

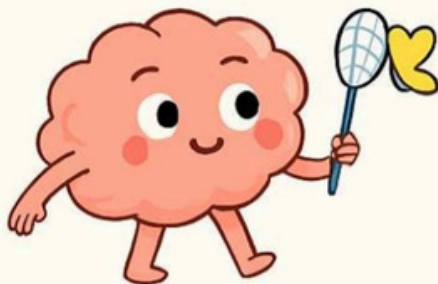
Understanding ADHD with care and clarity.

Your son is not lazy. He is not badly behaved. And, above all: he is not broken.

ADHD (Attention Deficit Hyperactivity Disorder) is a different way for the brain to function, characterized by high energy, creativity, and difficulty controlling impulses and distractions.

Children with ADHD experience everything intensely. They are like rockets ready to take off, but sometimes they can't wait for the right moment.

How does the brain of a child with ADHD work?



The Distracted Guardian

He wants to explore everything at once. If he sees a butterfly, hears a sound, has a new idea... he runs after it without thinking.

The Rocket Brain

He's always racing. He jumps from one thought to another, with a thousand... ideas per minute.



That's exactly why this kit exists.

You are not alone on this journey.

This material was created with great care to help your child (and you!) understand this different way of functioning - and transform your daily life with more ease, focus, and connection.



WEEKLY PLANNER



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



ROUTINE

MORNING

☐

Wake up

☐

Go to the bathroom
To brush your teeth

☐

Have breakfast

☐

Dress up

☐

Organize
backpack

☐

Comb the hair

☐

Put on your shoes



NIGHT ROUTINE

☐

Store toys

☐

To have a bath

☐

Put on your
pajamas

☐

To brush
your teeth

☐

To read

☐

Go to bed





SCHOOL ORGANIZATION CHART

Day	Matter	Activities
MONDAY		
TUESDAY		
WEDNESDAY		
THURSDAY		
FRIDAY		
FRIDAY		

"Quiet turtle" technique

1. STOP



2. ENTER THE
HULL



3. TAKE
DEEP BREATHS



4. LEAVE
SLOWLY



My SUPER SKILLS

Even with ADHD!



DISCOVER YOUR SUPERPOWERS

The child chooses (or draws) their talents:



GRATITUDE DIARY

Today I am grateful for:



5 Steps to Calm My Child



1 Keep calm



Take him to a quiet place.



Help him to take a deep breath.

4 Listen to your feelings

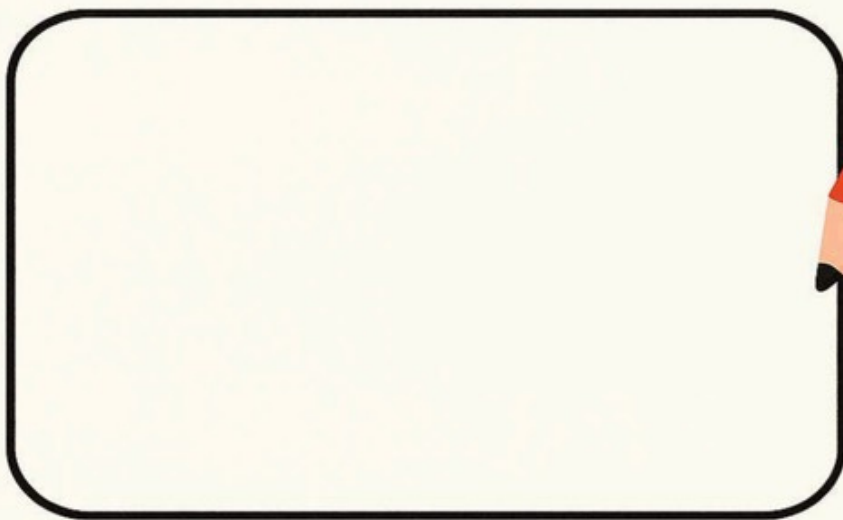


5. Offer affection or a hug.



INVENTING CRAZY THINGS

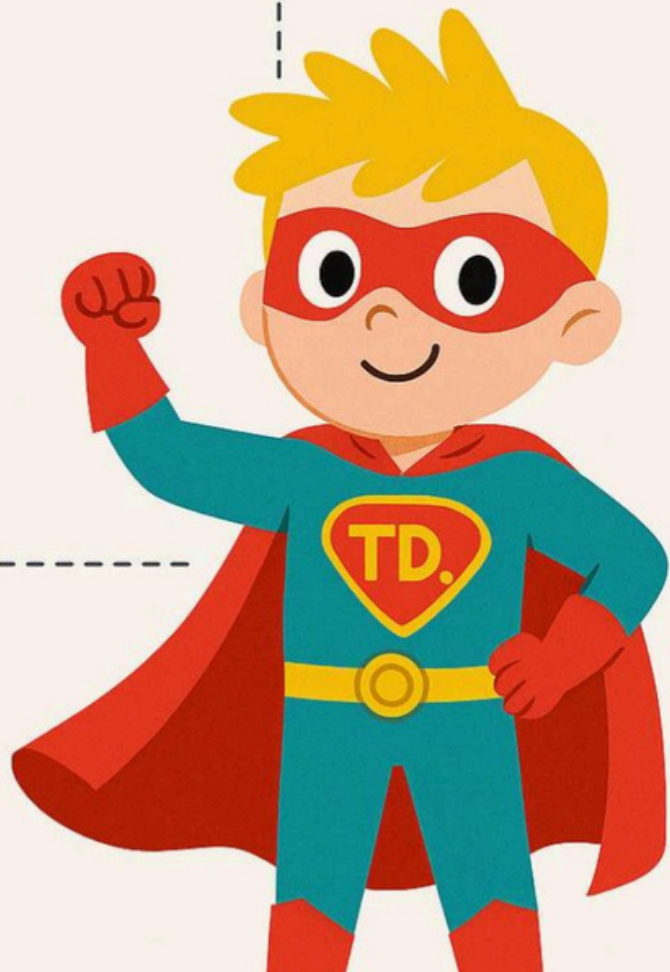
Draw or write about a fun
invention you imagined.
What is its function?
What does it look like?



