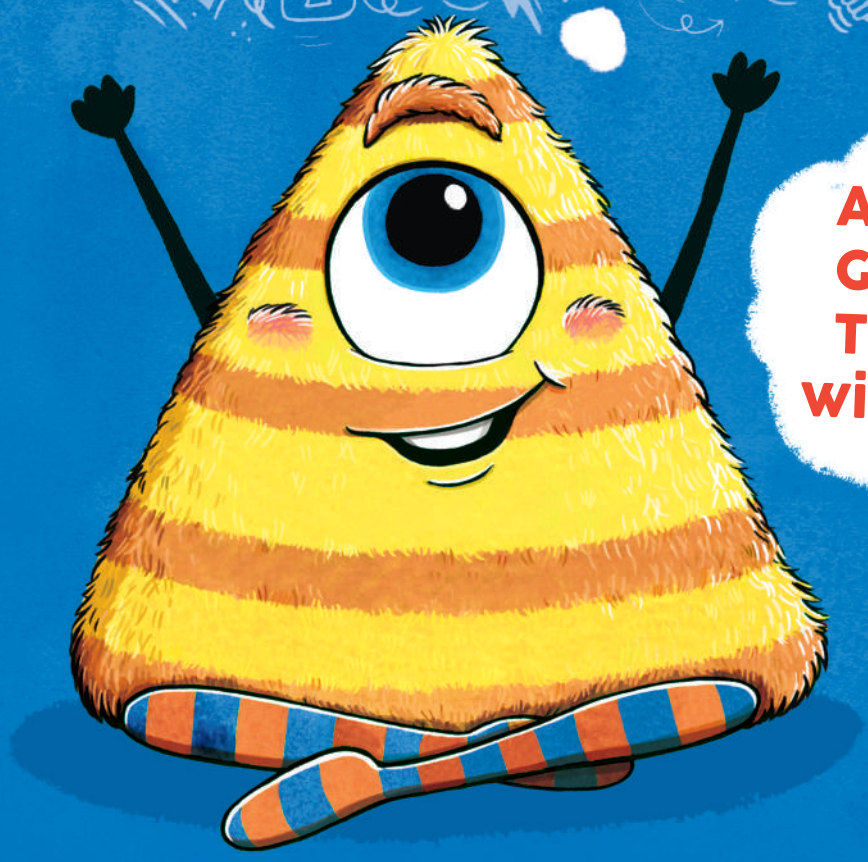
MY AMAZING ADHD BRAIN



A Child's Guide to Thriving with ADHD

Emily Snape



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All illustrations by Emily Snape

Text peer-reviewed by Clinical Psychologist Dr Poppy Harding

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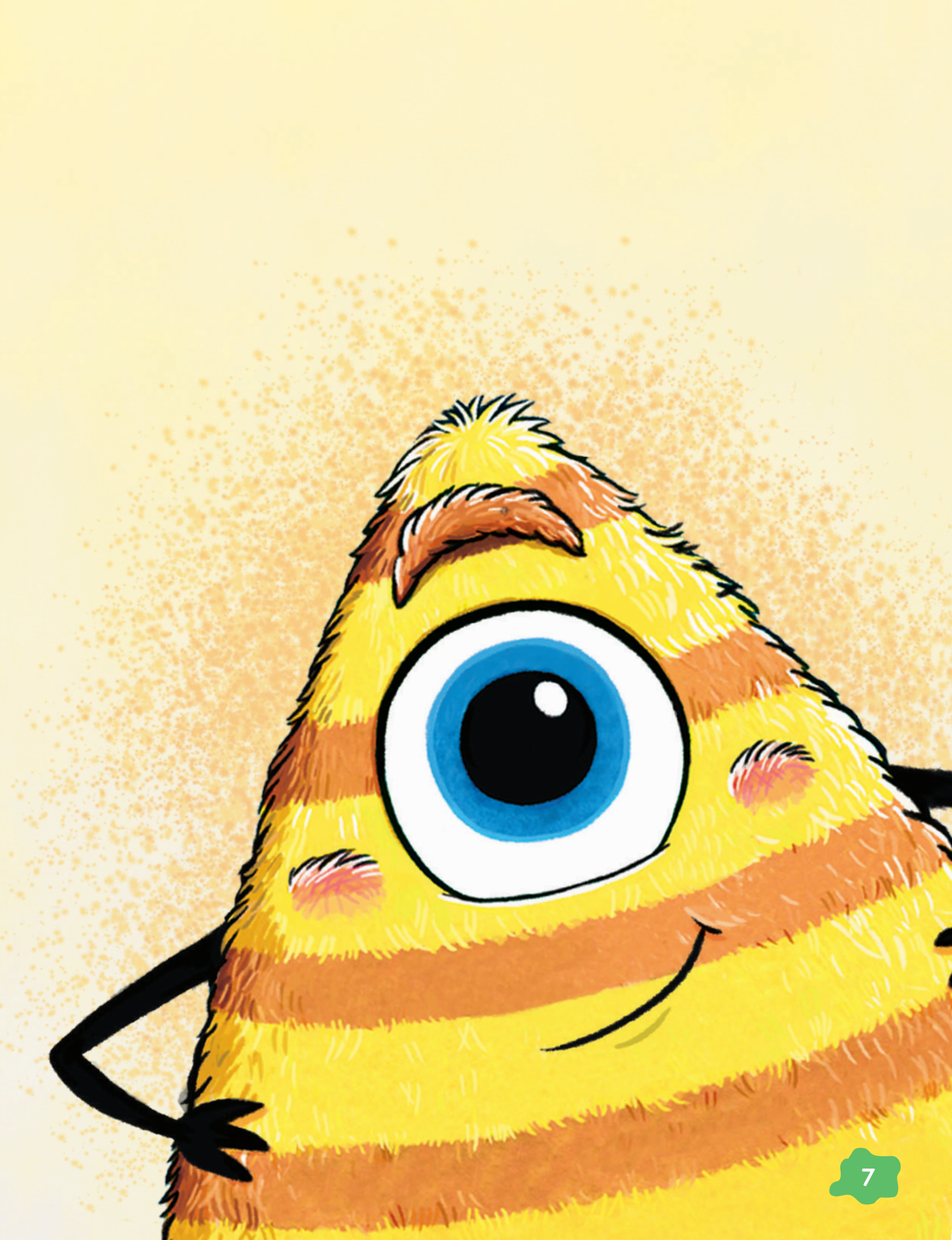
Everyone with ADHD thinks and feels differently, but we can have a LOT in common.

