

## ADHD Strengths Finder

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