Design:

Create your ADHD mascot.

- a super creative hero!





Medals to award

When I talk about
how I feel, I
start by saying:
'I FEEL...'



ASSERTIVE COMMUNICATION

Activities to help you communicate your
feelings and needs more clearly.





ASSERTIVE COMMUNICATION



SENTENCES WITH "I"

"I" sentences are a great way to help resolve conflicts. When someone feels guilty about something, it's easy to become defensive and emotional; using "I" sentences helps communicate feelings and needs clearly.

1. I FEEL... WHAT

ARE MY FEELINGS?

2. WHEN...

DESCRIBE THE OTHER PERSON'S

ACTIONS IN A TOUGH WAY.

3

BECAUSE... THE EFFECT OF

THE BEHAVIOR ON YOU

4.

I NEED... HOW

WOULD YOU LIKE THE OTHER PERSON'S
ACTION TO BE?

I can use a sentence with "I" to say how I feel.



ASSERTIVE COMMUNICATION



LIABILITIES



ASSERTIVE



AGGRESSIVE



LIABILITIES

- Unable to say what he thinks and feels
- The feeling that others walk all over you.
- Avoid conflicts
- Shyness, lack of eye contact, hiding
- Lack of confidence



ASSERTIVE

- Keep calm
- Use "I" sentences
- Use respectful language
- Defending yourself and others in a positive way.
- Take control of your behavior



AGGRESSIVE

- Speaking loudly, shouting, or attacking
- Interrupt others
- Blame others
- Intimidate people
- Roll your eyes



SENTENCES WITH "I"

example

1. I FEEL... WHAT

ARE MY FEELINGS?

I feel sad and lonely.

2. WHEN...

DESCRIBE THE OTHER PERSON'S

ACTIONS IN A TOUGH WAY.

WHEN YOU PLAY
WITH EVERYONE BUT ME

3

WHY...

The Effect of Behavior on You

BECAUSE I'M LEFT
OUT AND I HAVE NO
ONE TO PLAY WITH

4

I NEED... HOW

WOULD YOU LIKE THE OTHER PERSON'S
ACTION TO BE?

I NEED YOU TO
INCLUDE ME IN
THE GAMES

I can use a sentence with "I" to say how I feel.



What is assertive communication?

Using assertive communication means you can express your feelings clearly, directly, and respectfully. When you are assertive, you can say what you think and feel and defend yourself without being aggressive or belittling anyone. Communicating assertively helps avoid conflicts and solve problems more effectively, as well as making you more confident.

There are three identified communication styles, and each can be compared to an animal because of its characteristics and ways of acting. Let's take a look!

THE PASSIVE TURTLE



- Protect yourself so you don't get hurt.
- Lack of confidence
- Keep your feelings to yourself
- Prefer not to risk
- He pleases others more than he accepts himself.

THE ASSERTIVE OWL



- Wise, calm, and observant.
- Respectful and mature with herself and others.
- Don't exaggerate and express your feelings carefully.
- She feels safe, confident, and loved.
- Use sentences with "I"

THE AGGRESSIVE TIGER



- He/She is rude, bossy, and controlling.
- It's disrespectful and can make people uncomfortable.
- Scream and scream
- He acts like he's better than everyone else.

SCENES OF ASSERTIVE COMMUNICATION

friend starts by commenting on your hair, saying it looks funny. The whole room starts laughing... until finally... you get angry and yell: "At least my hair doesn't look like it was cut in the dark!"



Your friend keeps hiding your things as a joke. You say, "If you do that again, I'll break something of yours."

What could you have said instead?

What could you have said instead?



Your friend tries to boss everyone around and doesn't want to share or respect others' turns in games. Finally, tired of this behavior, you say: "We're all fed up with you, and nobody wants to be your friend anymore."

What could you have said instead?



QUIZ COMMUNICATION

Connect the phrase to the communication style.

"We don't have to play my game, I'll play whatever you want."

ASSERTIVE

"You're so annoying, I don't want to be near you anymore."

AGGRESSIVE

"Only if you don't mind."

PASSIVE

"When you make fun of my hair, it hurts my feelings."

ASSERTIVE

"Do it, or you'll see!"

AGGRESSIVE

"Actually, I'd prefer we don't talk about it right now."

PASSIVE



Assertive Communication Checklist

Assertive communication looks like...

- ☐ Make eye contact.
- ☐ STAND UP WITH GOOD POSTURE
- ☐ STAY CALM AND IN CONTROL
- ☐ Use phrases with "I" to express your feelings and needs.
- ☐ SPEAK FIRMLY, WITHOUT SHOUTING
- ☐ Describe the facts without assigning blame.
- ☐ Be able to defend yourself politely.
- ☐ Listen to other people without interrupting.
- ☐ HAVE COMPOSURE
- ☐ Be respectful to others.
- ☐ SAY "NO" IF NECESSARY

THINK

before



SPEAKING, WRITING OR TYPING

AND THAT:

USEFUL?

