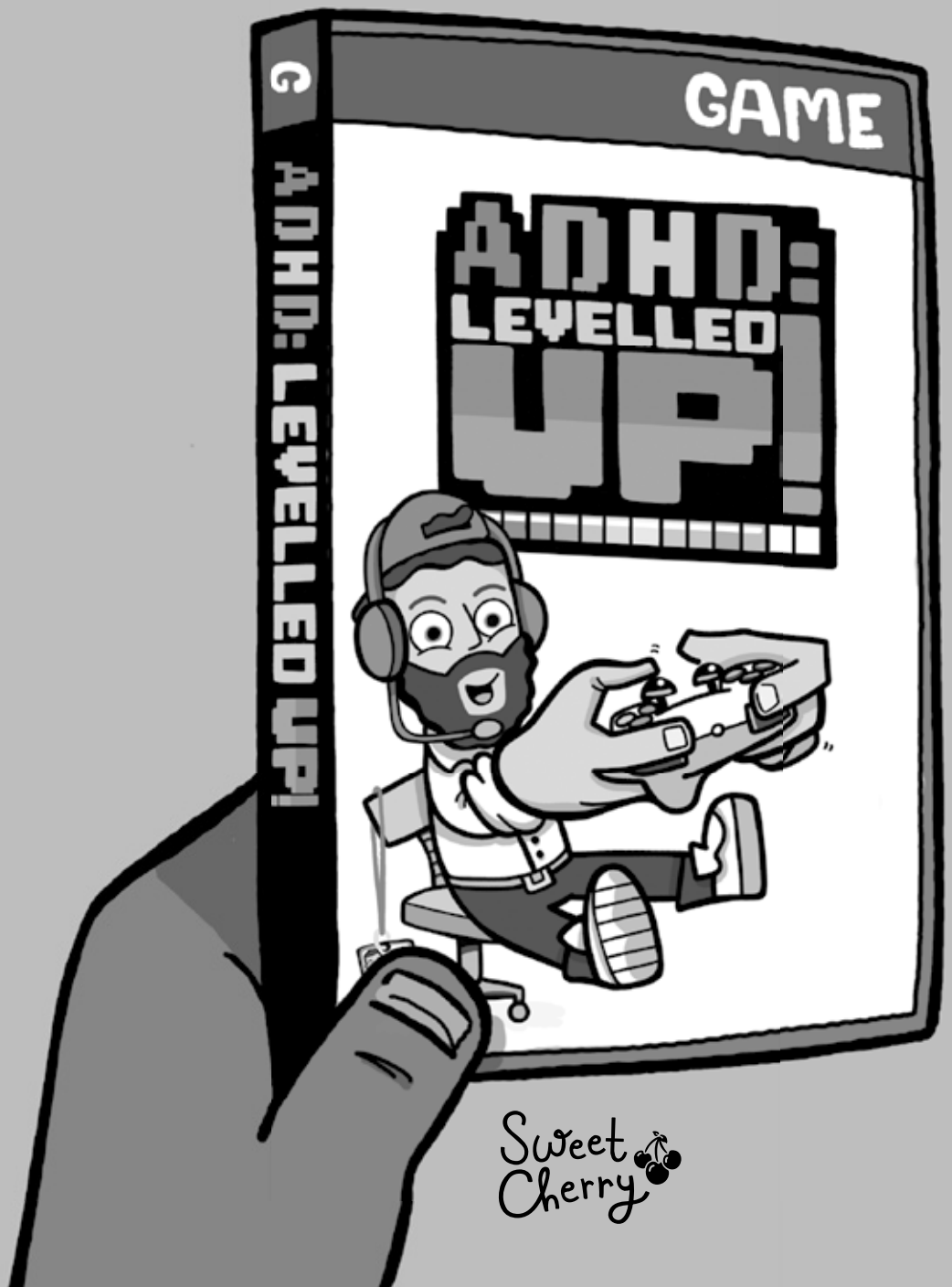
WRITTEN BY
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ADHD: Levelled Up!

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I would like to dedicate this book to every single person who has supported me on my journey to raise awareness of ADHD – you have given me the strength to advocate for change. Without your support, I would not be where I am today. I am eternally grateful and blessed to represent this beautiful community.

