

ADHD

Extra Energy



Impulse



Focus



Controlling Feelings



Now rank your ADHD areas from **easiest** to **hardest** to control!

Extra Energy **Impulse** **Focus** **Feelings**

- 1.
- 2.
- 3.
- 4.

Now match the tools with the ADHD area it can help!

Extra Energy **Impulse** **Focus** **Feelings**

ADHD Tools

Fidgets

Flexibility

Do-overs

Distraction tool

Stop, think & choose

Extra Energy **Impulse** **Focus** **Feelings**

Talk about feelings

Body breaks

Self-talk

The 2-step plan

Calm down breaks

Taking responsibility

Deep breaths

3 things for good listening

Reviews

noahkempler.com

Better Behavior: Helping Kids Create Change and Improve Relationships,

by Noah Kempler, PsyD, Available at [Amazon.com](https://www.amazon.com)