



ADHDEFG

A SUPERPOWER MAGAZINE FOR ADHD

Issue No. 1
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www.sparklebuds.com





Hello Wonderful Folks

We are so happy you found this magazine.

A treasure of practical, playful and engaging activities for everyone on the spectrum ADHDEFG magazine offers strategies and ideas to enrich the lives of children through meaningful activity.

There are many strategies that can help with that. And although it often feels hard to keep up with everything going around, there is also some good news.

Sometimes, the things that feel like big problems today turn out to be Superpowers in the Future.



Let's explore some
Superpowers and
Activities.





THE SUPERPOWER OF ... HYPERFOCUS

YOU CONCENTRATE ON THE THINGS YOU LOVE SO MUCH
THAT YOU LOSE TRACK OF EVERYTHING ELSE GOING ON
AROUND YOU



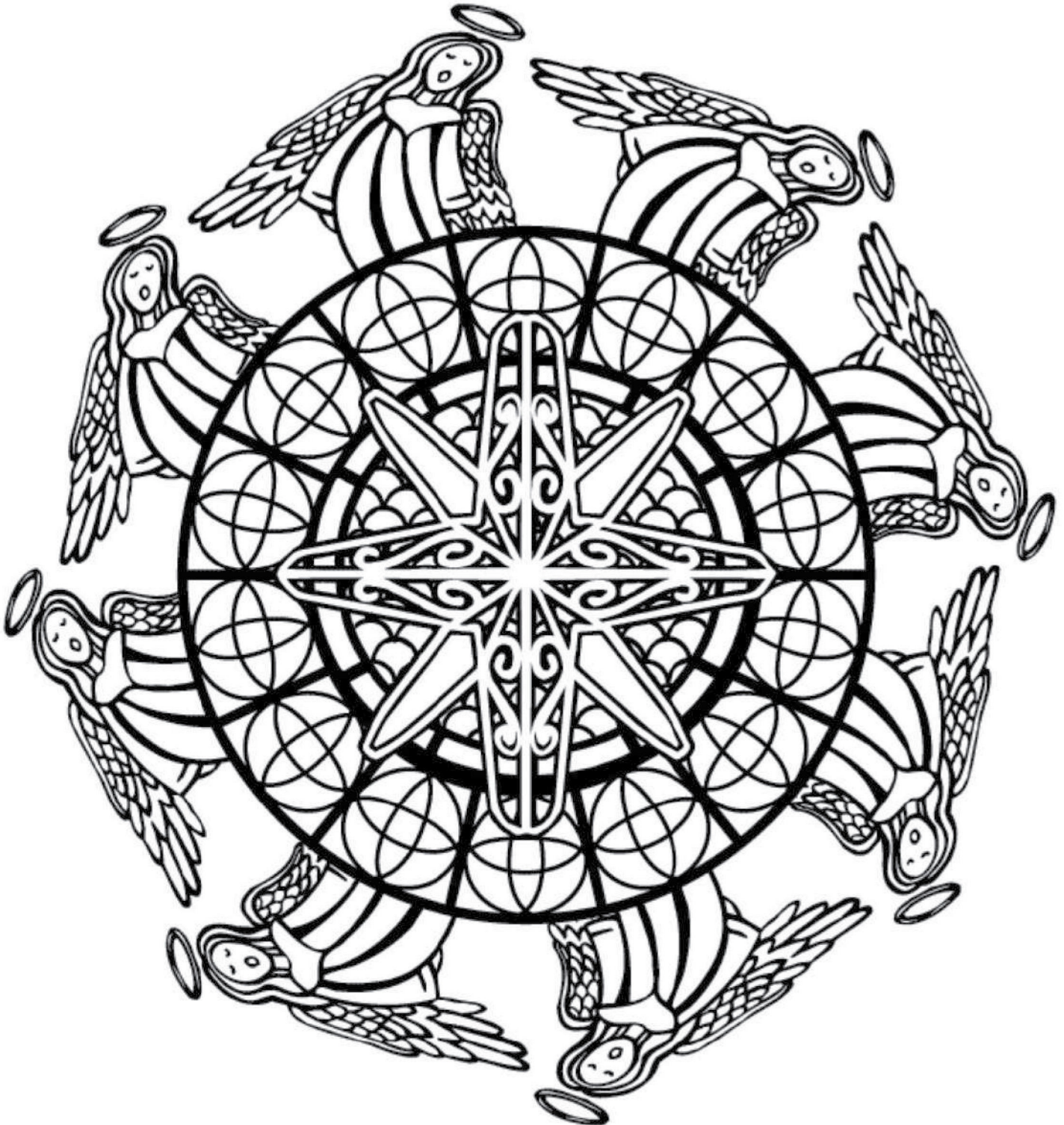
EMILY, I'VE
ALREADY CALLED
YOU A THOUSAND
TIMES!

SO, THIS IS HOW
YOU TRAIN A
DRAGON!
I WISH I HAD A PET
DRAGON!





TAKE A DEEP BREATH, RELAX, COLOUR & BRING THEM TO LIFE.



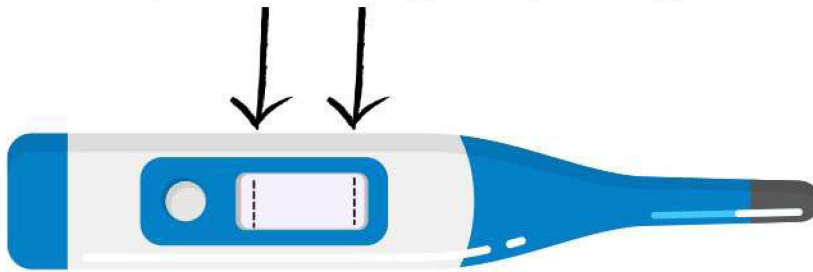


TODAY I'M FEELING ...

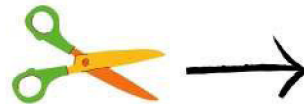
DIGITAL ANGER THERMOMETER ACTIVITY

This is a fun digital thermometer activity. Some tips to make it work great:

1. Print and laminate the next slide. It will help it last longer and you will be able to reuse it many times using a whiteboard pen
2. Cut along the dotted lines you see in the middle of the thermometer in next page (you may need to use a cutter) . You only need a big enough groove to pass the feelings strip through it.