-MR G





Glossary

ADHD (Attention Deficit Hyperactivity Disorder)
People with ADHD have a neurodivergent brain type.

Attention Deficit
Difficulty paying attention.

Dysphoria
A state of unease or unhappiness.

Dysregulation
When the brain struggles to control emotions or other bodily processes.

Hyperactivity
The urge to fidget and move.

Neurodivergent / Neurodivergence
A unique way of processing information.

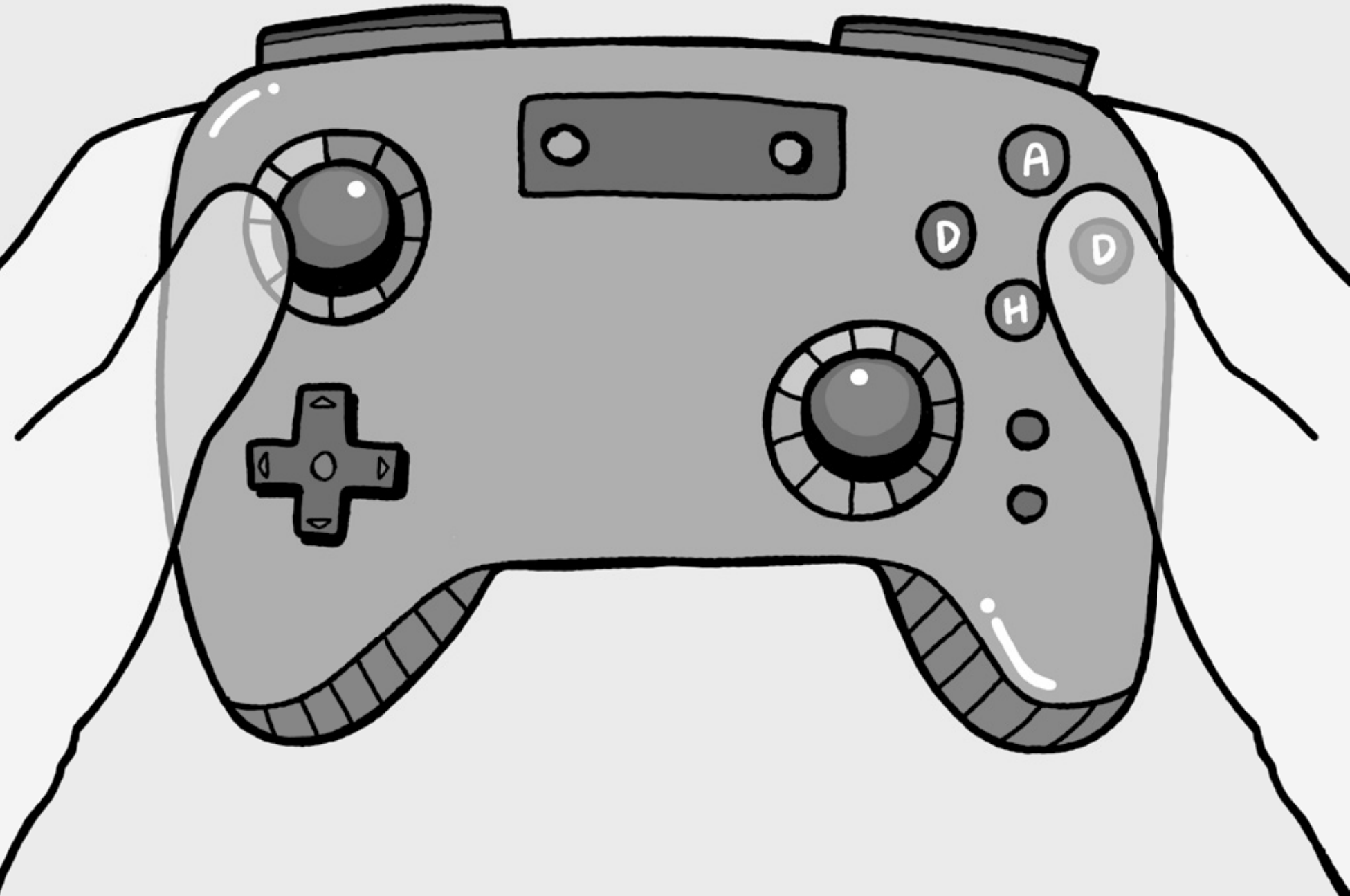
Neurotypical
The most common way of processing information.

