

# Peer Information Activity Book: Attention Deficit Hyperactivity Disorder

## All students

All students are unique.

All students have **STRENGTHS**.

All students have **THINGS THEY ARE STILL LEARNING**.

All students have **SOMETHING IN COMMON** – a shared interest, hobby, or activity they enjoy.



# Word Search: Find the interests/hobbies



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

Puzzles

Dancing

Music

Art

Sports

Maths

Lego

Animals

Xbox

Footy

Swimming

Paperplanes



## Unique

We all are born with different hair or eyes, and our own unique fingerprints. Some students are born with **Attention Deficit Hyperactivity Disorder**, or **ADHD for short**. Just like hair or eyes or fingerprints, this is a **part** of them, but not **who they are**. Take the time to get to know them, and you'll find there are lots of things you have in common.

Stamp your fingerprints into this box. Compare your fingerprints with others in your class. No-one's fingerprints are the same!

## What is ADHD?

Some students find paying attention, listening, waiting their turn and sitting still a bit hard some of the time. Students with ADHD find this hard a lot of the time.


## Paying attention

It can be hard for students with ADHD to pay attention. They might be easily distracted by things around them and find it hard to work on a task. It can be hard to finish a task. They might look around the room or outside, or start to talk to you rather than working on the task. They might get out of their chair or grab at things on the desk and fiddle with them. They sometimes might not pay attention when the teacher is giving instructions so they might not know what to do. You could help by repeating the instructions for a task if they have missed them.

## Energy

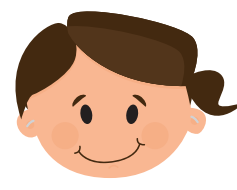
Some students with ADHD have LOTS of energy! They might find sitting still hard and might get up out of their chair or move around on the mat when they are supposed to be staying still.

Some students with ADHD might have really creative "out there" ideas. They may be really quick to help out, and some might love playing really active games. Some students with ADHD might talk lots and lots, even when it is not their turn. In your class there are probably quiet students and loud students, students that love running around and students that like sitting quietly. Everyone is a little different, and that's okay!

Draw a star "  " above each line to show how loud/quiet and active/calm YOU are!



Very loud



Very quiet



Very active



Very calm/still

Some students with ADHD might do things without thinking about what could happen. They might yell out an answer, or interrupt someone who is talking. They might even break a rule sometimes or do something dangerous because they're so caught up in the moment. They usually don't mean to do this, they just find it hard think before they do something. We all do that sometimes! Can you remember a time you did something before thinking?

## Feelings

Some students with ADHD can find it hard to tell others how they feel. They might find it difficult to calm down when they're upset. If you see them upset and you're not sure what to do, you can get a teacher. Teachers are great at helping students when they're upset. You can also help them by showing them that you care.

## Ways I can help

Write down four ways you can help support a student with ADHD at school!

- #1 \_\_\_\_\_
- #2 \_\_\_\_\_
- #3 \_\_\_\_\_
- #4 \_\_\_\_\_

## Just like you!

Students with ADHD have lots of ways in which they're just like you. They can feel happy, sad, excited, or worried – just like you. They are learning, growing and exploring – just like you. And they like having friends, going to parties, and being included – just like you!