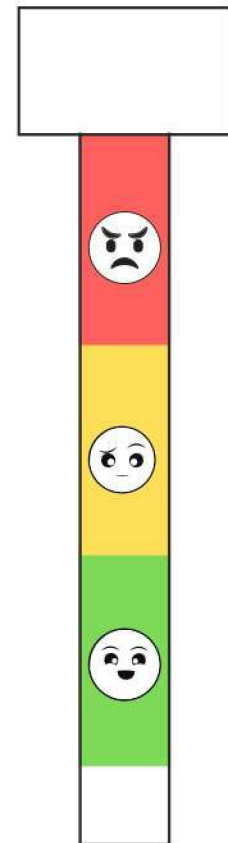


3. Cut out the feelings strip on this page (you may wish to laminate it too to make it sturdier)



4. Pass the feelings strip through the first groove starting from the back of the printout, and then through the second one (so that the feelings display on the front part)

5. Use a whiteboard pen to fill in the fields in the printout: label the feelings, discuss the triggers and talk about coping strategies to deal with those feelings (or just decide you keep doing what made you happy!)





TODAY I'M FEELING ...



NAME THAT FEELING:

A blue ribbon-style banner with a dashed line for writing.

WHAT IS MAKING ME FEEL THIS WAY?

Three horizontal lines on a yellow background for writing.

WHAT WOULD HELP ME FEEL BETTER OR COPE WITH THIS?

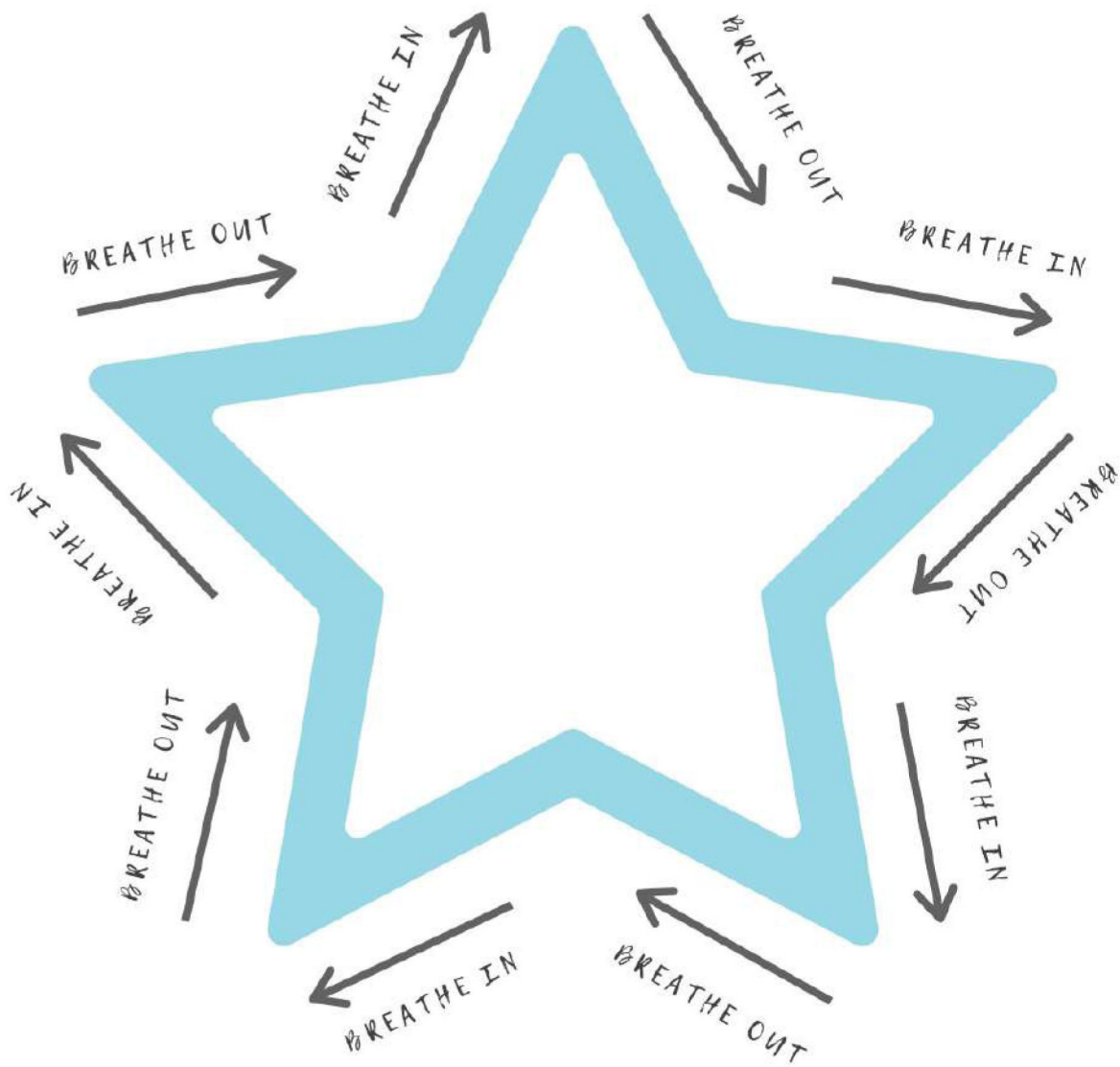
Five horizontal lines on a yellow background for writing.





STAR BREATHING

- Trace the star shape with your finger
- Alternate breathing in and out as you trace the shape



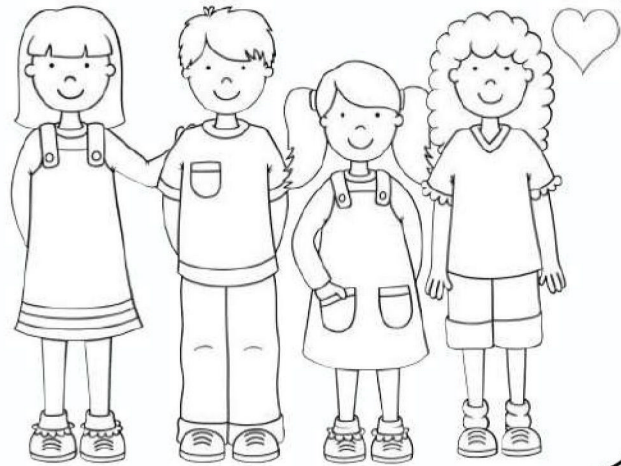


Read carefully. Count and colour.

The child on the far left is wearing a blue dress.

The smallest child is wearing green shoes and a yellow dress.

The child with the short pants has brown hair and blue shoes.

