

# Conversation Cards about ADHD by **MIGHTIER™**

I am really really good at...



4



Something I wish other people  
knew about me is...



25



Something that helps me feel  
calm is...



5



When I get overwhelmed,  
sometimes I...



16



ADHD is a superpower  
because...



21



If ADHD was an animal, it  
would be...



23



I feel really excited when...



15



I feel frustrated when...



13



Distraction feels like...



9



# Challenge Cards

Close your eyes and describe 3 things you hear.



50 ●

Stand on one leg and take 5 slow, deep belly breaths.



44 ●

Stare at a partner until one of you laughs or looks away.



45 ●

Find 5 things with different textures around you.



39 ●

Do 10 jumping jacks, then close your eyes and notice your heart rate.



37 ●

Pick an object in the room. How many words rhyme with it?



42 ●

