

Ways to remember ADHD

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ways to remember

- Write yourself a note. Colored stick pads are great because you can stick notes where you will be sure to see them.
- It can be hard to remember things you're told. Ask your mom or dad to write you a note and stick it where you'll see it.
- Always put things in the same place: a hook for your jacket, a shelf for books and backpack, a box for shoes, soccer balls, etc. If these are all together in a convenient place, you can easily put your things away when you come in the house.
- Set the kitchen timer as a reminder. For example, if you need to leave for swimming practice in 20 minutes, set the timer to remind you when to go.
- Learn to **DO IT NOW!** When you think of something, do it right away. Then you won't have time to forget!
- If you need to take something to school, put it in one special place by the door.

- Learn to stop and think for a minute before you rush out the door. "Let's see, have I got everything I need?"
- Think about your day when you wake up. "Let's see, today is Tuesday, so I have soccer practice after school. I need to take my soccer cleats."

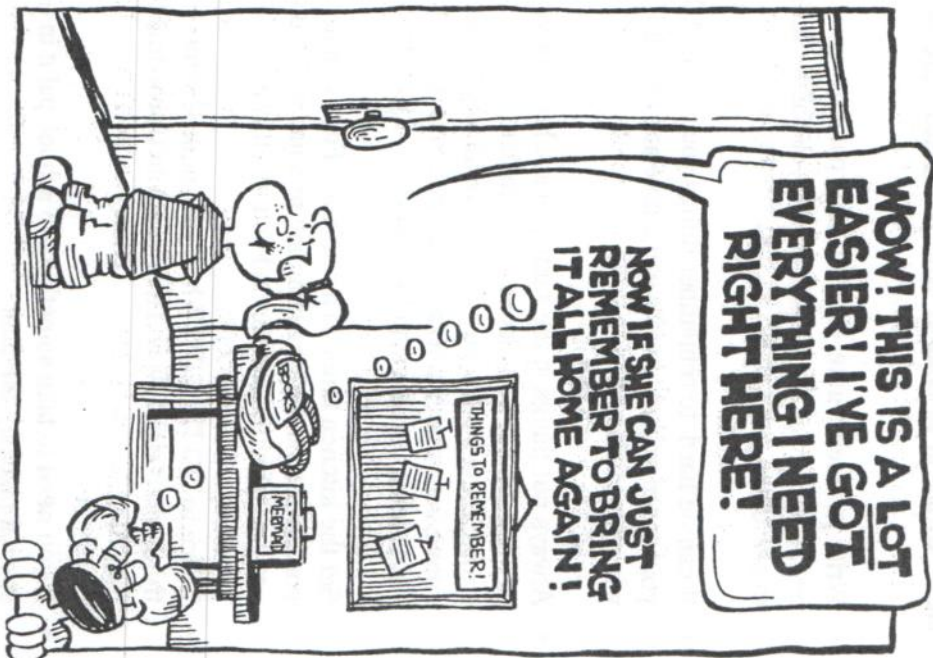


getting ready in the morning!

The best way to get ready in the morning is to prepare as much as you can the night before. That way, if something is lost, you'll have time to look for it.

- Put out your clothes the night before.
- Pack your lunch the night before.
- Get together everything you'll need to take to school the next day, like lunch money, homework, and permission slips.
- In the morning, have a regular routine. Doing things in the same order each morning makes it easier to get it done.
- Make a checklist of what to do each morning and put it on the wall where you will see it.
- Don't play or watch TV until you're completely ready!

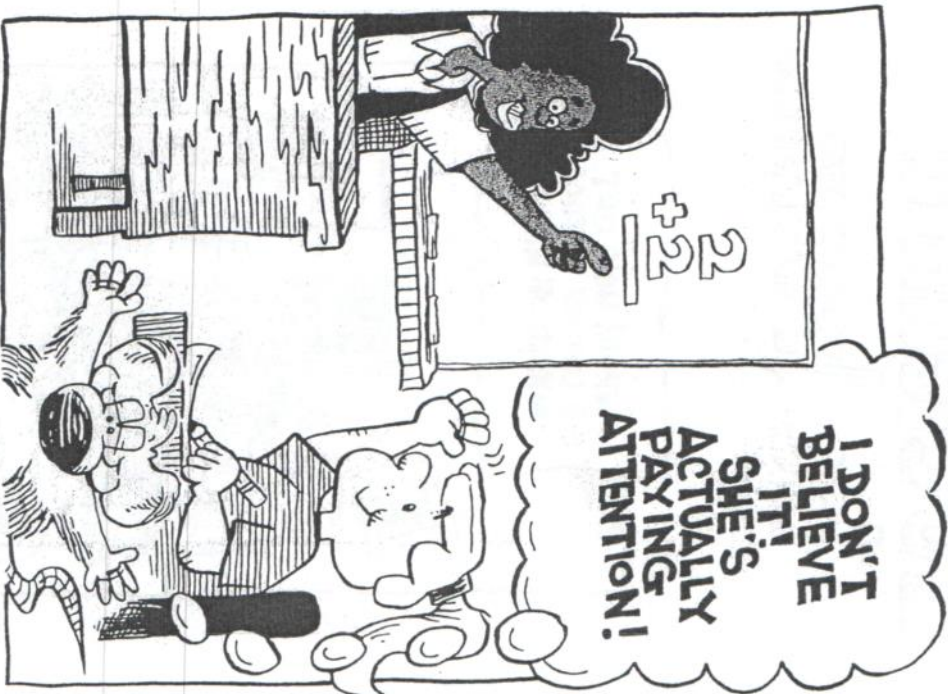
- Get your mom or dad to set up a "launching pad." This is a place for you to put everything you'll take to school the next day. Make a list near your launching pad of what you'll need.