Sensory
Relating to the senses, including sight, hearing, taste, touch and smell.

Stimulation
An action or thing that makes someone feel more alert.


ADHD ISLE
Mount Resilience
Sensory Slopes
LEVEL 5 P65
LEVEL 4 P55
Block Boulders
LEVEL 6 P83
Bridge of Brilliance
Recharge Racetrack
LEVEL 3 P45
Rejection Ridge
Sinking Sand
LEVEL 7 P95
LEVEL 2 P31
Haunted House of Emotions
Memory Mile
Focus Fort
LEVEL 8 P107
LEVEL 1 P21
Castle Sir Distract-a-Lot
LEVEL 9 P119
N
W
E
S

PICK UP THE CONTROLLER





Introduction

Hi, it's me! Mr G.

I have ADHD, which stands for ***Attention Deficit Hyperactivity Disorder****. I was diagnosed with this as an adult, which means that I grew up not understanding how my brain worked. Now I teach children who have ADHD. My goal is to help them understand themselves better, so that they can learn new strategies and build skills that will help them throughout their life.*

My first book – ADHD: Rapped Up! – contains all of the key information you might need if you are either someone

with ADHD or you want to learn more about ADHD. In this second book, we're going to level up our understanding of ADHD. Think of it like a game to build our knowledge of neurodivergence. As well as raps, I've included quests for you to complete. You'll even get to play in a boss battle!

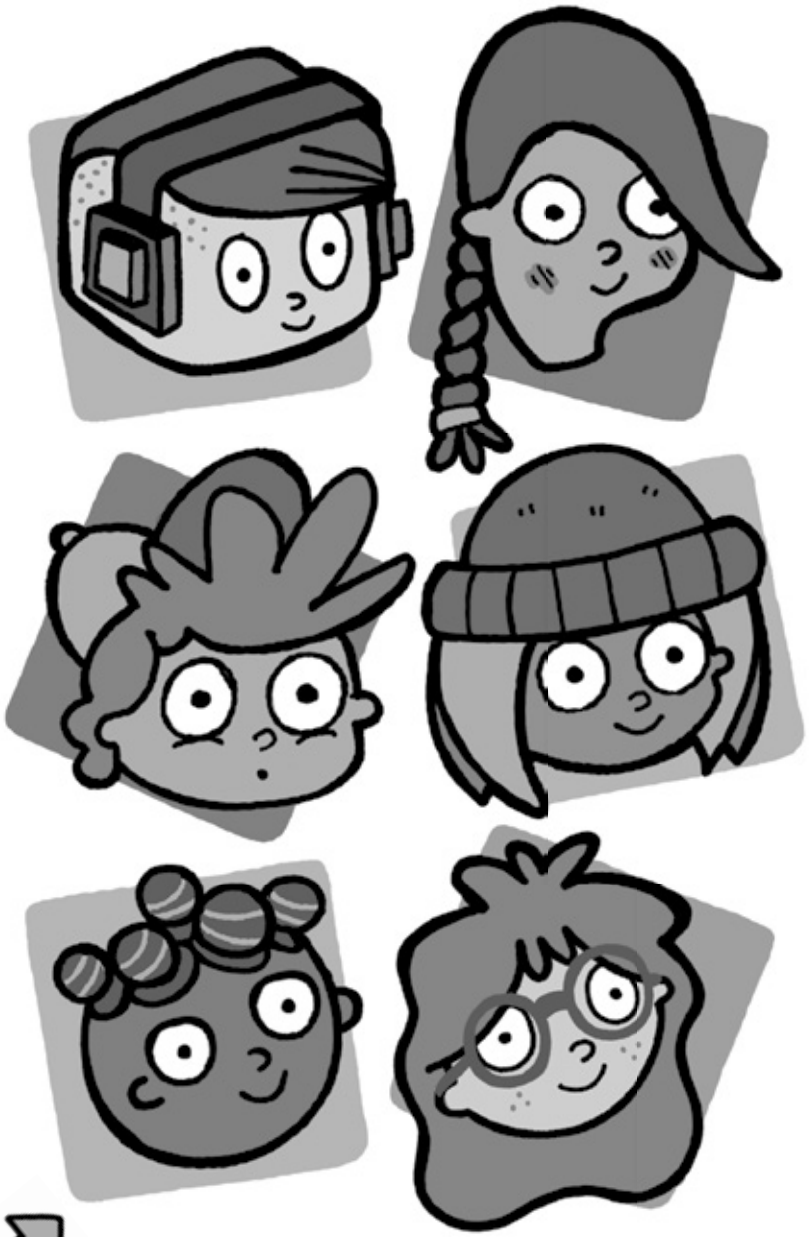
Ready?