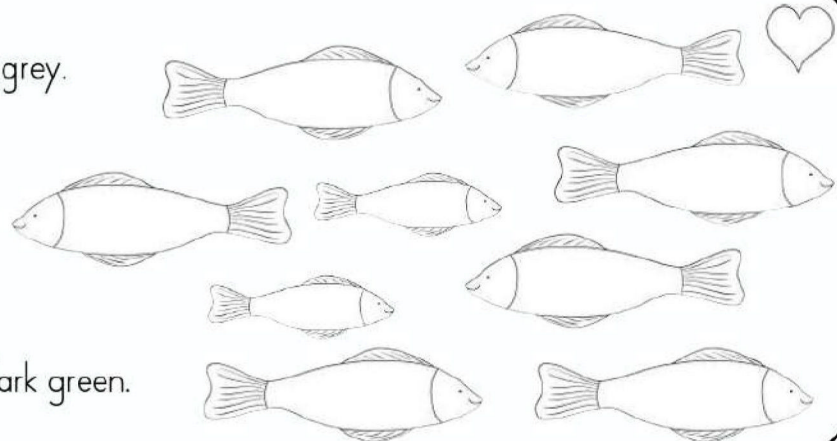


Two fish are light blue and grey.

One fish is light green.

A fish has red fins.

The two smallest fish are dark green.

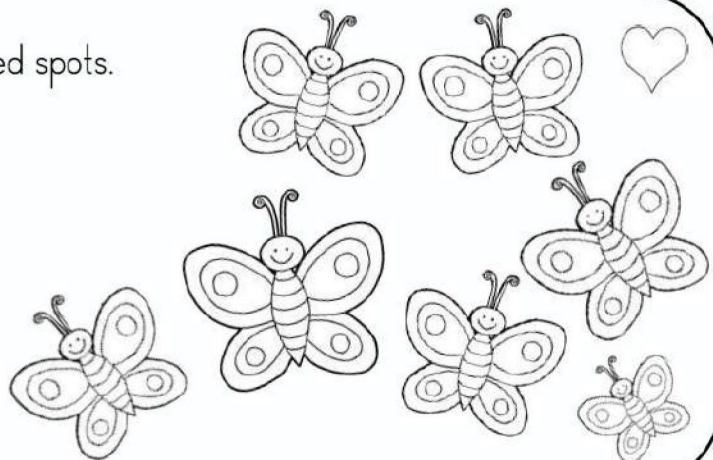


The biggest butterfly is yellow with red spots.

Two butterflies are green and blue.

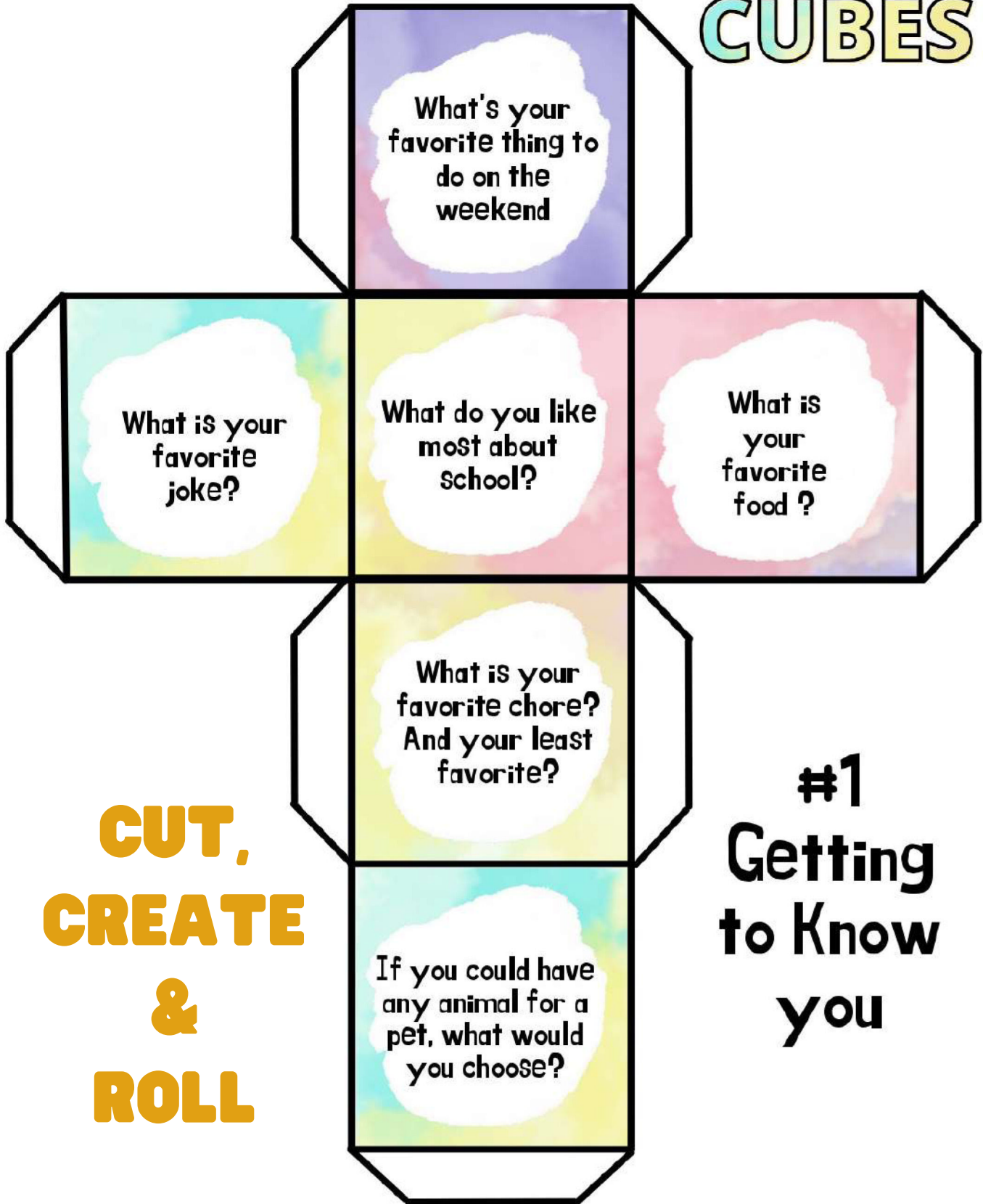
The smallest butterfly is red.

One butterfly has three colours.