TRUE?

INSPIRING?

KIND?

NECESSARY?

How do you communicate?

HIGH SELF-RESPECT

Assertive

- Keep calm
- Use "I" sentences
- Avoid accusatory language
- Defending yourself and others in a positive way.

Aggressive

- Speak loudly
- Use "you" phrases
- Being demanding in the way one expresses oneself.
- Interrupt others
- Blame others
- Bully others

LOW CONSIDERATION FOR OTHERS

Passive

- Unable to express their opinions and thoughts effectively.
- Feeling trampled on by others
- Your needs are not being met.
- Developing resentment towards others.

Passive aggressive

Use sarcasm

- Feelings and actions don't match
- To sabotage or annoy others
- Avoid confrontations
- Deny the problems

HIGH RESPECT FOR OTHERS

Low self-esteem

CARDS

BREATHING

FUN

Help your child calm down with easy
and fun breathing techniques.



IMAGINATION CARDS

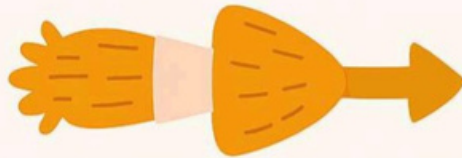


How to use
the cards?

Invite your child to
choose a card and
conduct the activity
calmly and patiently.

Help him visualize the images while he practices
breathing.

The more he uses it, the more peace and
relaxation he will experience.





Imagine a warm apple pie that has just come out of the oven.

Breathe deeply and slowly to feel all the aromas.

Then, exhale again and prepare for the next breath.

Repeat.



Trace the star with your finger.

Breathe slowly and deeply as you trace the outline of the star.

Repeat 4 times.



Imagine your belly is a balloon.

Place your hands on your belly.
Breathe in through your nose and feel your balloon deflate.

Exhale slowly through your nose and feel your balloon fill up.



Imagine you are holding a flower.

Breathe slowly through your nose and feel the fresh air.

Exhale slowly through your mouth and imagine the petals flying off the flower.

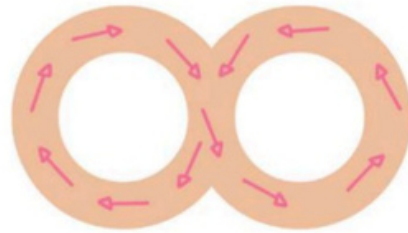
Repeat.



Imagine you're a mermaid about to release some bubbles.

Breathe slowly through your nose and fill your belly with air.

Exhale slowly through your mouth and watch all the bubbles float on the water.



Trace the number eight with your finger.

Breathe slowly and deeply while tracing the number eight.

Inhale through your nose and exhale through your mouth.

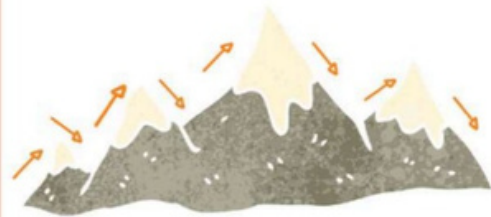
Repeat until you feel calm.



Trace the flower with your finger.

Breathe slowly and deeply as you trace the flower with your finger.

Inhale through your nose and exhale through your mouth.



Trace the mountain with your finger.

Breathe slowly and deeply as you trace the mountain with your finger.

Inhale through your nose and exhale through your mouth.

Repeat.



Close your eyes and imagine you are a dragon.

You are about to unleash a huge fireball.

Take in as much air as you can. Release a huge ball of fire.

Repeat.



Close your eyes and imagine you are holding a feather.

Breathe in slowly and fill your belly with as much air as you can.

Exhale slowly through your mouth and watch the feather float away.

Repeat.



Close your eyes and imagine you're about to blow out all the candles on your birthday cake.

Breathe in slowly and fill your belly with as much air as you can.

Exhale slowly through your mouth and blow out all the candles.

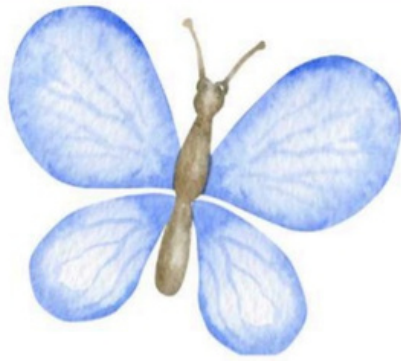


Place your finger at the base of the rainbow.

Breathe in through your mouth and trace the red arc of the rainbow.

When you reach the top of the red arc, exhale slowly until you reach the base of the rainbow.

Continue with all the colors until you feel calm.



Close your eyes and lie on your back. Imagine you are a butterfly with your arms outstretched at your sides.

Breathe in slowly through your mouth and open your arms as if they were your wings.

Exhale slowly and bring your wings back to your sides.

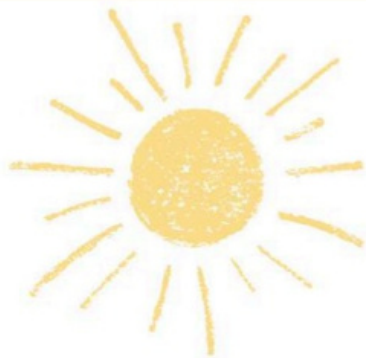


Imagine you are an elephant.

Breathe in slowly through your nose as if you were filling your trunk with water.