Let's LEVEL UP our ADHD knowledge!



MEET THE PLAYERS





PLAYER SELECT

MEET THE NPCS*

*NON-PLAYER CHARACTERS

MR G

Mr G will help and guide you as you play.

SIR DISTRACT-A-LOT

Sir Distract-a-Lot causes all kinds of mischief. As you are reading, look out for him. He's hidden throughout the book!

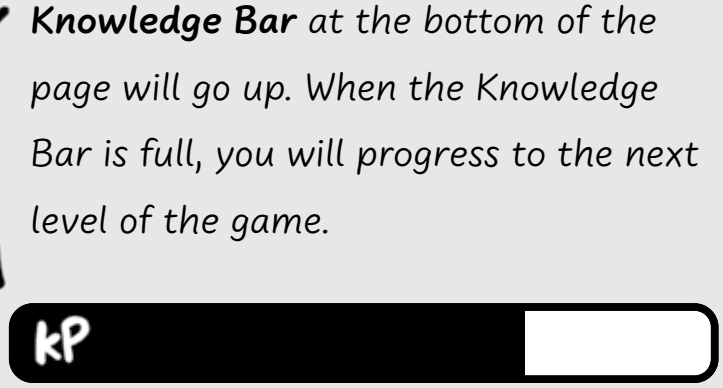


HOW TO PLAY

Welcome, player, to ADHD: Levelled Up!

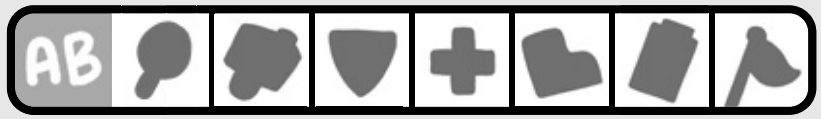
The aim of the game is to LEVEL UP your knowledge of ADHD by completing ***starter quests*** *and* ***main quests****. The starter quests are raps for you to read (out loud, if you like!), and the main quests include reading and an interactive activity.*

As you learn and build up your understanding of key topics, you will gain **Knowledge Points (KP)** *and the* **Knowledge Bar** *at the bottom of the page will go up. When the Knowledge Bar is full, you will progress to the next level of the game.*





You will also have an **Action Bar**, *which you can fill with special Collectables. You will unlock these Collectables as you progress through the game. You will need a full Action Bar to compete in the boss battle at the end!*

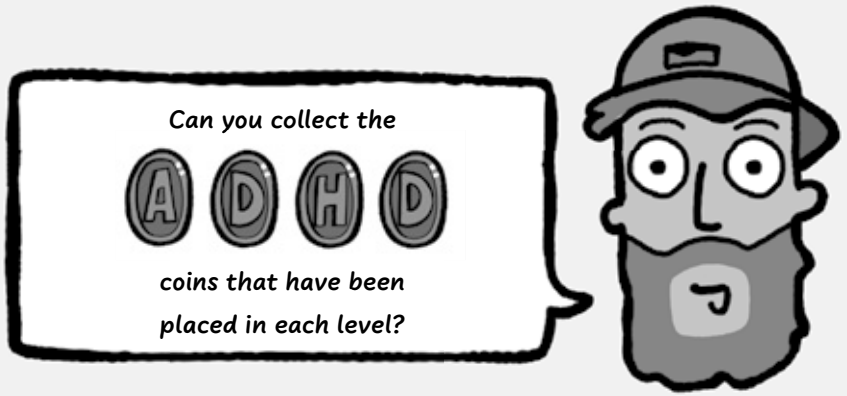


START GAME



LEVEL 1

Executive Function



Scan the QR code to hear the rap!

