

My AuDHD Skills Workbook

A gentle guide to feelings, senses, focus, changes, and asking for help. For ages approximately 6 to 12.

Name: _____ Date started: _____

AuDHD is a community term for the experience of being both autistic and having ADHD. People have different combinations of strengths and support needs. You can skip pages or do them with someone you trust. This workbook is educational and does not provide a diagnosis.

A grown-up who can help me: _____

My amazing brain

I may enjoy familiar routines, have big interests, need movement, notice sensory details, or need help starting a task. I am allowed to ask for what helps.

Things I am good at or like learning about:

Sometimes I need

Circle anything that helps: quiet • movement • one direction at a time • a picture list • extra answer time • a change warning • a comfort item

My own helpful idea:



Sensory detective

What I notice	Too much, okay, or helpful?	What I can try
Noise		
Light		
Clothing or touch		
Food or smell		
Movement		

A favorite tool for feeling more comfortable:

Focus and homework

Task	First tiny step	Work time	Break idea

A focus helper I want to try: timer • checklist • grown-up nearby • quiet place • movement break • other:



Changes and big feelings

A change that can be hard for me:

I can ask, “What is changing, and what will stay the same?”

My early clue	A calm choice	Who can help

I can say: “My body needs a break.”

Friendship and communication

I can ask people to use clear words, give me time to answer, or explain the rules. I do not have to force eye contact to show I am listening.

A sentence I can use with a friend:



