

I Have ADHD...

My brain works in a different way. Many other children experience ADHD too.



There are many successful people in the world who have ADHD.

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With ADHD, I may sometimes need to move around more than others, I might find it hard to concentrate, I may want to talk most of the time or find it hard to get along with others.

Sometimes, I might want to wander around the classroom or interrupt others. This is all part of my ADHD.



There are lots of positives to having ADHD, such as being creative, imaginative, quick-thinking and good at problem-solving.

It may be helpful for me to talk to an adult and have an open conversation about my ADHD. This may help me appreciate my unique characteristics.

It is important to remember that everyone is different and unique, with their own talents, interests and qualities.

To keep myself calm, I can:

- practise deep breathing;
- sit and relax in a safe space (maybe outdoors);
- listen to music;
- read a book;
- go for a walk, run or do some exercise;
- do yoga or meditate;
- drink a glass of water.

It is OK to ask questions about my ADHD and to want to know more.

