Some children have a head brimming with thoughts and ideas.

Sometimes so many, they can hardly sit still. When this happens to you more than to other children, it's called **ADHD.**

It brightens you up

and makes you special.

You're fantastic – just the way you are!

NEURAXPHARM
Your CNS specialist
9/1/2026 - CORP_0126

ADHD
What is it?

On these pages, we will explain what **ADHD** is and why you are just right **just the way you are.**

You are not alone

Sometimes it can feel strange not to be as calm and relaxed as other children.

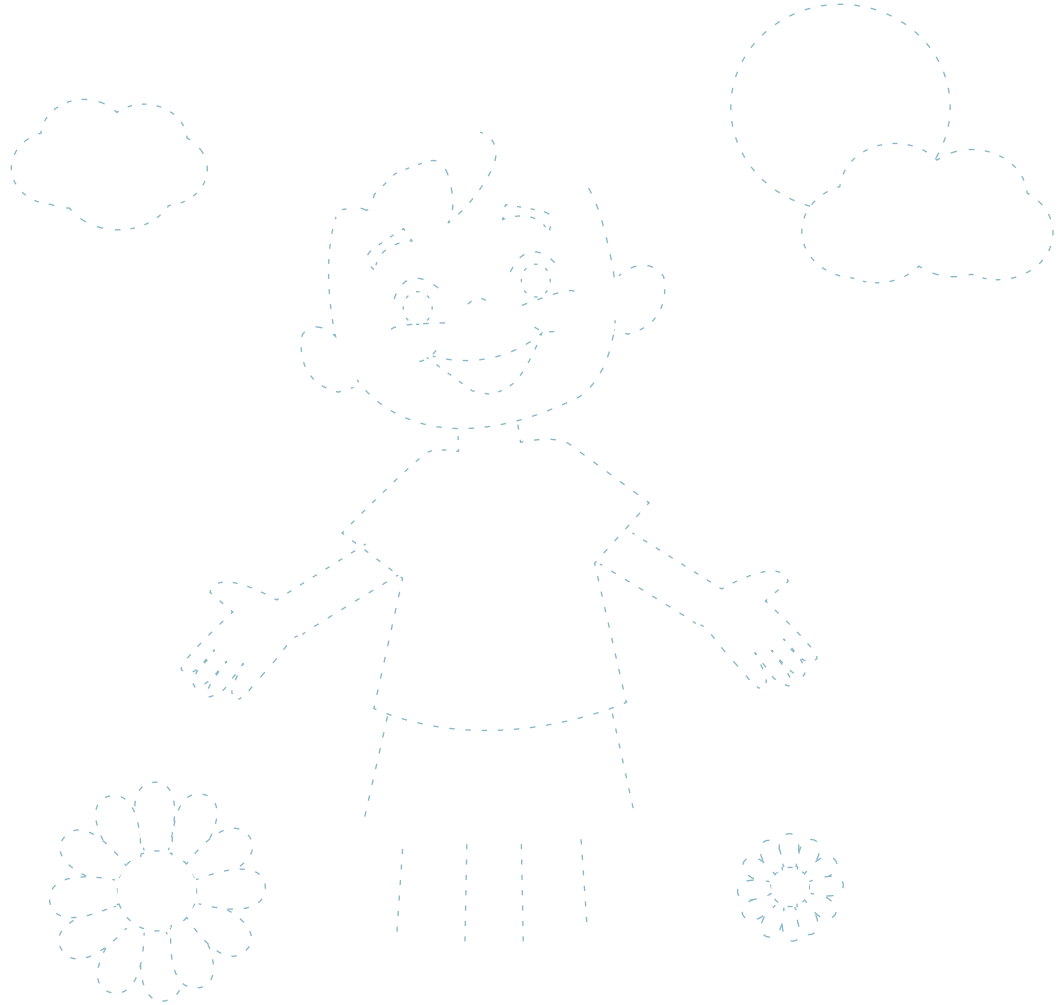


- Some children **talk non-stop.**
- Some **dream** a lot.
- And some just have **loads of energy.**



Remember: There are millions of children with ADHD – which means you're not alone!

Colour in a **picture of yourself** to show everyone what makes you special!



What happens in? ADHD



ADHD means:

- Your brain might work in a **more bright and lively way** than other children's.



- That's why it might sometimes be hard **to concentrate or sit still for a long time.**
- **Sometimes you might say things without thinking**, but it doesn't mean you've done anything wrong. It just means you're **bursting with energy**.