Exhale slowly through your mouth and watch all the water come out through your trunk.

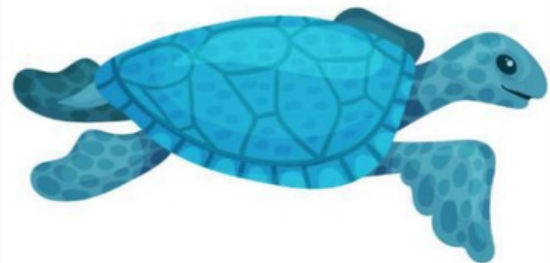
Repeat.



Place your finger at the base of the sun. Inhale through your mouth as you move upwards along one of the sun's rays.

Upon reaching the top of the beam, exhale slowly as you descend on the other side.

Continue with all the rays until you feel calm.



Close your eyes and imagine you are a turtle swimming in the ocean.

Breathe in slowly and fill your belly with as much air as you can.

Exhale slowly through your mouth and imagine yourself swimming through the water.



Imagine you are a teapot.

Breathe in slowly through your nose as if you were filling it with water.

Exhale slowly through your mouth and watch all the steam coming out of the teapot spout.



Imagine you are about to blow a whistle.

Breathe in slowly through your nose while filling your belly with air.

Exhale slowly through your mouth and imagine the sound coming from the whistle.



Imagine you are a bear about to let out a great roar.

Breathe in slowly through your nose while filling your belly with air.

Exhale slowly through your mouth and imagine you are letting out a very loud roar.

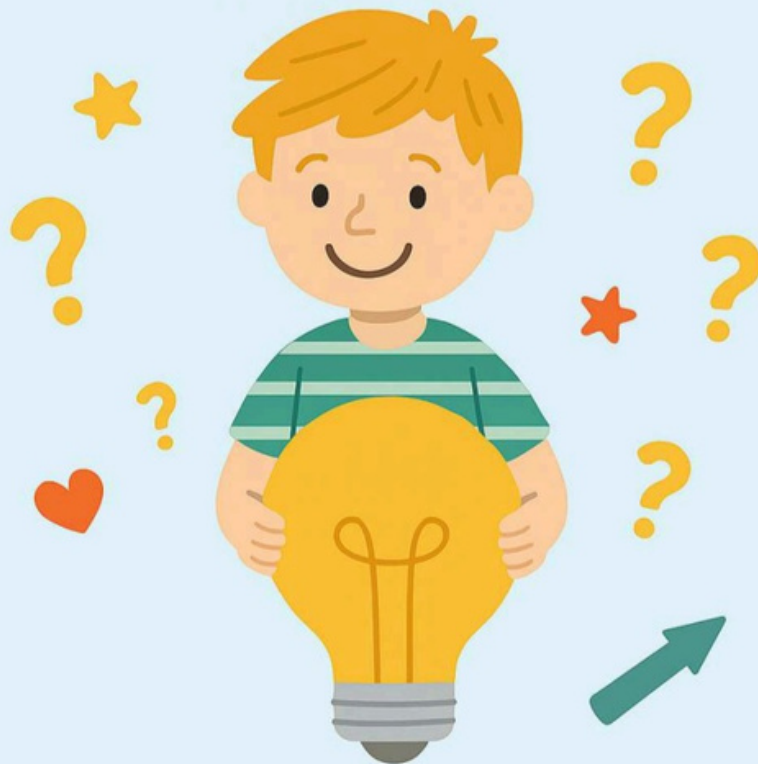


Imagine your breathing is like a marching band and you're beating the drum very slowly.

Breathe in rhythm.

Inhale in a four-beat rhythm. Exhale counting to four. Repeat.

RESOLUTION OF PROBLEMS



Let's find a solution!

How big is my problem?

BIG PROBLEM

Big problems take time to solve and may require help from many people, such as parents, teachers, police officers, doctors, or other adults. Furthermore, big problems often provoke intense reactions or emotions, such as anger, deep sadness, guilt, or fear.

Examples of major problems include: becoming very ill, breaking a bone, being in a car accident, a house fire, losing a loved one, among others.



MEDIUM PROBLEM

Medium-level problems take longer to resolve and usually require help from others (typically a parent or teacher). These problems often generate reactions of moderate intensity, such as crying, disappointment, frustration, or confusion.

Examples of moderate problems include: forgetting homework, spilling a glass of milk, having a headache, or arguing with a friend.



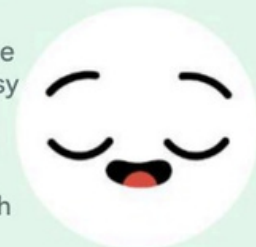
SMALL PROBLEM

Small problems can be solved quickly and easily, either alone or with the help of another person. Children can also help other children resolve similar situations. These problems usually don't cause major emotional reactions and are easy to deal with on a daily basis.

Minor problems don't affect mood or interfere with other situations.