CONVERSATION CUBES



**CUT,
CREATE
&
ROLL**

**#1
Getting
to Know
you**





THANKSGIVING

DOUBLE WORD SCRAMBLE

SPILRMIG

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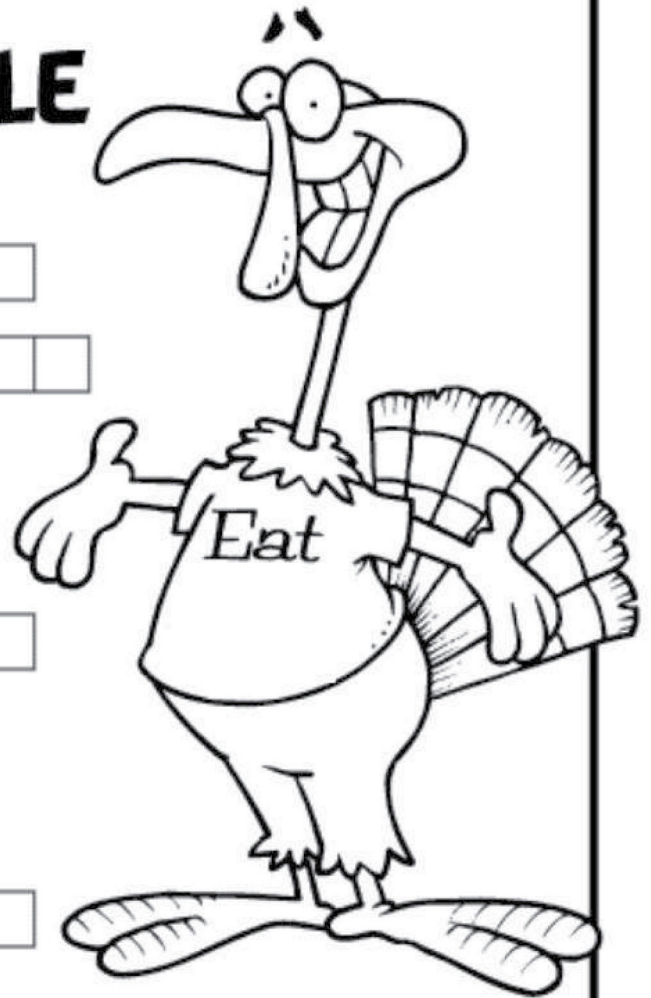
DGTITARUE

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10 11 12 13 14 15 16 17 18



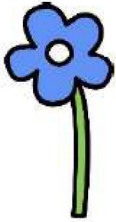




TAKE A MINDFUL MINUTE



Bee BREATHS: Breathe in through your nose, buzz like a bee when you breathe out



FLOWER BREATHS: Breathe in deep and smell a flower, breathe out big and blow it over.



BALLOON BREATHS: Breathe in big, blow up a balloon while you blow out.



BUBBLE GUM BREATHS: Breathe in big, blow a big bubble gum bubble when you breathe out



HIGH 5 BREATHS: Breathe in and count to 5, breathe out and count to 5



BELLY BREATHS: Put your hand on your belly. Breathe in and make your belly big, breathe out and make your belly small.

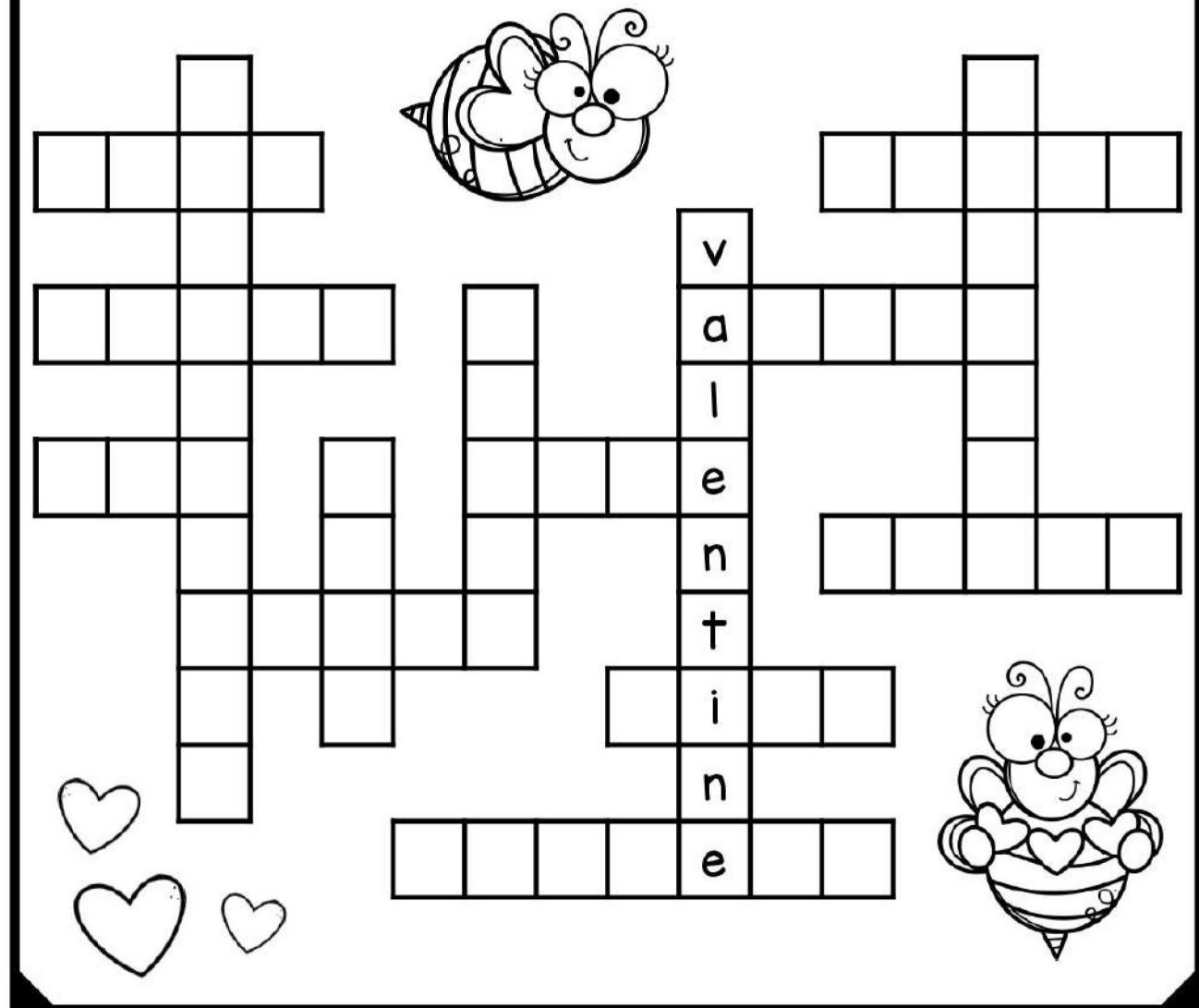




Crossword Puzzle

Fit each word in the box into the puzzle below. There is only one correct place for each word.

