

Children's ADHD Skill Packet Worksheet

This story is about a “hasty hare” who used to be in a hurry all the time. He wouldn't listen to his parents and sit down to process the things.

THE HASTY HARE



Step 1- STOP!!

Relax & calm down

Bunny Breathing:

Do the following to calm yourself down.

Sit on your knees like a bunny. Keep your chest lifted and your shoulder blades descending down the back. Tuck your chin in slightly and let your lower jaw relax. Get your nose ready for breathing by twitching it like a bunny. Take 4 to 6, short, quick breaths in through your nose.



Step 2

Plan the whole week & Make a Schedule:

While you are making a time table and planning a routine, always remember to be flexible and add a good amount of activities to make you busy, mentally as well as physically.



Step 3:

Physical activities & Exercise:

Activities like sports that will make you engaged and help in your emotional release are very important.