Draw some fireworks to show all the ideas exploding in your head!

ADHD helps you shine



There are really great things about having ADHD:

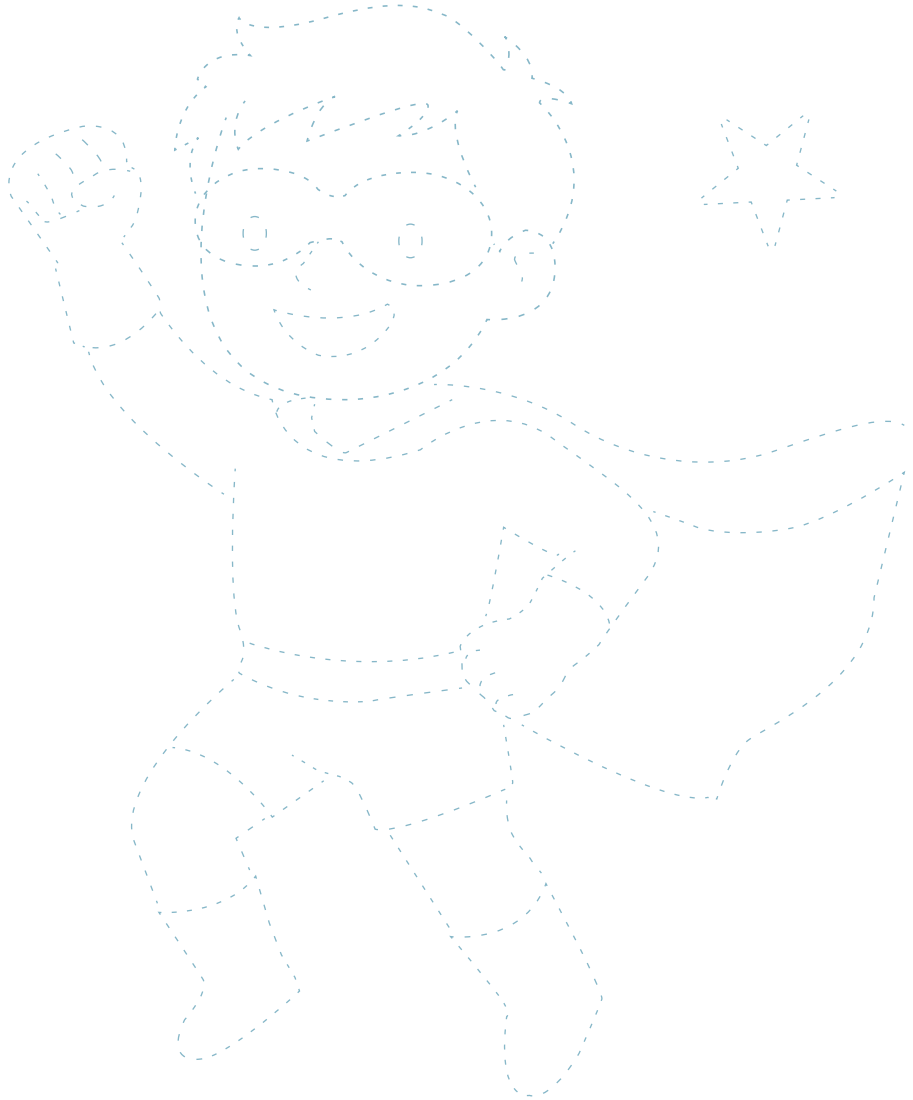
- Children with ADHD are often **super-creative and full of ideas.**
- They have **loads of energy,** and get along with people easily and make them laugh.



- They often see the world in their **very own special and exciting way.**
- They're brave enough **to try out new things.**

All this makes you one of a kind, a real adventurer!

Draw yourself as a superhero with your ADHD superpowers!