| | | | | |
|------------|---------|-------|---------|-------|
| party | balloon | heart | flowers | honey |
| friendship | pink | gift | card | red |
| rose | sweet | candy | angel | |





EXAMPLE

MOOD TRACKER

I'M FEELING...

| | MON | TUE | WED | THU | FRI | SAT | SUN |
|---------|-----|-----|-----|-----|-----|-----|-----|
| MORNING | | | | | | | |
| MIDDAY | | | | | | | |
| EVENING | | | | | | | |



HAPPY



CALM



SAD



ANGRY



ANXIOUS



TIRED

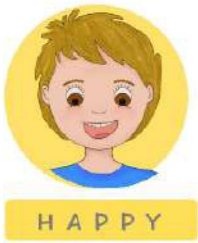




MOOD TRACKER

I'M FEELING...

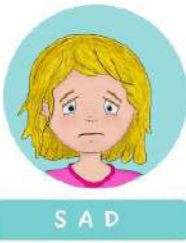
| | MON | TUE | WED | THU | FRI | SAT | SUN |
|---------|-----|-----|-----|-----|-----|-----|-----|
| MORNING | | | | | | | |
| MIDDAY | | | | | | | |
| EVENING | | | | | | | |



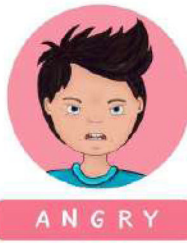
HAPPY



CALM



SAD



ANGRY



ANXIOUS



TIRED





My Super Powers

WHAT ARE MY SPECIAL TALENTS?

**If you get stuck ask somebody who knows you
(family, friends, teachers)**





CONGRUENT SHAPES

Directions: Circle yes if the shapes are congruent. Circle no if the shapes are not congruent.

| | | |
|---|---|---|
| <p>1.</p> <div style="display: flex; justify-content: space-around; align-items: center;"> </div> <div style="display: flex; justify-content: space-around; margin-top: 10px;"> yes no </div> | <p>2.</p> <div style="display: flex; justify-content: space-around; align-items: center;"> </div> <div style="display: flex; justify-content: space-around; margin-top: 10px;"> yes no </div> | <p>3.</p> <div style="display: flex; justify-content: space-around; align-items: center;"> </div> <div style="display: flex; justify-content: space-around; margin-top: 10px;"> yes no </div> |
| <p>4.</p> <div style="display: flex; justify-content: space-around; align-items: center;"> </div> <div style="display: flex; justify-content: space-around; margin-top: 10px;"> yes no </div> | <p>5.</p> <div style="display: flex; justify-content: space-around; align-items: center;"> </div> <div style="display: flex; justify-content: space-around; margin-top: 10px;"> yes no </div> | <p>6.</p> <div style="display: flex; justify-content: space-around; align-items: center;"> </div> <div style="display: flex; justify-content: space-around; margin-top: 10px;"> yes no </div> |

Directions: Circle the shape that is congruent to the original shape.

| | | | | |
|-----------|-----------|-----------|-----------|-----------|
| <p>7.</p> | <p>A.</p> | <p>B.</p> | <p>C.</p> | <p>D.</p> |
| <p>8.</p> | <p>A.</p> | <p>B.</p> | <p>C.</p> | <p>D.</p> |
| <p>9.</p> | <p>A.</p> | <p>B.</p> | <p>C.</p> | <p>D.</p> |

10. Circle the 2 shapes that are congruent.

11. Circle the 3 shapes that are congruent.

12. Circle the 4 shapes that are congruent.

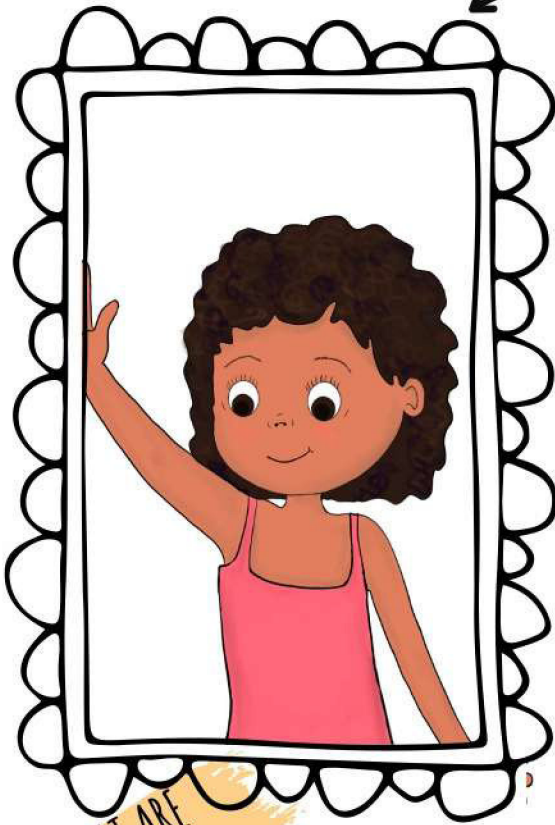




SELF-INTRODUCTION

EXAMPLE

This is Me!



★ **My name is Olivia and I am 11 years old.**

★ **I am funny, very energetic and I love to help my friends**

NICE THINGS THAT PEOPLE LIKE ABOUT ME

THINGS THAT ARE IMPORTANT TO ME

- ★ **I love doing things with my BFF**
- ★ **I worry about the environment and I want to help our planet**
- ★ **I love my pet and enjoy our walks every day**
- ★ **I think little kids are very cute and would love to do babysitting some day**

★ **Minecraft, Scooting and Rock Painting**

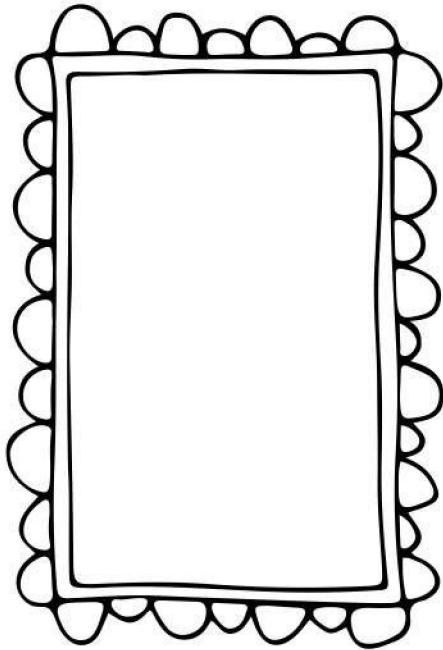
MY HOBBIES





SELF-INTRODUCTION

This is Me!



