

# ADHD Activity Pack

The ADHD Activity Pack is full of fun and engaging resources for both parents and teachers to support their children with ADHD. This is a collection of ideas and activities which could be individualised or adapted for your child's likes and dislikes. It contains activity ideas for arts and crafts, science experiments, self-reflection and mindfulness, attention and listening games and physical exercise.

## Arts and Crafts

Arts and crafts are fun ways for children with ADHD to express their thoughts and feelings. This could include activities like painting, chalking or making craft items. There are more arts and crafts ideas on the Twinkl website, but here are a few examples of fun craft activities.

- **Rainbow Window Art**
- **Banksy Street Art Worksheet**
- **DIY Stress Ball Craft Instructions**
- **Paper Aeroplane Craft Instructions**



## Science Experiments

Science and experimenting are exciting ways to engage children and encourage them to concentrate for an extended period of time. Try and challenge them with these fun home science experiments!

- **Science Experiments for Home**





## Self-Reflection and Mindfulness

Often, we need to encourage children with ADHD to find ways to calm down and become self-reflective. These activities provide ways to encourage your child to self-reflect, calm down and have regular brain breaks.

- **Mandala Themed Mindfulness Colouring Sheets**
- **I Am an Amazing Person! Worksheet**



## Attention and Listening Games

There are some great games and activities to support attention and listening in children with ADHD. The following activities provide engaging ways to support your child in developing their attention and listening skills. Play these regularly or adapt them as you go!

- **Attention and Listening Games**
- **Attention and Listening Games Set 2 Cards**
- **Five Minute Morning Attention and Listening Activities**
- **Name 5 Things Challenge Cards**



## Physical Exercise Activities

Physical exercise and outdoor activities are great ways to engage your child with ADHD, burn energy and relieve stress. This could include going for a walk in your local park, a bicycle ride, a water fight or den building in the garden. Here are some fun physical activity ideas to support you and your child at home.

- **PE from Home Fitness Station Activity Cards**
- **Joe Wicks: Active 8-Minute Workout Cards**
- **Outdoor Activity Idea Cards**

