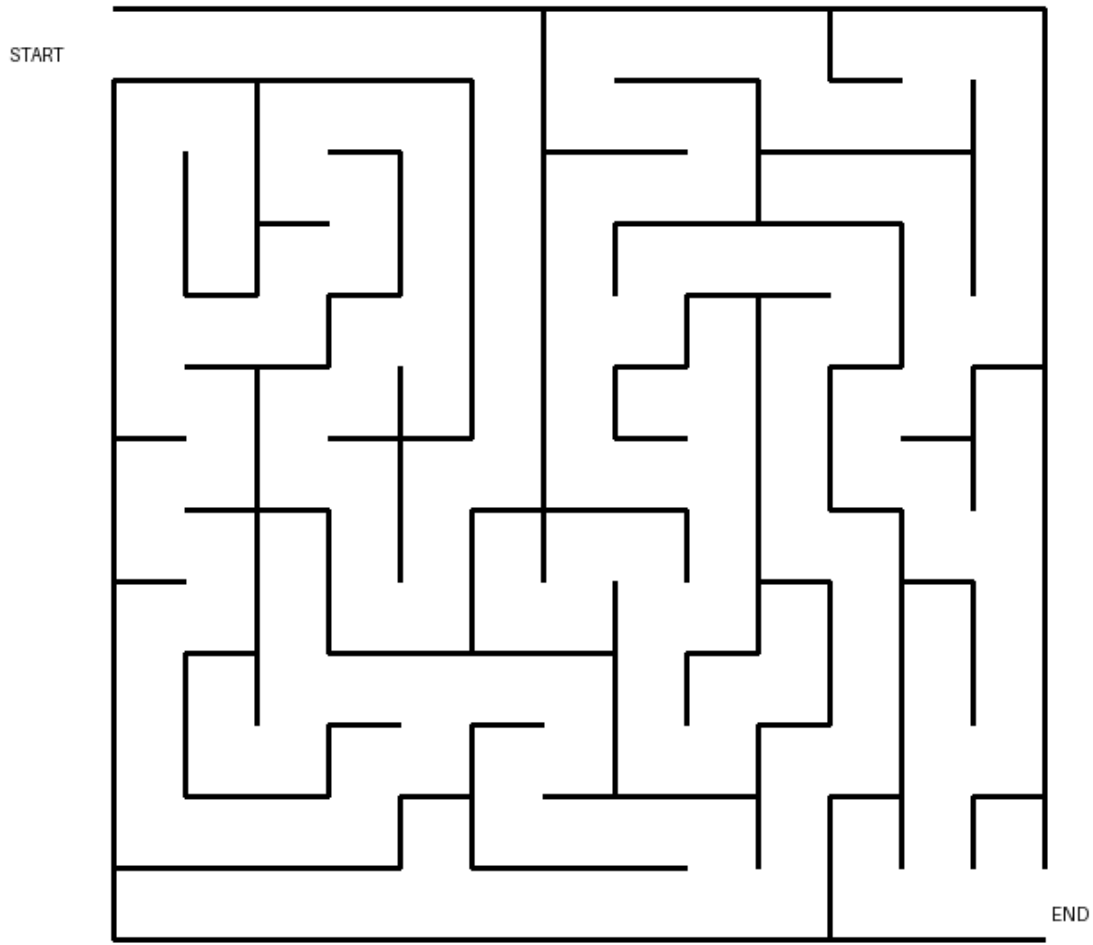
Color a study space

Use this page for a quiet break or to notice which objects help you focus.



Maze through one step at a time

Trace a route from START to END at your own pace.



Seven day experiment

Choose one support, test it for a week, and adjust based on what actually helped.

The support I will try:

Day	Did I try it?	What happened?
Mon	☐	
Tue	☐	
Wed	☐	
Thu	☐	
Fri	☐	
Sat	☐	
Sun	☐	



Focus break word search

An optional pause, not a test. Find the words in straight lines; they may go forward or backward.

FOCUS • PAUSE • PLAN • REST • SUPPORT • START • TIME • BREAK • REMINDER

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



Thirty optional journal prompts

Use the prompts in any order and at your own pace. A short answer, drawing, or conversation counts.



Journal prompts 1 to 5

Day 1 What are three strengths you have that matter to you?

Day 2 Which ADHD-related challenge affects your life most right now: focus, task initiation, organization, time, emotions, impulsivity, sleep, or something else?

Day 3 Describe what a “good ADHD day” looks like for you.

Day 4 What is one task you have been avoiding? What makes it hard to begin?

Day 5 Write the smallest possible first step for that task.



Journal prompts 6 to 10

Day 6 When during the day do you tend to focus best? What conditions help?

Day 7 What distracts you most when you are trying to study or complete a task?

Day 8 Choose one distraction-reduction strategy to try this week.

Day 9 How does your phone, gaming, social media, or messaging affect your attention, mood, and sleep?

Day 10 What is one boundary with technology that might help you this week?



Journal prompts 11 to 15

Day 11 What does overwhelm feel like in your body?

Day 12 What are your early warning signs that you need a break?

Day 13 Write a sentence you can use when you need time to calm down.

Day 14 What is one recent situation where you acted or spoke quickly? What might help you pause next time?

Day 15 What makes you feel motivated?



Journal prompts 16 to 20

Day 16 What is one goal that matters to you, separate from what others expect?

Day 17 What support at school would make learning easier?

Day 18 Who could help you ask for that support?

Day 19 What is one reminder system that works best for you?

Day 20 What do you wish family members, teachers, or friends understood about ADHD?



Journal prompts 21 to 25

Day 21 How does ADHD affect your relationships or communication?

Day 22 Write one clear request you could make to someone you trust.

Day 23 What helps you recover after a difficult school day, social situation, or conflict?

Day 24 How has sleep affected your attention, energy, or mood this week?

Day 25 What health habit would make your day more manageable: food, water, movement, medication routine, sleep, or time outside?



Journal prompts 26 to 30

Day 26 What is one accomplishment from this month, even if it feels small?

Day 27 What did not work this month? What can you learn from it without blaming yourself?

Day 28 What strategy do you want to keep using?

Day 29 What support do you need next month?

Day 30 Finish this sentence:



Review and support

One strategy that helped me:

One thing I want to change or ask for help with:

If school, sleep, mood, or safety concerns are becoming difficult to manage, talk with a trusted adult or healthcare professional. Your voice matters in treatment decisions.