★ MY NAME IS _____
AND I AM _____ YEARS OLD.

★ NICE THINGS THAT PEOPLE LIKE ABOUT ME

★ THINGS THAT ARE IMPORTANT TO ME

★ MY HOBBIES

★ I LIKE ...

🗨️ I DON'T LIKE ...



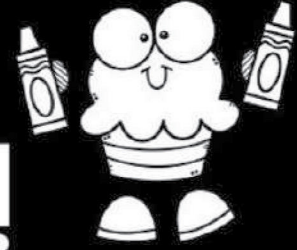


DO
THE
IMPOSSIBLE

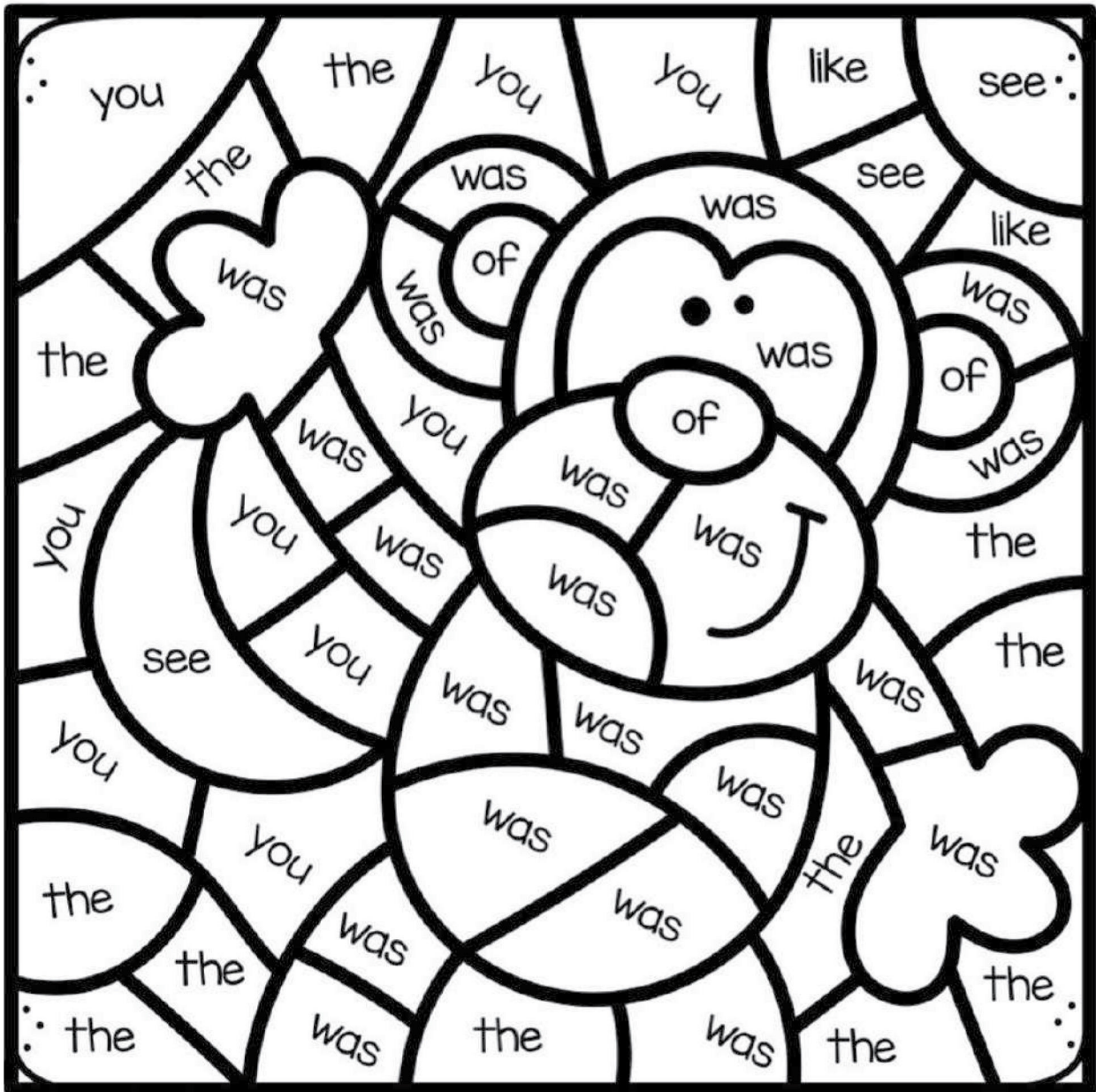




COLOUR BY SIGHT WORDS!



green = the blue = you yellow = see
brown = was pink = of orange = like





It's snowing! Circle the snowflake in each row that is different.

