

ADHD Awareness Month Activities for Kids

1) Brain Differences = Superpowers Craft

What you need: paper, markers, stickers, crayons

What to do:

Have kids draw themselves as a “Brain Hero” with 3 strengths like:

- “I’m a fast thinker”
- “I notice cool details”
- “I have big ideas”

Add a cape or badge that says “**My Brain Works in Its Own Way!**”

2) Wiggle Break Stations

Set up 3–5 quick movement stations kids rotate through:

- wall push-ups
- jumping jacks
- animal walks
- chair yoga
- “freeze dance” (dance, then freeze!)

Tip: Use **2 minutes moving + 3 minutes learning**.

3) Focus Toolkit (Make-and-Take)



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Kids create a small “toolkit” they can use when their brain feels busy:

- breathing card (“Smell the flower, blow the candle”)
- fidget option (pipe cleaner ring or stress ball)
- calming picture
- “Ask for help” card

Resource: <https://childmind.org/topics/concerns/adhd/>

4) “Follow the Steps” Treasure Hunt

Practice listening and working memory with a fun hunt:

- “Find something blue, then touch the door, then sit down.”
- “Hop two times, then bring me a book, then clap once.”

Start with 1 step, then slowly add more.

5) Feelings Thermometer Game

Help kids notice emotions before they explode.

Draw a thermometer with levels like:

- Cool (calm)
- Warm (a little upset)
- Hot (very upset)

Act out situations and let kids point to the level.

Then practice one calming tool at each level (breathing, squeeze hands, ask for a break).



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6) Kind Words Circle

Teach empathy with sentence starters:

- “One thing I like about you is...”
- “Thanks for helping me when...”
- “You’re good at...”

This builds confidence for *all* kids, especially kids who get corrected often.

7) Read-Aloud + Talk Time

Choose a story about attention, big feelings, or being different. After reading, ask:

- “What helped the character?”
- “What would you do if your brain felt busy?”
- “How can friends be helpful?”

Suggested site for book ideas: <https://www.understood.org/>

8) “Try It Another Way” Challenge

Give kids a small task, but offer choices:

- sit or stand
- pencil or marker
- quiet corner or table
- timer or no timer

Then say: “**Different tools help different brains!**”



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9) Calm Corner Upgrade

Create (or refresh) a calm space with:

- soft seating
 - visual schedule
 - sensory bottle
 - feelings chart
 - headphones (if available)
 - simple breathing poster
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10) Strengths Spotlight Wall

Make a bulletin board called “**Brains Shine Bright!**”

Each child adds a star with:

- a strength
- a favorite strategy (movement break, deep breaths, checklist, etc.)

Tips for Making Activities ADHD-Friendly

- Keep directions short: **1–2 steps at a time**
- Use visuals (pictures, gesture cues, schedules)
- Add movement breaks often
- Give choices whenever possible
- Praise effort and strategies: “Great job using your calm breath!”

Support info: <https://www.cdc.gov/adhd/>



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