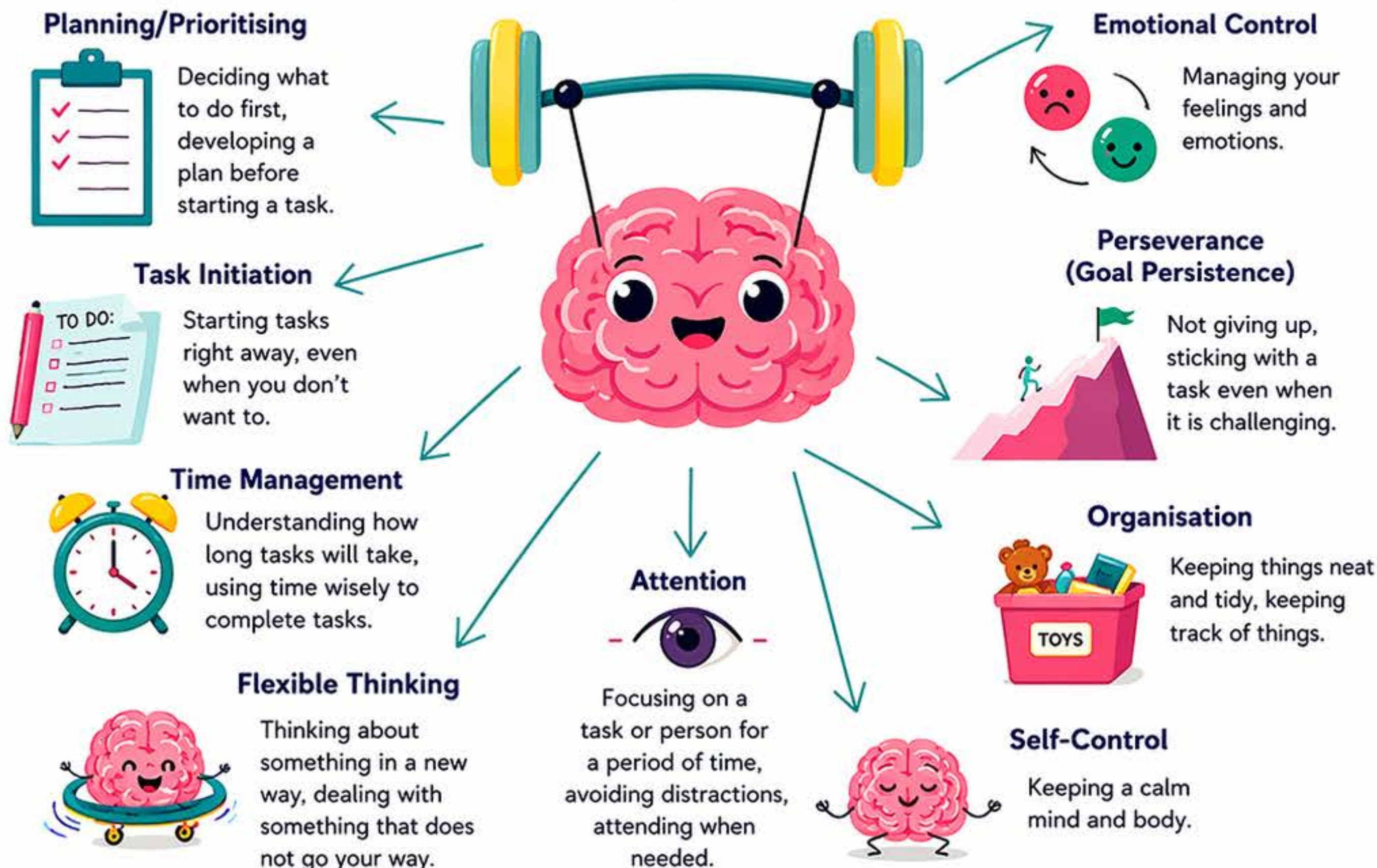


ADHD Coping Skills For Kids

Coping skills are things kids can do to better manage ADHD.
Kids with ADHD are more successful when they use personal coping skills,
and accept help from parents and teachers.

Executive Functions Impaired In Kids With ADHD



TIPS TO IMPROVE:



Planning/Prioritising

- Write your daily tasks and homework in a planner/calendar
- Ask a parent or teacher to help you decide what steps or tasks to do first



Task Initiation

- Allow a parent or teacher to help you get started
- Remove distractions
- Get all supplies you need to get started on a task



Time Management

- Create a to-do list each day
- Think about how long each task on your list will take to complete
- Follow a morning, afternoon, and evening routine



Organisation

- Throw away trash in your backpack/workspace
- Sort and store loose papers
- Set out clothes and all items you need for the next day before bed



Attention

- Fidget, take short breaks, move during breaks
- Remove distractions
- Be near a teacher or parent when doing a task
- Eat well, get good sleep



Self-Control

- Stop and think about the consequences of your actions
- Take a deep breath when you notice an urge to say or do something
- Exercise



Flexible Thinking

- Remind yourself to:
 - "Go with the flow"
 - "Let the little things go"
 - "Accept help"
 - "Be patient"
- Understand that sometimes there is more than one way to do things



Perseverance

- Work with your parents/teachers to earn a reward when you complete tasks (point system/token economy system)



Emotional Control

- Practice calm down strategies
- Take a break – go to your safe place
- Take slow, deep breaths



Small steps today. **Big progress** tomorrow!