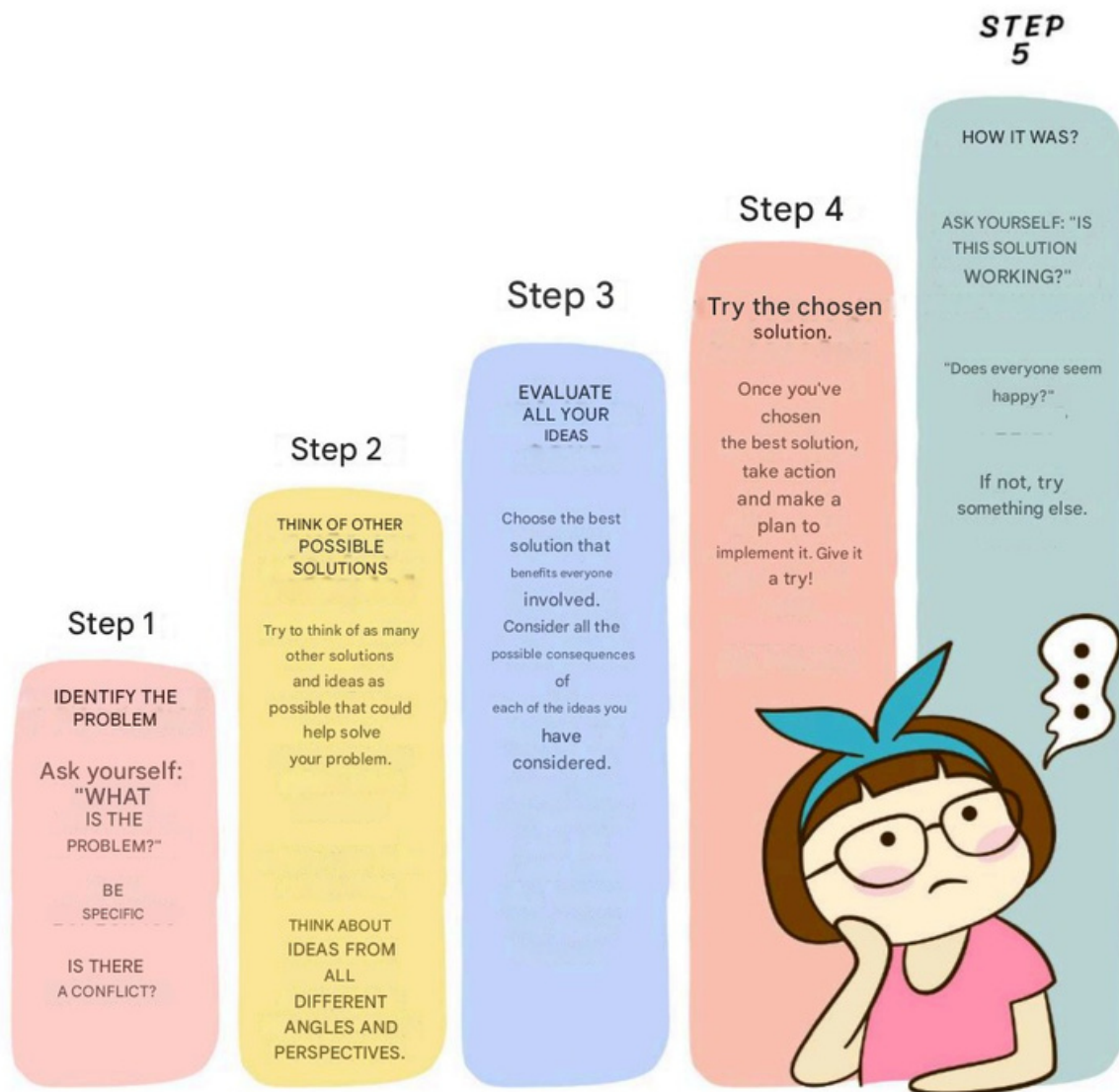
They are temporary, easy to resolve, and don't usually cause much worry or stress.

Examples include breaking a pencil, not being able to get to the front of the line, or someone bumping into you at the playground.



PROBLEM SOLVING

Whether you realize it or not, a large part of your day is spent solving problems. Most of the time, we do this without even noticing, and other times, we need a little more help from others. This quick and effective exercise can help you solve problems independently and strengthen your social skills.



DISCUSSION CARDS ABOUT THE SIZE OF MY PROBLEM

Your friends say
they don't want
to play with you?

How big is the
problem?

Has your pen
stopped working?

How big is the
problem?

You don't
understand your
homework.

How big is the
problem?

Your friend got
hurt at the
playground.

How big is the
problem?

There's a stranger following
you in the park.

How big is the
problem?

You lost your
house key and can't get
in.

How big is the
problem?

You lost your bus
fare and now you can't
get it back.

How big is the
problem?

You're afraid to speak in
front of everyone.

How big is the
problem?

Someone cut in line at
the cafeteria.

How big is the
problem?

**Did someone steal
your lunch money?**

How big is the problem?

There's a fire in the
kitchen.

How big is the
problem?

You accidentally cut
yourself while cutting
your apple.

How big is the
problem?

Worksheet

The size of my problem.

The Problem	My reaction	The Result

PROBLEM SOLVING



Step 1

Step 2

Step 3

Step 4

Step 5

PROBLEM SIZE FLOWCHART

Start here

What's the problem?