Everyday tips





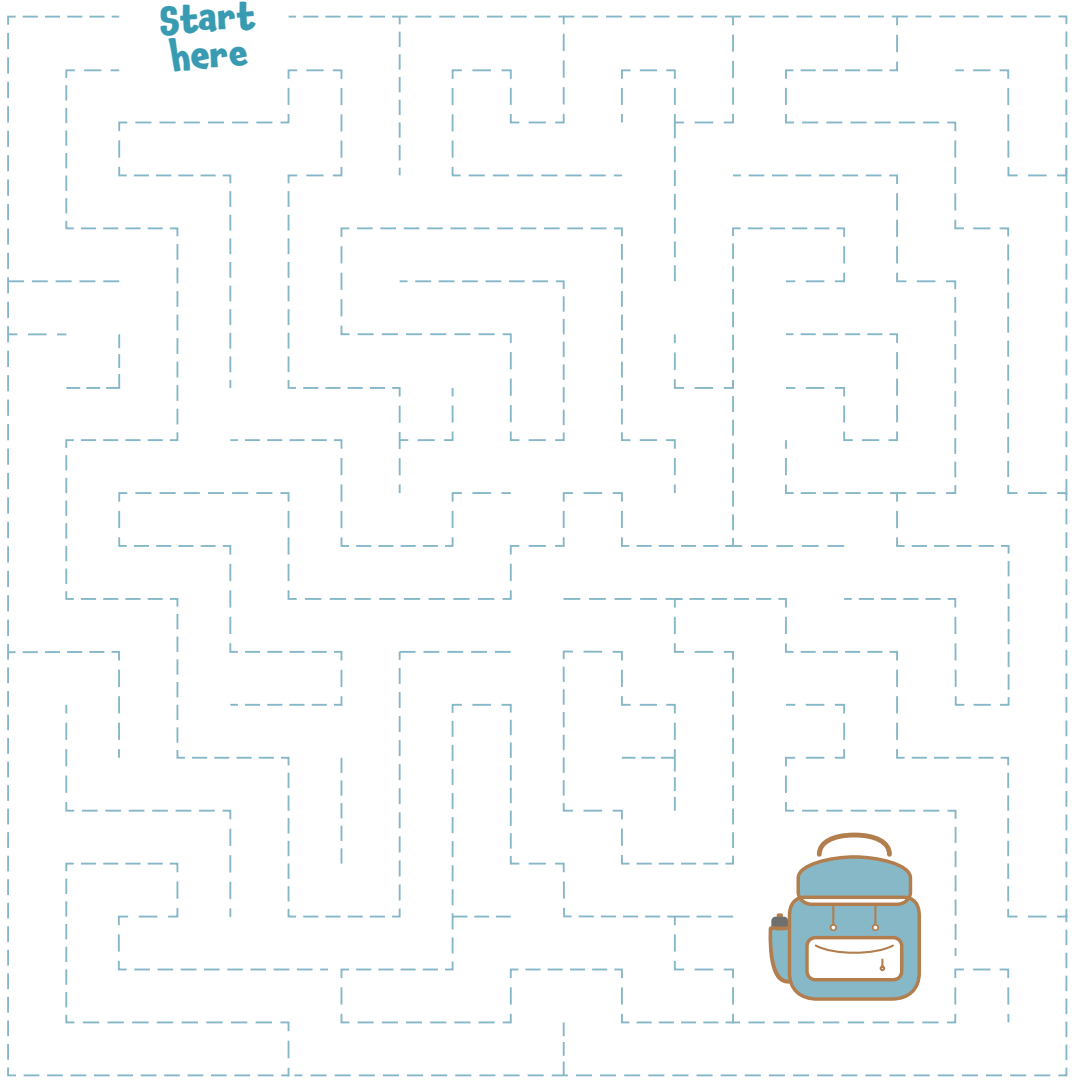


With your bright and lively thoughts, you sometimes need a little help to make things easier:

- **Break your homework into little bits at a time** – this makes it a bit easier.
- **Take short breaks to move about** – hop, run, or dance!
- **At school, sitting near the front of the class** helps you follow the lessons more easily.

And don't forget:
Every little encouragement, even for small things, is like a great big star in the sky winking down at you!

Help me find my school bag in the maze!



Getting help

You're not on your own with ADHD. Your parents, teachers, and therapists **are all there for you.**



Other things can help:

- With **occupational therapy, you play games** to learn how to use your energy in a good way.



- With **behavioural therapy, you learn little tips for those difficult moments;** for example, if you lose your temper or your concentration.



- Talking to a therapist **means you can tell them about all the important stuff.**

With this kind of help, you can go happily and confidently on your way.

Colour in these magic glasses to help you think more clearly!



Things which are good for you

Lots of things are good for you and make you strong:



- **Plenty of exercise and playing outside.**



- **Drawing, playing music, or inventing things.**



- **Plenty of sleep,** which is good for calming your thoughts.



- People around you **who like you and believe in you.**

All this makes you a really special child.

Draw or write down the things which are good for you!

ADHD brightens you up and makes you special.

You're fantastic – just the way you are!

Colour in the rainbow, then write or draw a wish.

