

If You Have an ADHD Brain- Kids

Martha Palm

QUESTION	☐ What is this about? ☐ What will I learn? ☐ Why did my teacher assign this? ☐ What help do I need to learn this? (practice, help from the teacher, lots of laughing)	☐ What makes me uncomfortable about learning this and how can I work through that discomfort? ☐ What would your teacher say to encourage you to continue working - say that to yourself
Compare	☐ When could I use this information? ☐ Have I seen this before in my life? ☐ Have I seen this before in books? ☐ What do I know about this?	☐ Would I like the main character as a friend? ☐ Why did the author spend so much time writing this? What is so important about this? ☐ What would I do in a situation like this?
Use your Muscles While thinking	☐ Work your muscles by standing while thinking and learning ☐ Balance - on one foot, on a ball, on a wiggly cushion, ☐ Stretch - your back out bending backwards and forwards ☐ Carry heavy things ☐ Have something heavy to put on your lap or shoulders.	☐ Move across the room without touching the floor with feet or foot coverings. ☐ Stand on your head ☐ Push your hands Legs, feet) against each other, really hard. ☐ Laugh at things ☐ Pet your dog or cat

If You Have an ADHD Brain-Adults

Martha Palm

QUESTION	☐ What is this about? ☐ What will I learn? ☐ Why is this important? ☐ How does this connect? ☐ What help do I need to learn this? (practice, help from the teacher, lots of laughing)	☐ What makes me uncomfortable about learning this and how can I work through that discomfort? ☐ What would your best friend say to encourage you to continue working - say that to yourself
Compare	☐ When could I use this information? ☐ Have I seen this before in my life? ☐ Have I seen this before in books? ☐ What do I know about this?	☐ Who in this situation could be a friend? ☐ What would my best friend say is important about this? ☐ What would my wise self do in a situation like this?
Use your Muscles While thinking	☐ Work your muscles by standing while thinking and learning ☐ Balance - on one foot, on a ball, on a wobble cushion, ☐ Stretch - your back out bending backwards and forwards ☐ Carry heavy things ☐ Have something heavy to put on your lap or shoulders. Weighted blanket	☐ Move across the room without touching the floor with feet or foot coverings. ☐ Stand on your head ☐ Push your hands Legs, feet) against each other, really hard. ☐ Laugh at things ☐ Pet your dog or cat