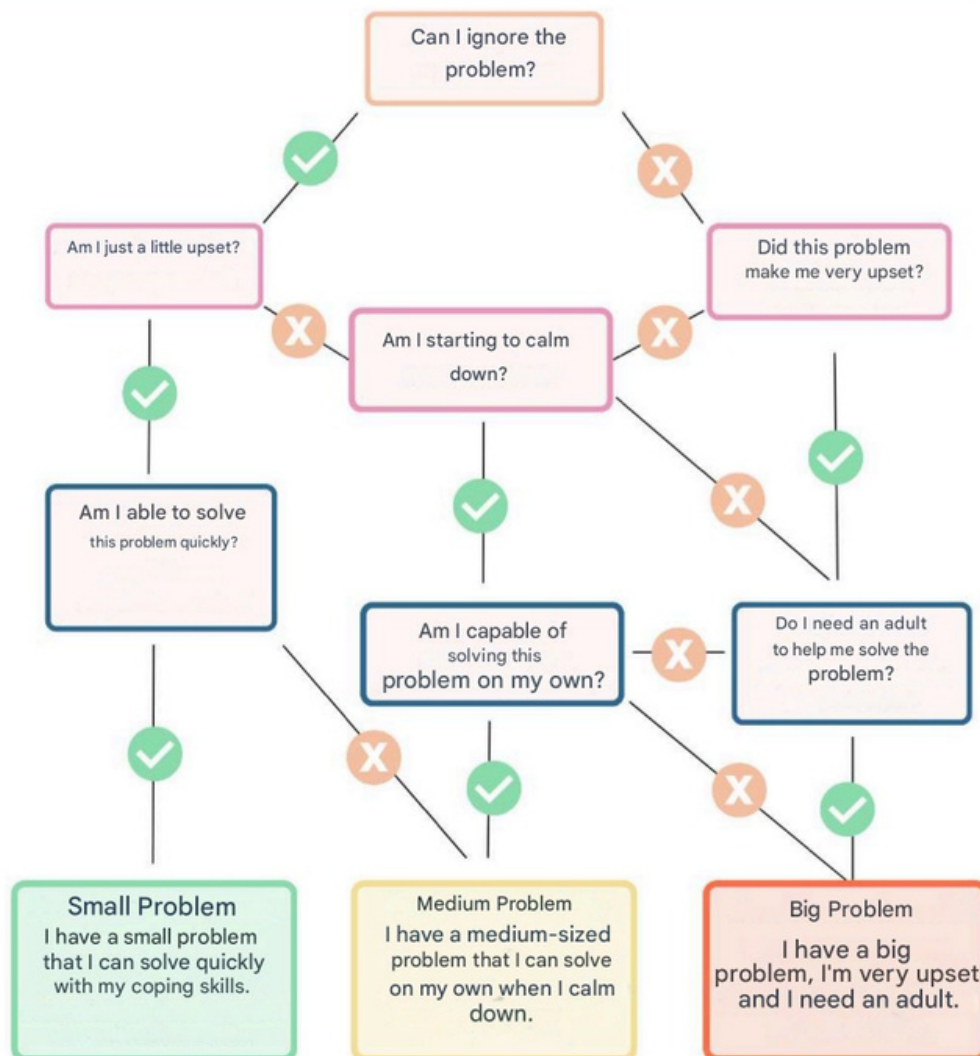
Who?

What?

When?

Where?

As?



Emotion regulation



Learning about feelings and how to deal
with them.

REGULATION ZONES

RED ZONE



SCARED



IRRITATED



YELLING



YELLING

YELLOW ZONE



EXCITED



FRUSTRATED



WORRIED



STEW

BLUE ZONE



SICK



SLEEPY



BORED



SAD

GREEN ZONE



ATTENTION



CALM



HAPPY



PROUD

REGULATION ZONES

Strategies to calm down

There are many things you can do to feel better.
Here are some coping strategies that can help you.
Help and paste it into the corresponding strategy zone page.
to deal with emotions.



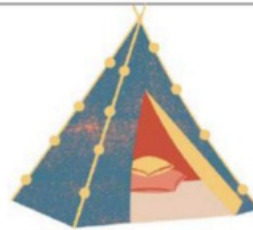
BREATHE SLOWLY



LISTEN TO MUSIC



GO FOR A RACE



GO TO A SAFE
PLACE



PLAYING WITH A
SENSORY TOY



PRESS AND
RELEASE



PRACTICE
MINDFULNESS



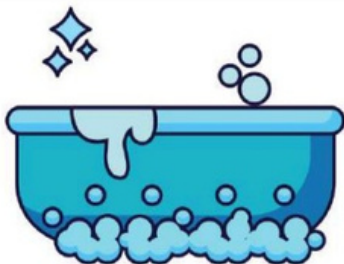
PLAY A GAME



PLAYING WITH
FRIENDS



WATCH A MOVIE



TO HAVE A BATH



WRITE DOWN YOUR
FEELINGS



COLORING



GO TO THE PARK



ASKING FOR A HUG



HUGGING A BEAR



TALK TO A FRIEND



DO SOMETHING NICE
FOR SOMEONE



EAT A HEALTHY SNACK



COOK SOMETHING



LIVE AN
ADVENTURE



PLAY ON THE
TRAMPOLINE



READ A BOOK

I believe in me
I can do this

Write some statements.



BREATHE

SLOWLY



DO SOME
STRETCHES



Talk about your feelings.



CLEAN YOUR
ROOM



HARVEST
FLOWERS



BUILD A SANDCASTLE

SELF-REGULATION

In this activity, you can read the example scenarios and think about which zone they fit into. You can color the example with the color corresponding to the appropriate zone.

You've just found out that your dog
has passed away.

You hurt your leg while playing
during recess.

You've been given the lead role in
a play that will be performed
for the whole school.

You're going to play in a big final
this weekend.

Your friend invites you to play
after school.

Your friends are leaving you out of
their game.

The teacher gave you a lot of
homework, and it needs to be
finished by the next day.

Your little brother ruined the project you
were working on.

Your mum surprised you with
your favorite dessert.

Your mother surprised you with
your favorite dessert.

Your best friend has something you
really want, but can't have.

You're starting at a new school and
you don't know anyone.

