



Activities to Enhance the Big Five Skills in Children with ADHD

#1. Self-Regulation Activities

Deep Breathing Exercises: Teach your child to use deep breathing techniques to calm down.

Emotion Identification: Use flashcards or storytelling to help them identify and express their emotions.

2. Phonemic Awareness Activities

Rhyming Games: Play games that encourage finding and creating rhyming words.

Sound Matching: Have your child match pictures or objects with the same starting sounds.

3. Fundamental Movement Skill Activities

Obstacle Courses: Set up simple courses that require running, jumping, or crawling.

Ball Games: Play catch or soccer to improve hand-eye coordination and gross motor skills.

4. Auditory-Visual Integration Activities:

Follow the Leader: Give multi-step instructions involving both visual and auditory elements.

Matching Games: Use cards or objects where your child matches visual patterns or sequences after hearing them described.

5. Executive Function Activities:

Planning Projects: Engage in activities that require planning, like building a model or planning a small event.

Memory Games: Use card games like 'Memory' to improve working memory and attention.

Tips for Parents:

Consistency is Key: Regularly practicing these activities can lead to significant improvements.

Patience and Praise: Children with ADHD may need more time and encouragement to master these skills.

Customize to Your Child: Tailor activities to your child's interests and abilities for maximum engagement.

These activities are designed to not only address the challenges of ADHD but also to celebrate and harness your child's unique strengths and abilities.

And these activities are beneficial to ALL KIDS. Not just kids with ADHD.