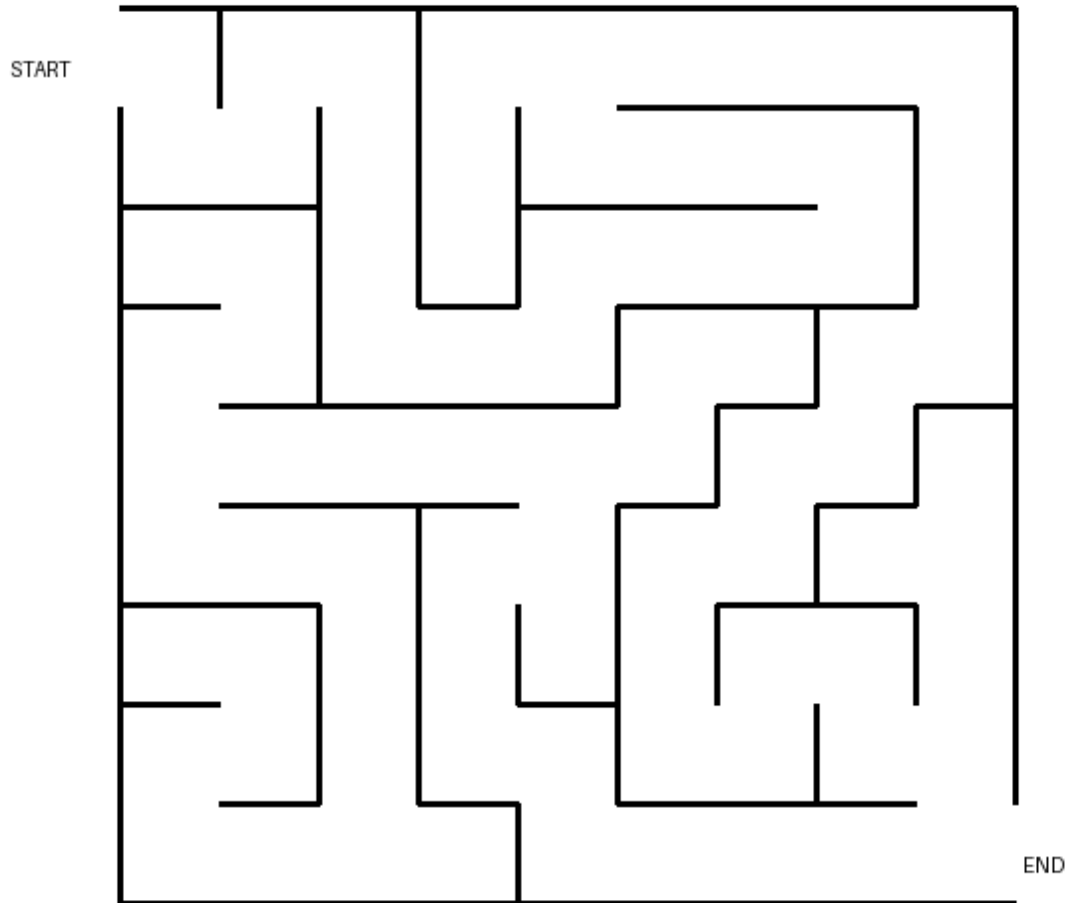
Color a comfortable place

Color what looks helpful. What would you put in your own calm space?



One turn at a time maze

Trace from START to END. Stop for a break if you want to.



A small weekly goal

One skill I want to practice:

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



Focus break word search

An optional break. Find the words in straight lines, forward or backward.

ROUTINE • SENSORY • FOCUS • ENERGY • BREAK • PAUSE • SUPPORT • QUIET • PLAN

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



Thirty optional journal prompts

Use these prompts in any order. A few words, a picture, or a conversation can be enough.



Journal prompts 1 to 5

Day 1 Draw yourself doing something you enjoy.

Day 2 What is one thing your brain is really good at?

Day 3 What is one thing that feels hard for your brain sometimes?

Day 4 What is your favorite thing to learn, talk about, or play?

Day 5 Draw a place where you feel calm and safe.



Journal prompts 6 to 10

Day 6 What sound, light, smell, food, clothing, or touch do you not like?

Day 7 What helps your body feel calm when things are too loud, bright, busy, or confusing?

Day 8 What is one thing that helps you focus?

Day 9 What is one thing that makes it hard to focus?

Day 10 What is one small job that makes you feel proud when you finish it?



Journal prompts 11 to 15

Day 11 What helps you start homework, a chore, or another hard task?

Day 12 Draw or write about your favorite movement break.

Day 13 What does your body do when you start to feel upset?

Day 14 What can you say when you need a break?

Day 15 What is one change that feels hard for you?



Journal prompts 16 to 20

Day 16 What helps when a plan changes?

Day 17 Who helps you at home, school, or another place?

Day 18 What would you like your teacher or caregiver to understand about you?

Day 19 What makes someone a good friend?

Day 20 What helps you understand the rules of a game, class, or activity?



Journal prompts 21 to 25

Day 21 What is one kind thing you can say to yourself?

Day 22 What makes you feel proud of yourself?

Day 23 Draw or write about a time you solved a problem.

Day 24 What helps you feel better after a difficult day?

Day 25 What is one thing you can do when you feel bored or have too much energy?



Journal prompts 26 to 30

Day 26 What helps you get ready in the morning?

Day 27 What helps you get ready for sleep?

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

Day 29 What is one support you want to keep using?

Day 30 Finish this sentence:



Thirty day pattern tracker

Use a number or short note when it helps. Leave days blank without judgment. Medication means taken as prescribed, if applicable. Do not change medication based on this grid.

Rating key: Mood, sleep, energy, and focus use 1 to 5 (lower to higher). Sensory load uses 1 to 4 (overwhelming to comfortable or low). Medication: Y, N, or NA. Use the original tracker’s age-specific scale descriptions if you need more detail.

Day	Mood	Sleep	Sensory Load	Focus	Medication	Helpful support	Caregiver note
1							
2							
3							
4							
5							
6							
7							
8							
9							
10							
11							
12							
13							
14							
15							



Thirty day pattern tracker continued

Day	Mood	Sleep	Sensory Load	Focus	Medication	Helpful support	Caregiver note
16							
17							
18							
19							
20							
21							
22							
23							
24							
25							
26							
27							
28							
29							
30							



Monthly review

What helped my child feel calm or comfortable?

Which sensory situations were difficult?

Which supports helped with focus, transitions, or routines?

What should we discuss with the care team?