SELF-REGULATION

Strategies for calming down: When I'm in the Blue Zone, these coping strategies can help me.

SELF-regulation

Strategies for calming down:
When I'm in the Green Zone, these
coping strategies can help me.

SELF-regulation

Strategies for calming down: When I'm in the Yellow Zone, these coping strategies can help me.

SELF-regulation

strategies to calm down
When I'm in the Red Zone, these coping
strategies can help me.

LIST OF FEELINGS



Ambitious	Hurt	Shocked	Grateful
Scared	Inadequate	Stew	Hectic
Irritated	Insecure	Stupid	Satisfied
Irritated	Inspired	Suspect	Mad
Nervous	Angry	Tense	Outraged
Embarrassed	Jealous	Stressed	Concentrated
the Bitter	Happiness	Terrified	Alarmed
Bored	Lonely	Arrested	Fearful
Comfortable	Lost	Uncomfortable	Offended Cold
Confused Happy	Loving	Worried	Ecstatic
Determined	Unhappy	Useless	Surprised
Nauseous	Motivated	Uncertain	Horried
Anxious	Nervous	Doubtful	Furious
Embarrassed	Overloaded	Hesitant	Enchanted
The Energetic	Pacific	Desperate	Revitalized
Envious	Proud	the Crushed	Defensive
Excited	Relieved	Hateful	Proud
Fool	Resentful	Reinforced	Furious
Frustrated	Sad Satisfied	Trusting	Bitter Evil-
Furious	Scared	Enchanted	humorous
Distressed	Auto-conscious	Happy	Steamy
Hopeful		Satisfied	Grumpy

SELF-REGULATION



FUNNY



WORRIED



EXCITED



FRUSTRATED



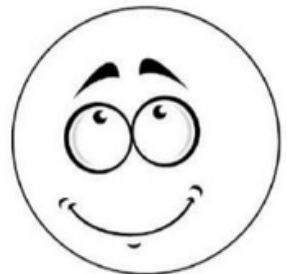
SCARED



BRAVO



GRUNTING



VERY HAPPY



HAPPY



PROUD



FOCUSED



CALM



SICK



SLEEPY



SAD



UPSET

FACE OF EMOTIONS



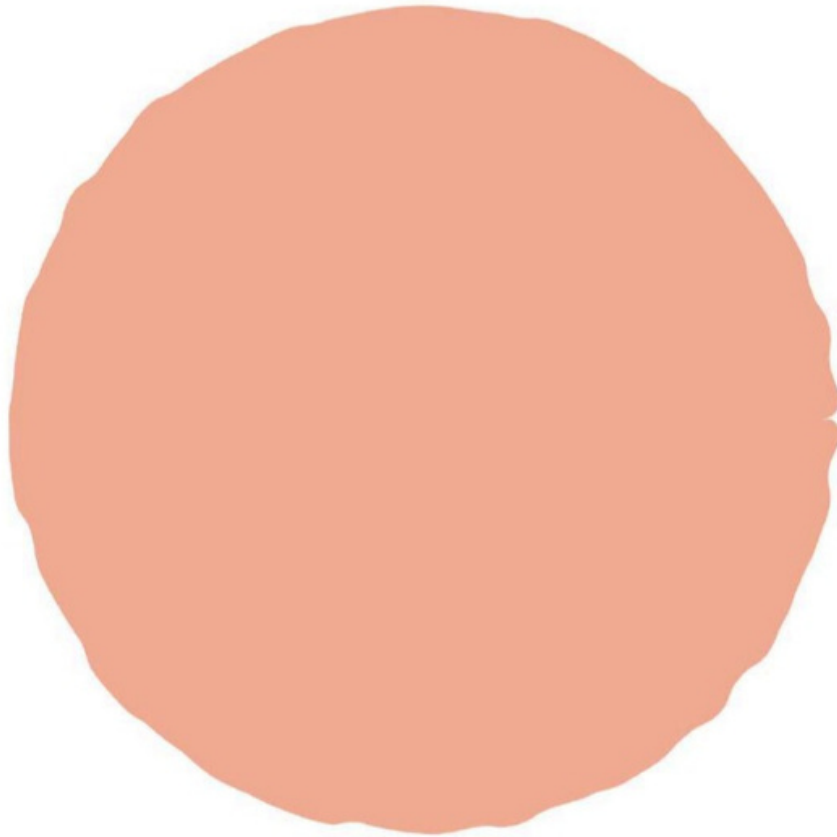
Choose an emotion from the list below and write it in the box.



Try to draw what the face would look like with that emotion in the circle.



THEN, TRY DOING THIS WITH ALL THE EMOTIONS!



SAD

BRAVO

PRODUCTIVE

WORRIED

FRUSTRATED

CONFUSED

HAPPY

BRAVO

My face when I'm angry.



Other words for brave:

- 1.
- 2.
- 3.

Things that make me angry:

Things I do when I'm angry.



Things that help me calm down when I'm angry are...



HAPPY



This is my happy face!



Other words for HAPPY are...

- 1.
- 2.
- 3.



The people who make me happy are...

Things that make me happy are...



My happy place is like this...





This is my funny face

FUNNY

Other words for funny are:

- 1.
- 2.
- 3.