Ways to pay better attention at school ...

- Keep your desk clear, so you're only working on one thing at a time.
- Sit close to the front of the class, and look at your teacher whenever he or she is talking.
- Get involved! Don't just sit there. Ask questions and make comments (after raising your hand, of course).
- Ask to be moved away from kids who talk or bother you, and don't talk when you should be listening.
- To remind yourself to pay attention, wear a rubber band on your wrist and give it a little snap if you start daydreaming.
- If your class is too noisy or distracting while you're trying to work, ask the teacher if you can move your desk or sit in a quiet place.
- Don't bring to school toys or games that will distract you.

- If you don't understand something, ask for help right away.



The easy way to clean a bedroom

8 STEPS TO A CLEAN ROOM!

You will need:

- A trash can
- 4 cardboard boxes with labels
- A clothes hamper
- Two hooks in your closet
- Some shelves
- A desk

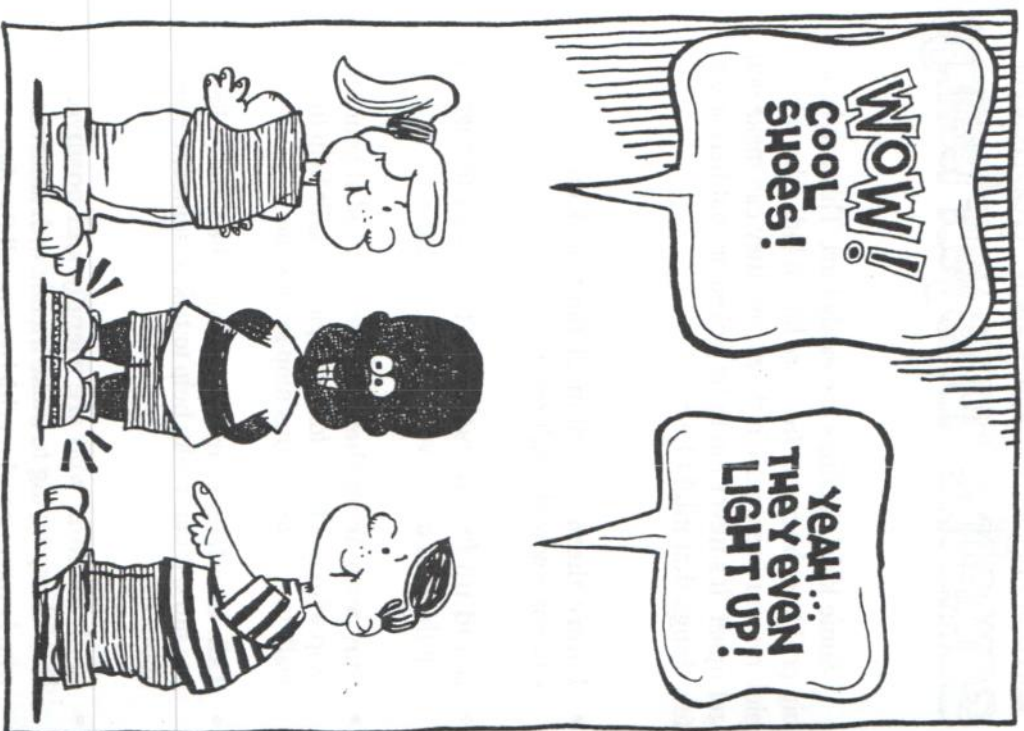


1. Put all the dirty clothes in the clothes hamper and clean clothes in your dresser.
2. Put all the toys on the shelves and in a big cardboard box labeled "toy box."
3. Put all the books in a pile on a shelf or in a cardboard "book box."
4. Put all the school stuff and backpack on your desk or in your cardboard "school box."
5. Put all the trash and throw-away stuff in the trash can or a garbage bag.
6. Put all the shoes in your closet or in the cardboard "shoe box."
7. Make your bed.
8. Hang your pajamas and your coat on hooks in the closet.

If you do this one step at a time, you'll soon be an expert at cleaning up your own bedroom!

try these ways to make and keep friends

- Look friendly, smile, and say "Hi."
- Share your stuff when you're playing with friends.
- Take turns. Let everybody get a chance to play with a toy or be a leader.
- Don't be bossy. Let other kids help make decisions.
- Keep calm. Don't get too silly or too loud.
- Say nice things to your friends, like "Good catch!" or "Nice try!"
- Try not to poke, grab, or bump into your friends.
- Don't ever make fun of anybody. You know how awful that feels.
- Don't hit, yell, or call names if you feel angry.
- If you have a big problem, call an adult to help solve it. If you have a little problem, try to work it out with your friend!



things to do when someone hurts your feelings

Some kids' feelings are easily hurt. This can be a big problem, because there are lots of kids who will pick on you even more if they know they can make you get upset. It's never fun to be picked on, but here are a few things that might help:

- **Ignore them.** It's not much fun to pick on someone who doesn't react.
- **Stand up for yourself.** Don't lose your temper, but tell them in a firm voice to "cut it out!"
- **Stay away from them.** If there is a kid at your bus stop who is a bully, for example, it might help to walk to a different bus stop for a while.
- **Talk to a friend or counselor.** When our feelings are hurt, it can really help to talk to someone else about it.
- **Look for kids who are friendly and positive.** Don't keep trying to make friends with someone who is mean or who criticizes you all the time.