STARTER QUEST:

READ THE RAP to earn KP

Executive function is a
set of mental abilities,
Like planning
and self-control –
you need these utilities.

Starting tasks can be tricky,
as can managing time.
It may feel like you have
a mountain to climb.

Don't put
yourself down –
this isn't your fault!
Your ADHD brain is
just set in default.

Planning might be easier
for some than for you.
You may forget important dates
and not follow through.

Assigning priority can help you to set
Those tasks and goals
that you must not forget,
Try organising them under specially
labelled quests – 'URGENT' and
'NON-URGENT' is what I suggest.

URGENT!
What is a quest you must **do right away**?

And what is a quest you can **save for another day**?

AB

kP

LVL 1

MAIN QUEST:

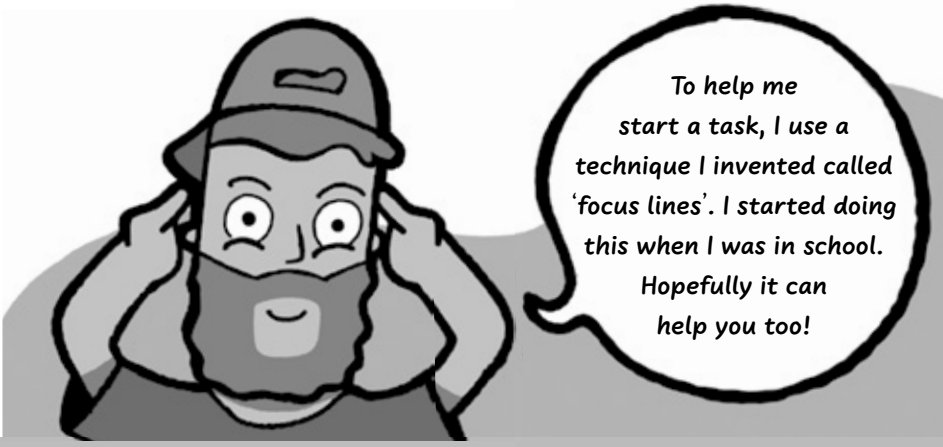
Learn about ***executive function*** *to earn KP*

Executive function *is a set of mental abilities, responsible for managing skills like task initiation (starting a task), problem solving, planning and prioritising, as well as many other things.*

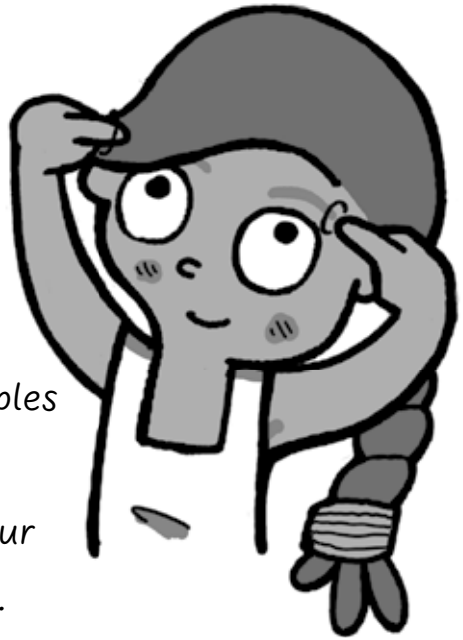
People with ADHD find executive function really hard to manage. Because their ADHD brain is so busy and bursting with energy, it sometimes disrupts these key mental skills. This can make everyday life more difficult.

For example, there may be times at school when a simple task seems like a mountain to climb for someone with ADHD. Perhaps they have loads of ideas, but they struggle to transfer their thoughts to paper. They find it challenging to start the task because of their disrupted executive functioning skills.

On the outside, this could be mistaken as laziness. However, people with ADHD are NOT lazy! Once they start the task, their ideas can flow again. It is ***GETTING STARTED*** *that can be difficult.*



FOCUS LINES



1. *With one or two fingers, using both hands, gently massage your temples – those are the spaces between your eyebrows and ears.*

2. *As you massage your temples, take a deep breath in through your nose and breathe out through your mouth.*



3. *As you breathe out, remove your fingers from your temples and point them at the task (this might be a worksheet or an exercise book).*

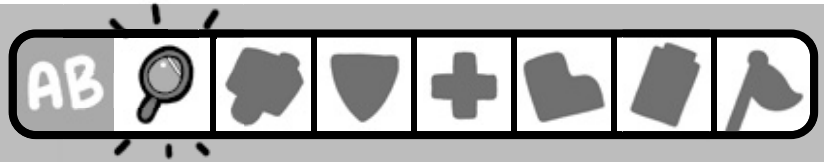




4. *As you point your fingers, look at the task in front of you. Imagine there are lines going from your eyes to the task. These are your focus lines.*

Congratulations!
You have unlocked the
FOCUS ABILITY!