Things that make me act funny are:

These are the people who make me laugh:



My funniest memory is:

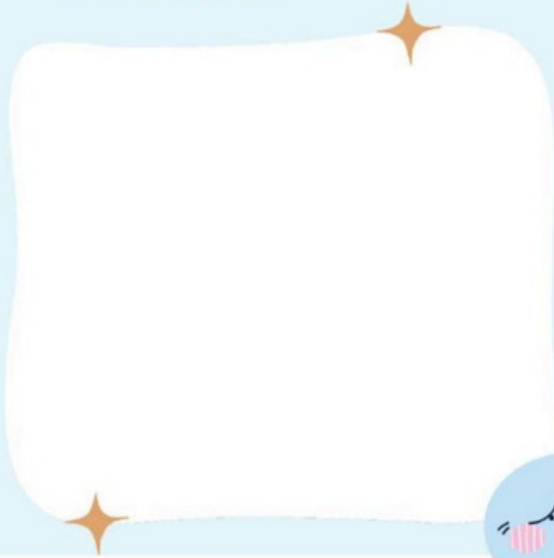




SAD



My sad face is



Other words for sad

1. are:

2.

3.



People who help me when I'm sad:

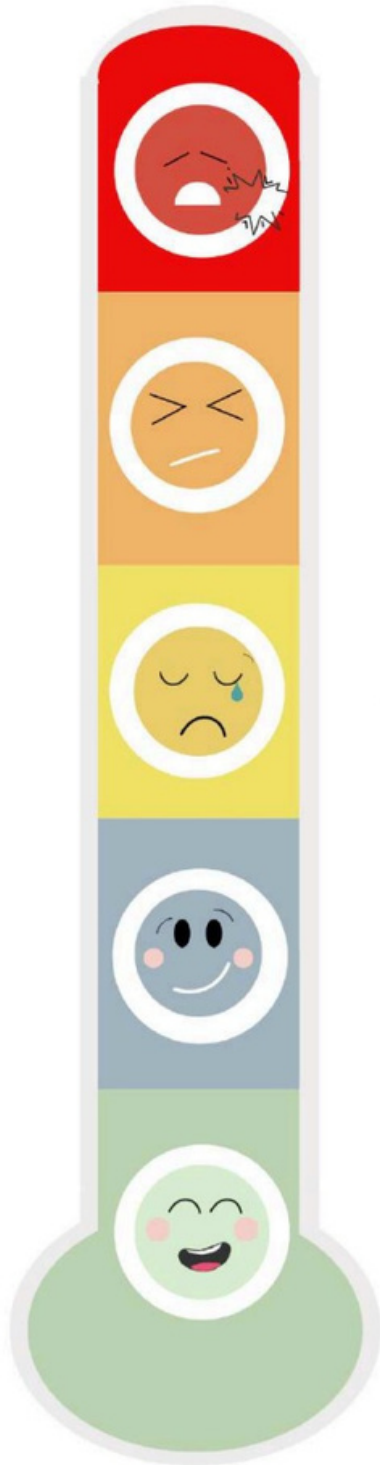
Things that make me sad are:



Things I can do to feel less sad:



how are you if FEELING?



BRAVO

"I feel angry, furious, and irritated."

FRUSTRATED

"I'm starting to feel overwhelmed and stressed."

WORRIED

"Something is bothering me, I'm feeling nervous and scared."

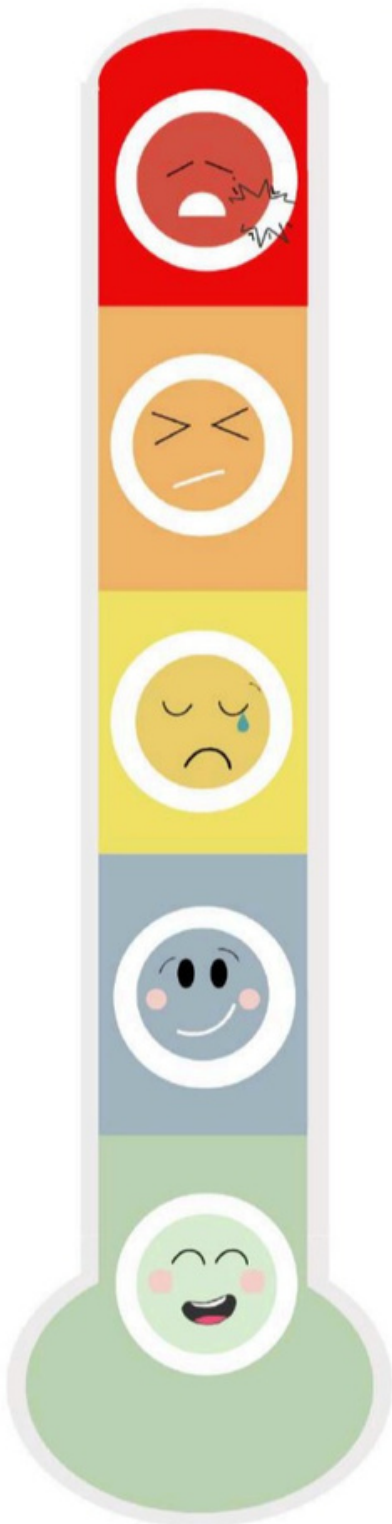
SAD

"I'm feeling kind of down, sad, and upset."

HAPPY

"I'm feeling relaxed, happy, and calm."

how are you if
FEELING?



how are you if FEELING?

TO STOP

"I am feeling
angry or sad"



Count to 10, take a
deep breath, and try to
calm down.

THINK

"I'm feeling a little
insecure and
worried."



Why do I feel
this way? What upset
me?

TO SHARE

"I'm feeling good
and ready to talk about
my feelings."



Talk to someone
you trust about
the problem.