Some of my ADHD traits make things tricky.

I find it hard to sit still in school and I can get really upset when things don't go my way. It often takes a long time to feel calm again.

But, my ADHD characteristics are the things I LOVE most about myself and actually make me EXTRA brilliant at certain things!

I would love to tell you about my special ADHD super talents and how I'm learning how to make mindful choices...



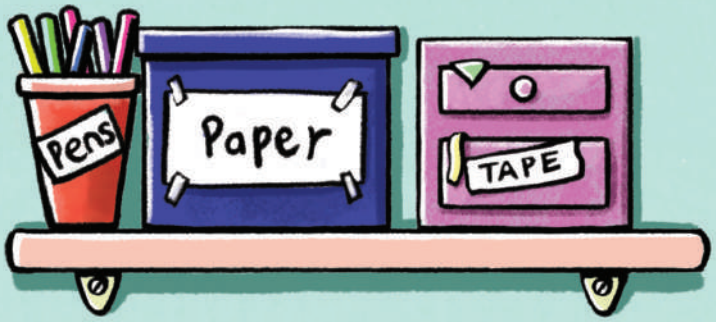
Having ADHD can help me come up with

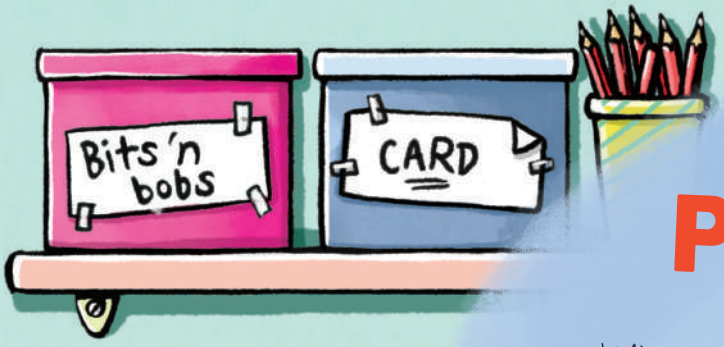
incredible ideas!



I love model-making. My ADHD makes me really creative and I'm very good at coming up with original ideas. I want to be an inventor when I grow up!

What do you love to do?

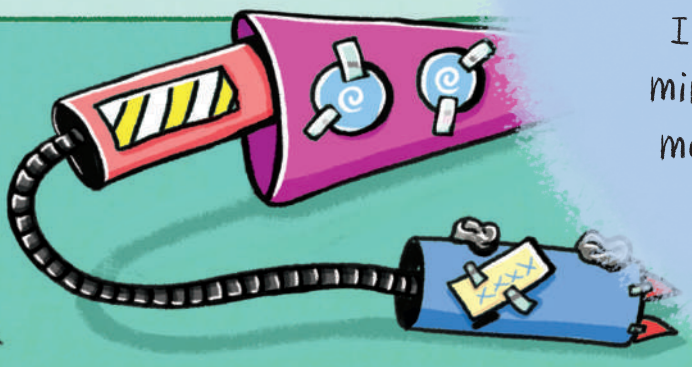




PIP'S TIP

When I'm busy, my room can get pretty messy. It's SO annoying when I LOSE things.

I've discovered that if I take 5 minutes to tidy my room, it helps me stay organized so I can find what I'm looking for.