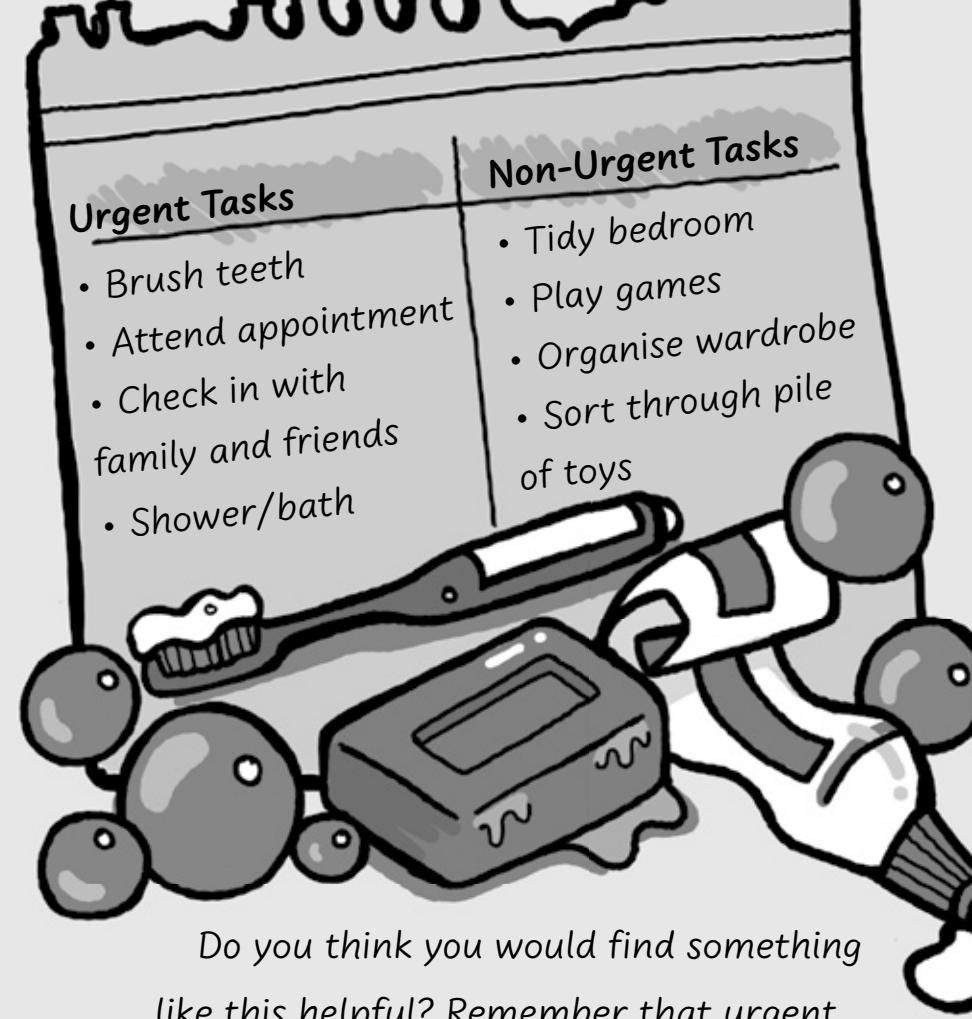


LVL 1



Another useful trick to help with task initiation is to listen to music. Studies show that listening to music releases a feel-good hormone in the brain called dopamine. This can help excite the ADHD brain, giving it the necessary boost to start a task.

Yet another tip to help with executive function is to break down your tasks into two sections: urgent and non-urgent. It can look something like this:



Do you think you would find something like this helpful? Remember that urgent and non-urgent tasks will look different for everyone. They may also change depending on your priorities at the time.