

My ADHD Skills Workbook

Tools for focus, feelings, routines, and asking for help. For ages approximately 6 to 12.

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 brain and my strengths

ADHD can make it hard to wait, remember steps, start a task, or notice time. It can also come with curiosity, creativity, energy, and strong interests. Everyone has their own mix.

Three things I like about myself:

Attention detective

When I focus more easily	What helps
A favorite activity	_____
A school task	_____
With another person	_____

One thing I can try before a hard task:



Stop Think Choose

When I want to act quickly: STOP and take a breath. THINK about two choices. CHOOSE a safe next step. I can ask for help at any point.

A tricky moment	Choice one	Choice two
_____	_____	_____

A choice I want to practice:

Big feelings plan

My body clue	What I can try	Who can help
_____	_____	_____
_____	_____	_____

I can say: "My feelings are getting big. Can we pause together?"



My morning path

Step	Done
Get dressed	☐
Eat or drink something	☐
Check backpack	☐
One step I choose	☐

Homework starter

Task	First tiny step	A break I can take
_____	_____	_____
_____	_____	_____

My support team

Person	How they can help
_____	_____
_____	_____



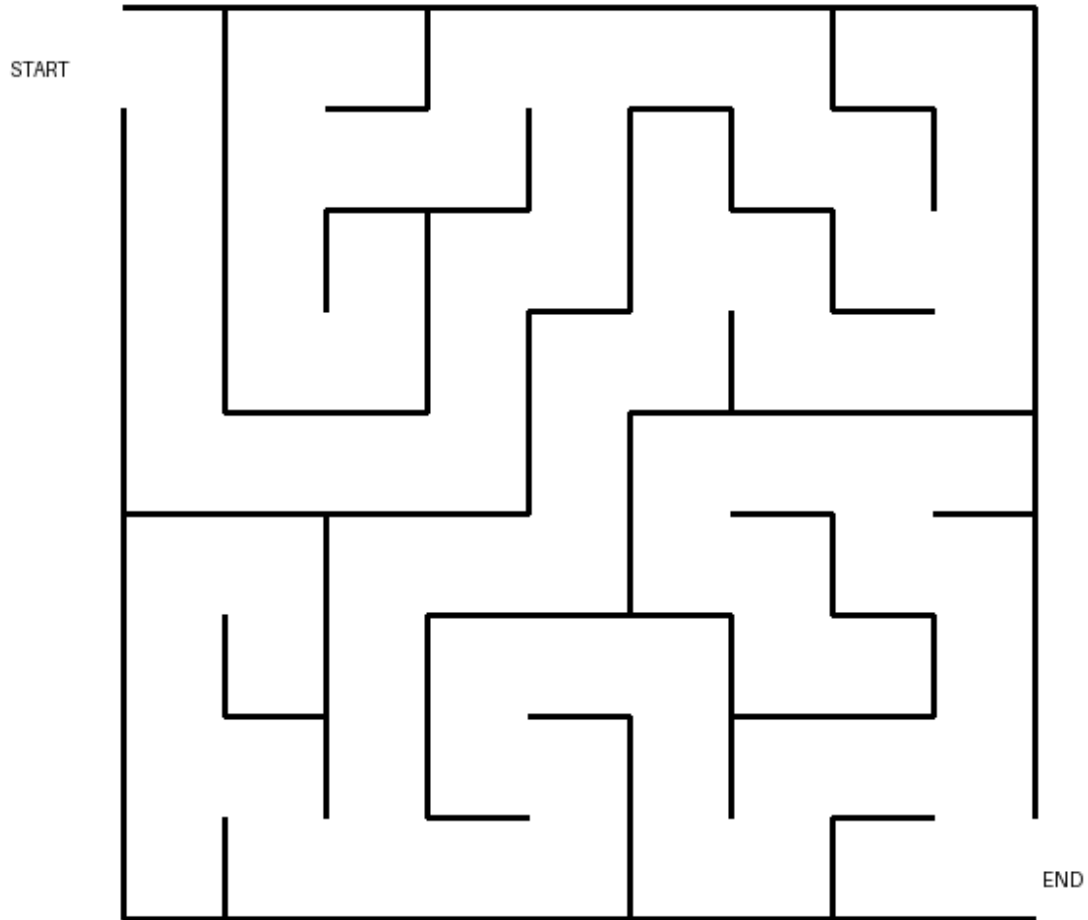
Color your focus space

Color any part of this page. What is one thing that helps you begin?



Maze to the next step

Follow the path from START to END. A long task can be easier when you focus on one turn at a time.



A goal for this week

A small skill I want to practice:

Day	Did I try?	What helped?
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

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



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 Draw yourself. Write or tell three things that make you special.

Day 2 What is one thing you are really good at?

Day 3 What is hard for your brain to do sometimes?

Day 4 What helps you pay attention at school or home?

Day 5 Draw your favorite place to feel calm.



Journal prompts 6 to 10

Day 6 What does your body feel like when you have extra energy?

Day 7 Who is a grown-up who helps you? How do they help?

Day 8 What is one thing you want to remember tomorrow?

Day 9 What is a small job you can do by yourself?

Day 10 What helps you start something that feels hard?



Journal prompts 11 to 15

Day 11 What is one way you can take a safe movement break?

Day 12 Draw or write about a time you felt proud.

Day 13 What can you say when your feelings get too big?

Day 14 What helps you calm down when you feel mad, worried, or frustrated?

Day 15 What is one thing you like about your classroom, home, or bedroom?



Journal prompts 16 to 20

Day 16 What is one item you sometimes lose? Where could it live so you can find it?

Day 17 What is your first step before starting homework or a chore?

Day 18 Draw a reward you enjoy after you try hard.

Day 19 What is one kind thing you can say to yourself?

Day 20 What is something funny that happened today?



Journal prompts 21 to 25

Day 21 What is one way a friend can help you?

Day 22 What is one way you can help a friend?

Day 23 What does it feel like when you are focused?

Day 24 What is one distraction you can move away from when you need to work?

Day 25 What is one thing you can do when you have to wait?



Journal prompts 26 to 30

Day 26 Write or draw your morning routine.

Day 27 What is one part of your day that you would like help planning?

Day 28 What is one thing you learned about your ADHD brain this month?

Day 29 What is one skill you practiced this 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:

For a grown-up: Use the child's own words, make one request at a time, and praise effort and problem solving. Coordinate with teachers and clinicians when appropriate.