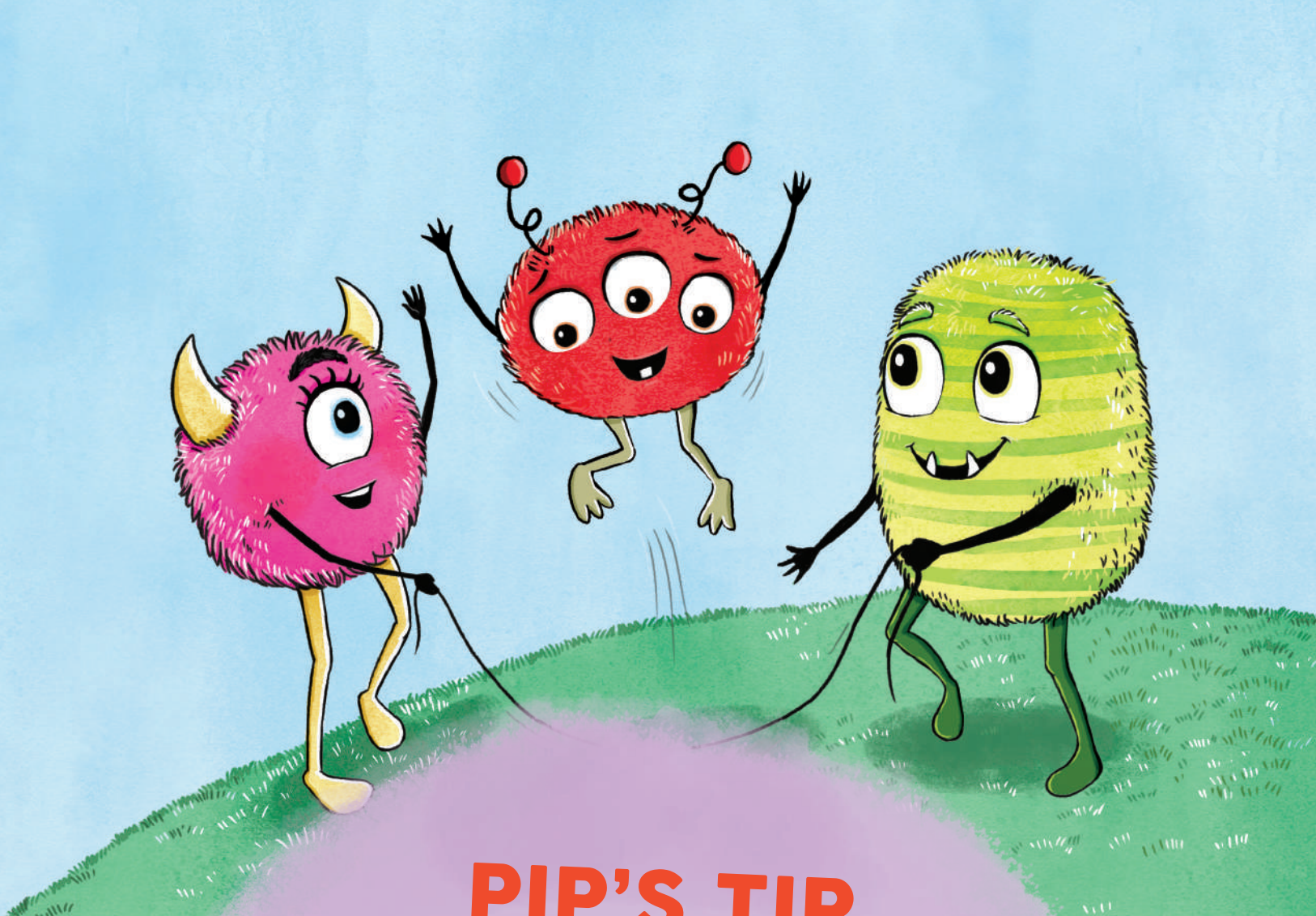
Having ADHD can help me have

loads of energy!

I can find it hard to sit still. Sometimes I just have to move.

I love running, jumping and skipping. You should see me in the playground!





PIP'S TIP

At school, adults can help me in lessons by:

- Giving me opportunities to move around (this is often called a "movement break").
- Working in a smaller room to limit distractions.
- Breaking down tasks into smaller chunks.

I can also get REALLY tired in the middle of the day.

The best way to deal with this is by getting enough sleep at bedtime.

ADHD can make sleeping difficult so here's what I've learnt about how to get a grrreat night's sleep (so I can feel extra bouncy the next day)...

- Ask an adult to help you make a bedtime routine that you follow every day.
- Switch off screens.
- Try to relax before bedtime – read a book or listen to calm music or an audiobook.
- Keep regular sleep and wake times so your body clock doesn't get any surprises.
- Make sure your room feels cosy. I love putting lavender under my pillow for a soothing smell.



PIP'S TIP

A weighted blanket can help you feel calm and cosy. If you don't have a weighted blanket, an adult can help by tucking a duvet in around you.