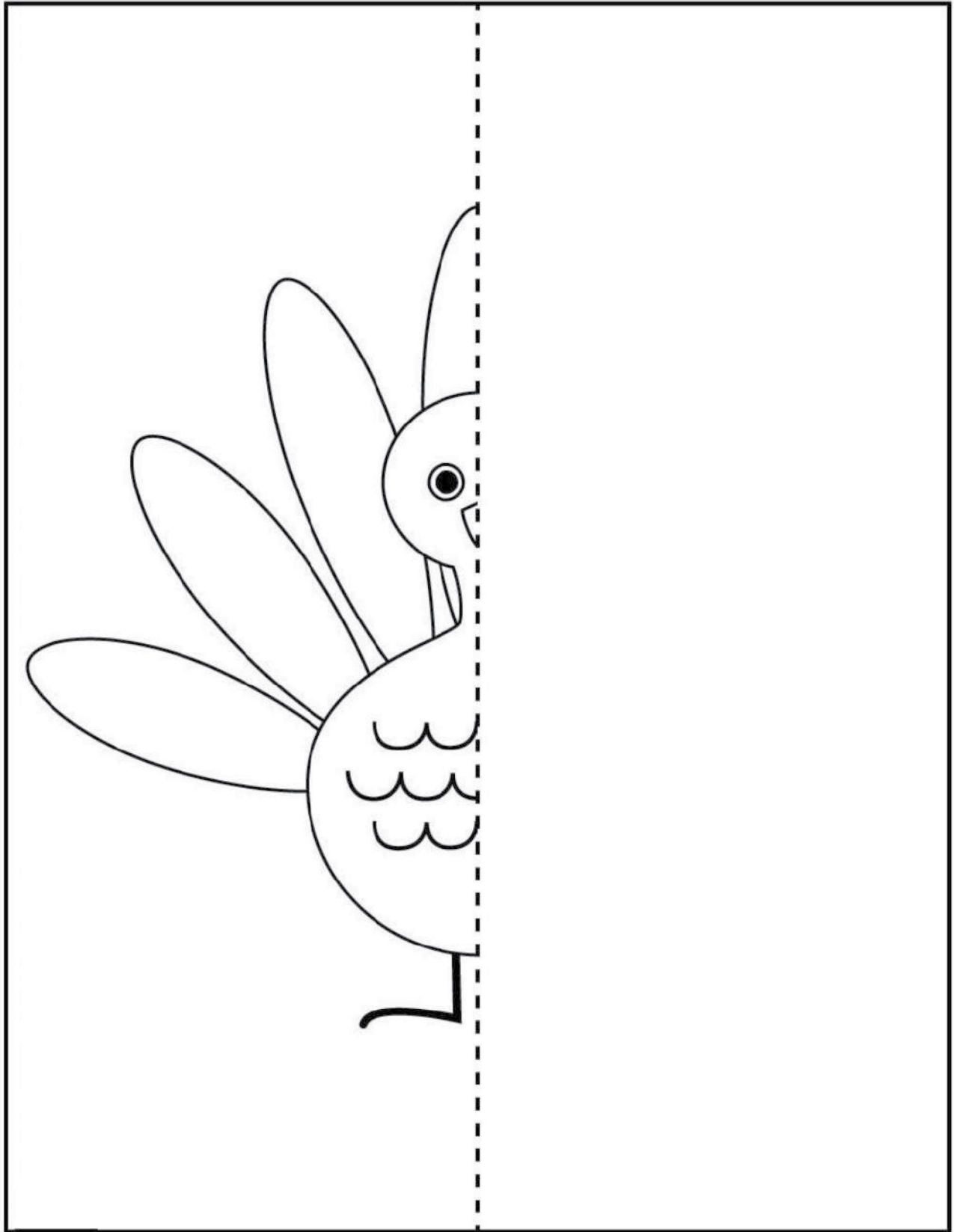


Draw your own snowflake here.





LET'S MIRROR





DAILY WARM UP

YESTERDAY WAS:

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

TODAY IS:

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

THE MONTH IS:

JANUARY FEBRUARY MARCH
 APRIL MAY JUNE
 JULY AUGUST SEPTEMBER
 OCTOBER NOVEMBER DECEMBER







TOMORROW WILL BE:

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY


THE DAY IS:

| | | | | | | |
|----|----|----|----|----|----|----|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| 29 | 30 | 31 | | | | |

THE WEATHER IS:

 CLOUDY
  RAINING
  SUNNY
  WINDY
  THUNDER
  SNOWING

TEMPERATURE




HIGH




OFF

LOW

FUNCTIONAL VOCABULARY





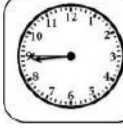
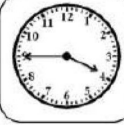
FLOSS PICK COMB WET MOP

