

MY ADHD BRAIN



ADHD BRAIN

WHAT IS ADHD?

Adhd is a type of brain lots of boys and girls have, it is often described as having a racing car brain where you have fast thoughts and lots of energy.

It's not better or worse than other types of brains, just unique! And like any brain there are things you find harder, and things you find easier!

Part of learning you have ADHD is learning how to support the things you find harder, and how to use all the amazing strengths you do have!

Learn more about your ADHD fast brain here



ABOUT MY ADHD BRAIN:

- Likes to go fast
- Get things done quickly
- Struggles to know when to slow down
- It makes me sensitive emotionally and to smell, touch, noise, taste, sight.
- It makes me very creative- always coming up with new ideas!
- I think outside the box
- I solve problems quicker
- Sometimes being so fast means I have too many thoughts
- Sometimes I skid because if I am going too fast it's hard to slow down
- Makes me quick to react to things
- Makes me feel my emotions in big ways
- Sometimes makes me forgetful



THE KEY TO HELPING MY ADHD BRAIN:

- Going fast safely is the KEY!
- Pacing myself so I don't crash- avoid being too busy and have down time!
- Have different things that calm me when I need it
- Do things I LOVE!
- Know what is inside and outside my window of tolerance
- Wear clothes that feel good!
- Have fun ways to go fast and burn energy!
- Be more aware of my brain and how it works

