

ADHD Strengths Finder

ADHD Criteria/ ADHDer's Kryptonite	ADHD Strengths & Superpowers
<ul style="list-style-type: none"> Often has trouble holding attention on tasks or play activities. Often avoids, dislikes, or is reluctant to do tasks that require mental effort over a long period of time (such as schoolwork or homework). Is often forgetful in daily activities. 	<ol style="list-style-type: none"> My child can sit with LEGOs or play video games for hours T/F My child gets sucked in to one topic for weeks or months T/F Sometimes my child can't even hear my they're so engrossed T/F <p>SUPER POWER: Hyperfocus</p>
<ul style="list-style-type: none"> Often has trouble organizing tasks and activities. Often loses things necessary for tasks and activities (e.g. school materials, pencils, books, tools, wallets, keys, paperwork, eyeglasses, mobile telephones). Is often easily distracted. 	<ol style="list-style-type: none"> My child gets sucked in to one topic for weeks or months T/F You may not know why they're interested or where they heard about the topic T/F You know your child is intelligent because they display it at home T/F <p>SUPER POWER: Naturally curious/desire to learn</p>
<ul style="list-style-type: none"> Often fidgets with or taps hands or feet, or squirms in seat. Often leaves seat when remaining seated is expected. Often runs about or climbs where it is not appropriate (feeling restless) Is often "on the go" acting as if "driven by a motor". 	<ol style="list-style-type: none"> My child can't stop, won't stop T/F My child is athletic and great at sports T/F If my child could play outside, a sport, with a team he would do it all day T/F <p>SUPER POWER: Infinite energy (long term)</p>
<ul style="list-style-type: none"> Often blurts out an answer before a question has been completed. Often has trouble waiting his/her turn. Often interrupts or intrudes on others (butts into conversations or games). 	<ol style="list-style-type: none"> My child is often enthusiastic in his answers even if they might be incorrect T/F My child is easily excitable and/or anticipatory T/F My child always has an idea T/F <p>SUPER POWER: Creative/drive/ entrepreneurial</p>
<ul style="list-style-type: none"> Often waits to the last minute. Procrastinator. 	<p>SUPER POWER: Great action taker</p>
<ul style="list-style-type: none"> Often can't or seemingly ignores following directions. 	<p>SUPER POWER: Innovator or Pioneer</p>
<ul style="list-style-type: none"> Often explodes or has a hot temper. 	<p>SUPER POWER: Passionate</p>
<ul style="list-style-type: none"> Often has trouble shutting mind off. 	<p>SUPER POWER: Greasy fast lightning mind</p>
<ul style="list-style-type: none"> Can be highly emotional. 	<p>SUPER POWER: Great empathizer</p>
<ul style="list-style-type: none"> Struggles daily. 	<p>SUPER POWER: Resilient</p>