



ADHDEFG

A SUPERPOWER MAGAZINE FOR ADHD

Issue No. 2
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2023



www.sparkleinside.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.

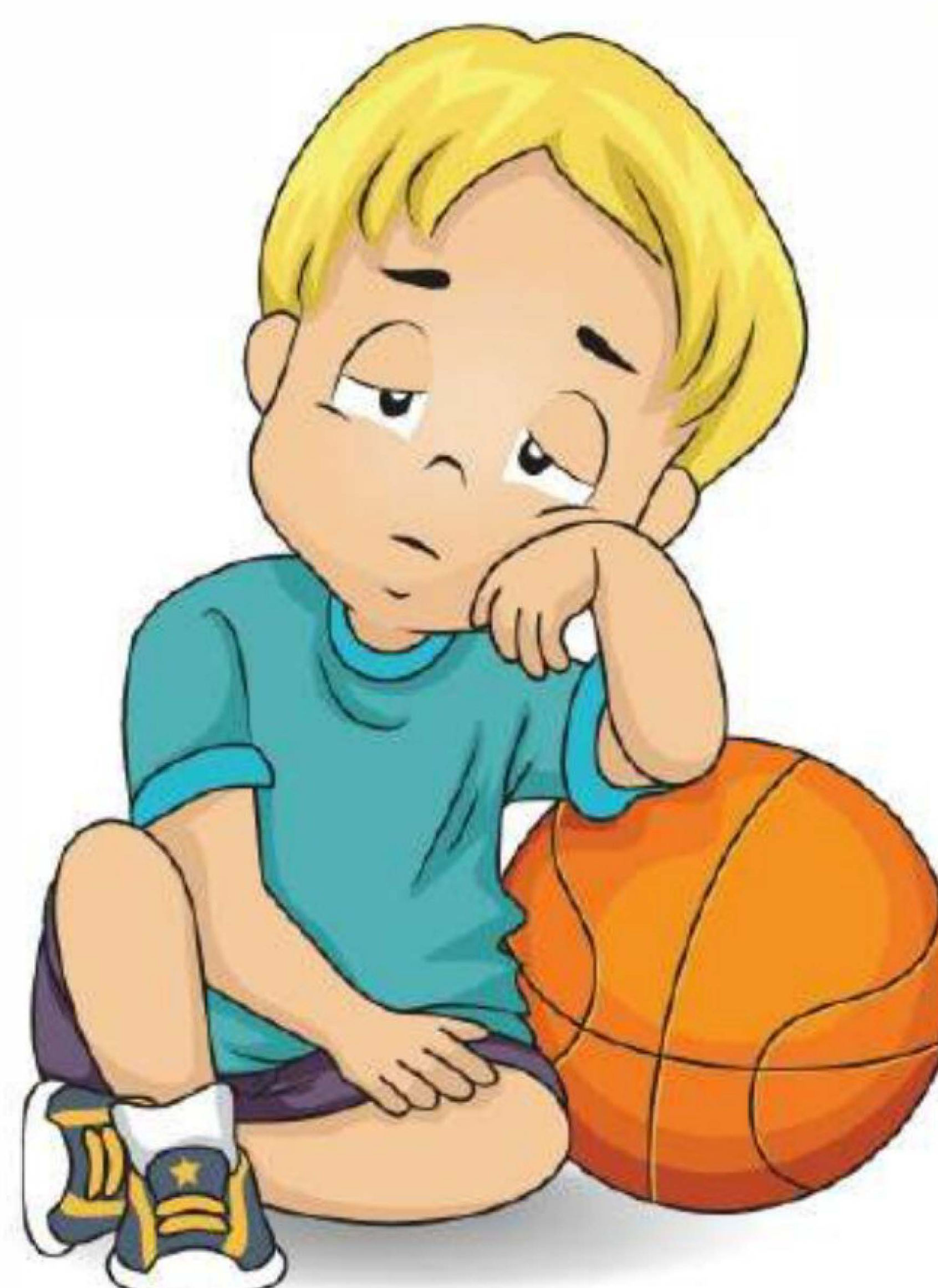




THE SUPERPOWER OF ... **ENDLESS ENERGY**

SOME KIDS WITH ADHD HAVE WHAT IS CALLED HYPERACTIVITY. IF THAT'S YOU, YOU MAY HAVE REALIZED THAT YOU HAVE HIGH LEVELS OF ENERGY EVEN WHEN EVERYBODY ELSE SEEMS TO NEED A BREAK.