TELLING TIME

12:45



MONEY



COMMUNITY SIGNS



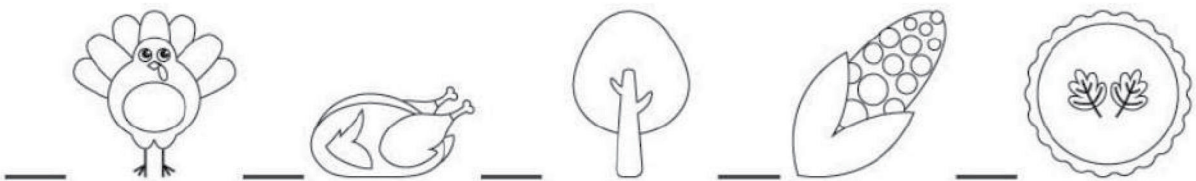
NO FOOD OR DRINK NO SMOKING NO ALCOHOL





I SPY WITH MY LITTLE EYE



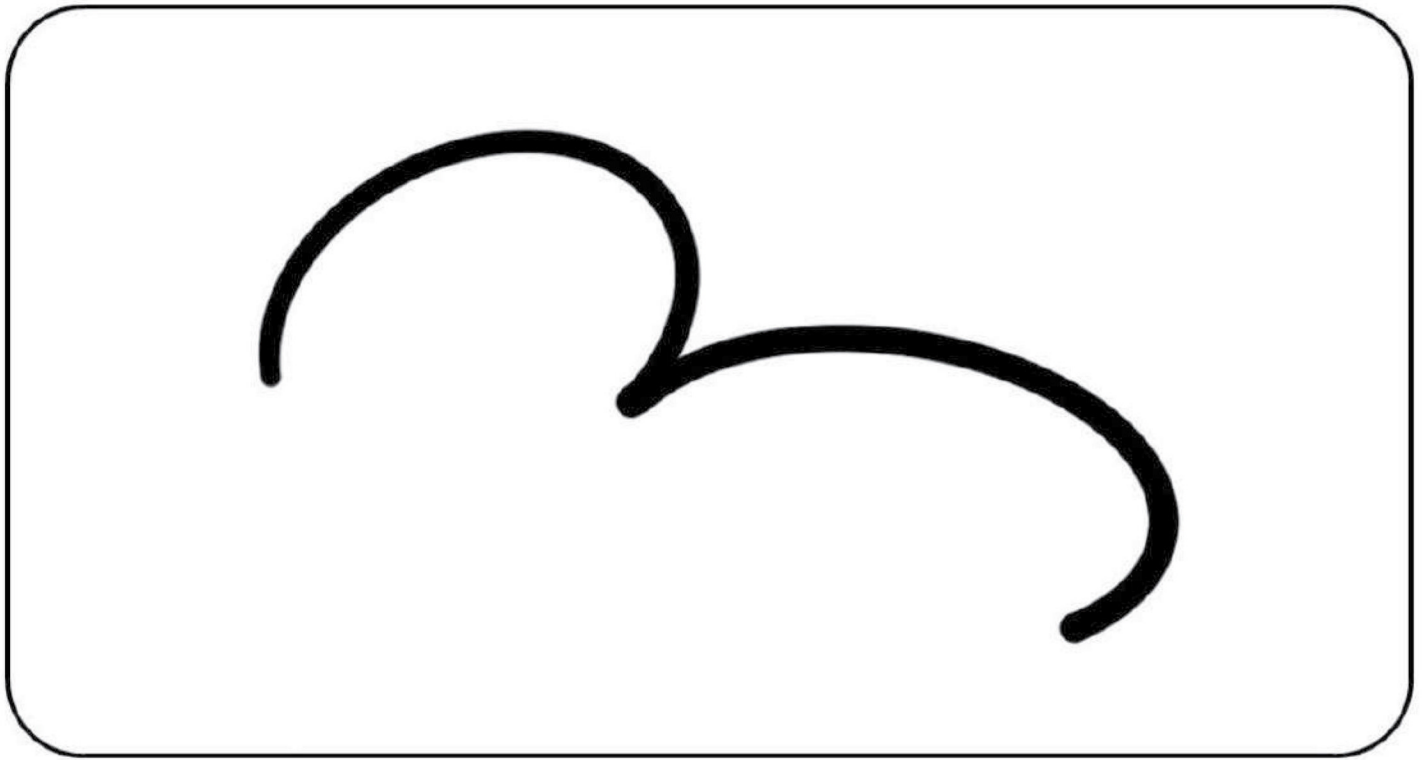


Winter Hot cocoa Find the Difference!





Finish the scribble drawing, then write about your artwork!

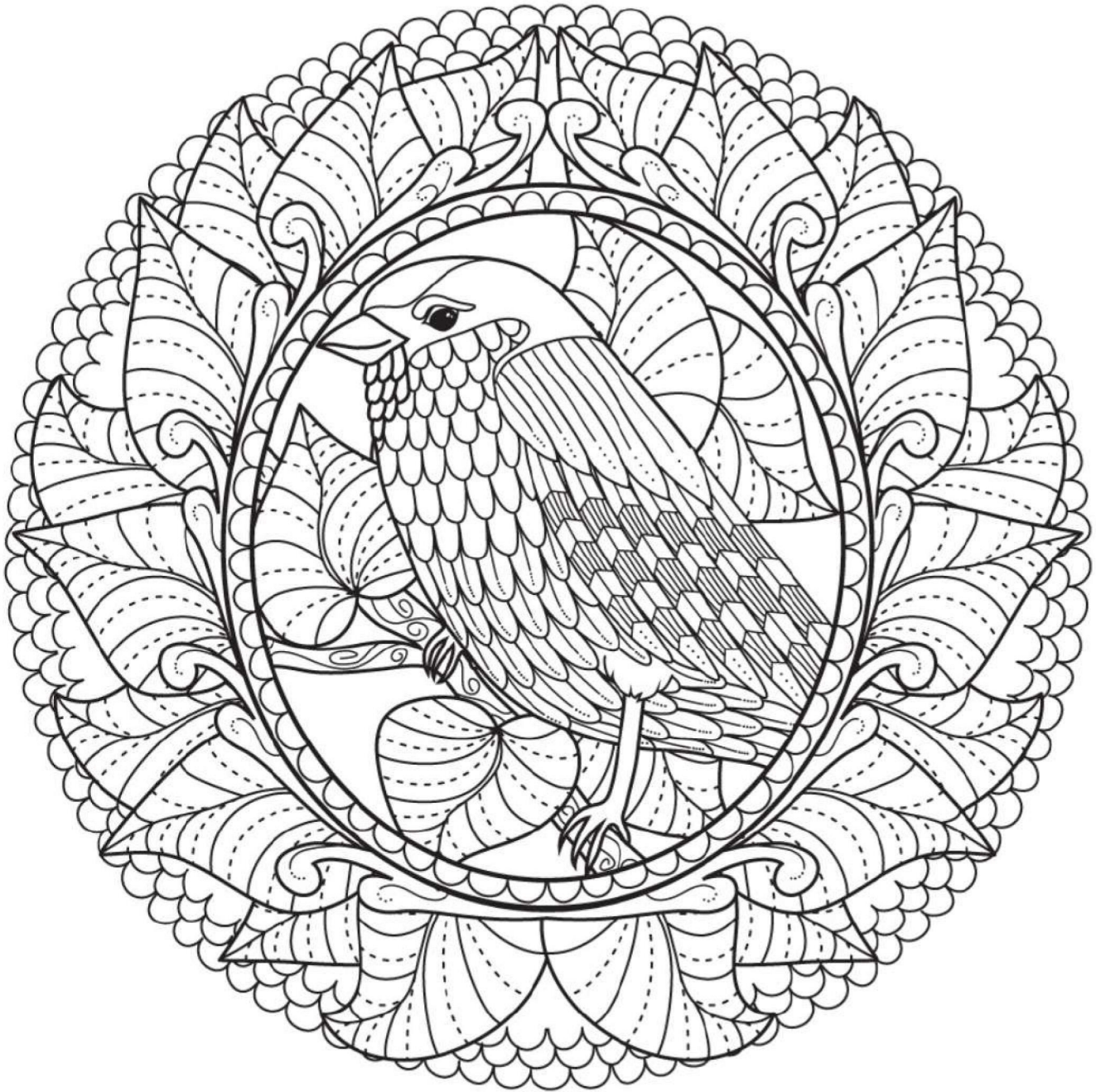


Four sets of horizontal lines for writing, each consisting of a solid top line, a dashed middle line, and a solid bottom line.





TAKE A DEEP BREATH, RELAX, COLOUR & BRING THEM TO LIFE.





Spot the Match!





Sparkle Buds

Explore our specialist magazine collections!

ADHDEFG
A SUPERPOWER MAGAZINE FOR ADHD

for ADHD

fOuGhTiSm

AUTISM IS MY Super POWER

for Autism

BRAIN TRAIN

1+1=2

LEARN SMARTER WITH A DYSLExIC BRAIN

for Dyslexia

Little Sparkles

for ages 4-7

CHELSEA RHYMES

for All Ages

DE-STRESS YOURSELF

for All Ages

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