



## Attention Deficit Hyperactivity Disorder

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**A**ctivities in this chapter help to define symptoms and understand the impact on daily living. The activities are organized by the skills needed to mitigate and control the impact of symptomatology on social and academic performance. Developing a better understanding of symptoms will help facilitate client awareness of how thoughts and actions are connected. Relationships coaching activities focus on developing appropriate social boundaries, understanding expectations and engaging in socially-appropriate behaviors. Competency-based activities concentrate on adaptive and executive functioning such as estimating time, self-regulation, and understanding the impact of their actions. Brain-based interventions conclude the chapter providing activities that integrate healthy habits, using positive imagery, and using physical movement to help reduce symptoms.

# Examining Inattention

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## What Does Inattention Look Like?

What does being inattentive mean to you? Describe what inattention looks like in each of the following settings. Are there places where you are more focused? Are there places where you are more inattentive?

HOME	SCHOOL	COMMUNITY

## How Does Inattention Impact Me?

How does being inattentive impact you in each of these settings? When does being inattentive impact your performance the most? What are the negative and positive consequences of being impulsive?

HOME	SCHOOL	COMMUNITY