OH, COME ON! GET
UP! LET'S DO A
RACE NOW!





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

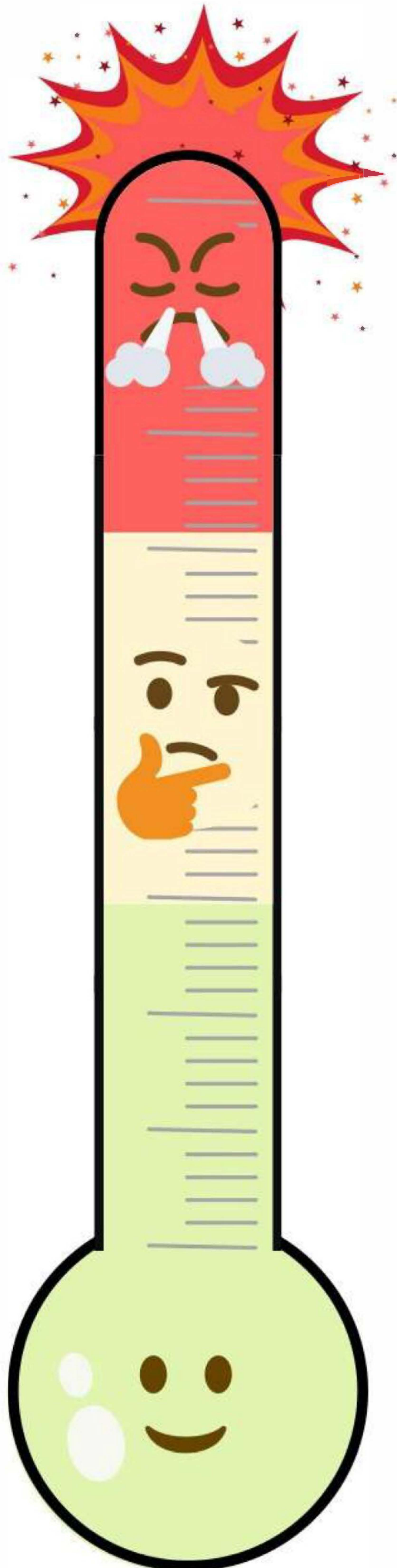
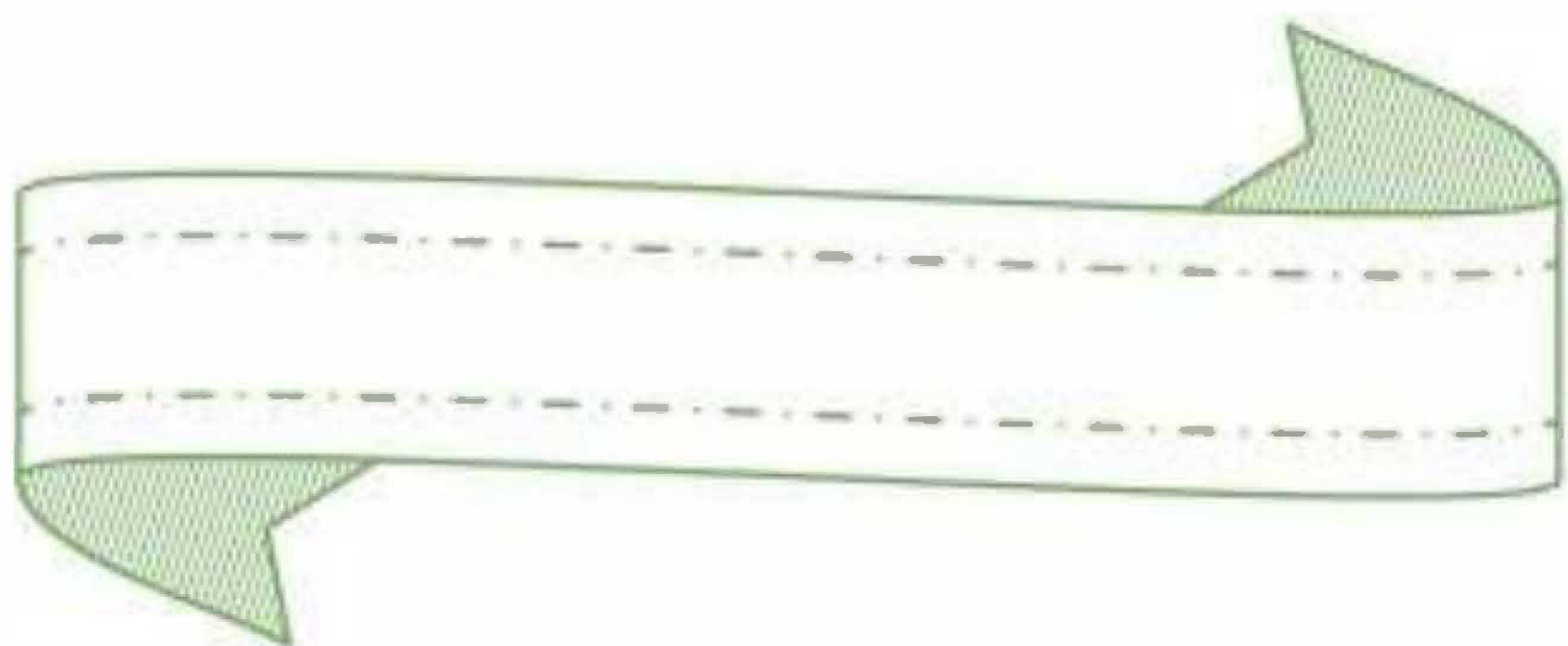
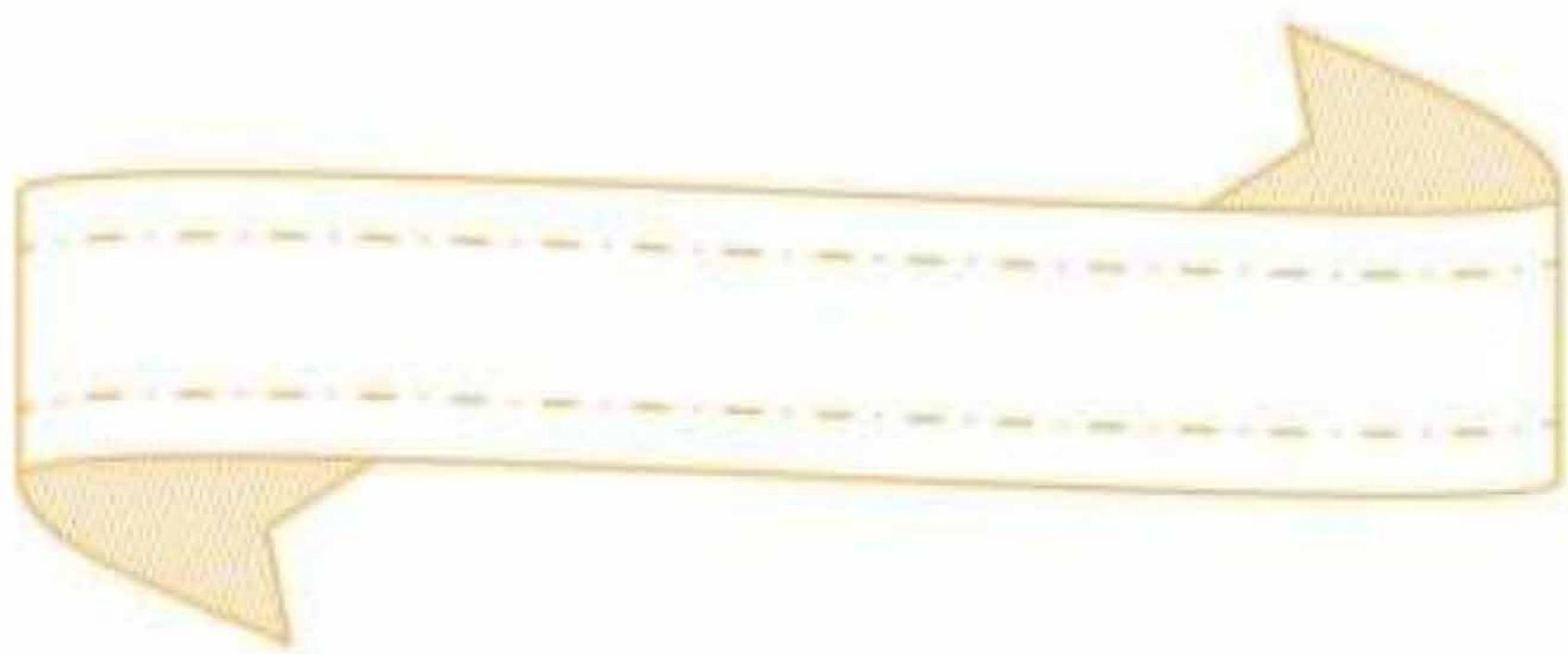
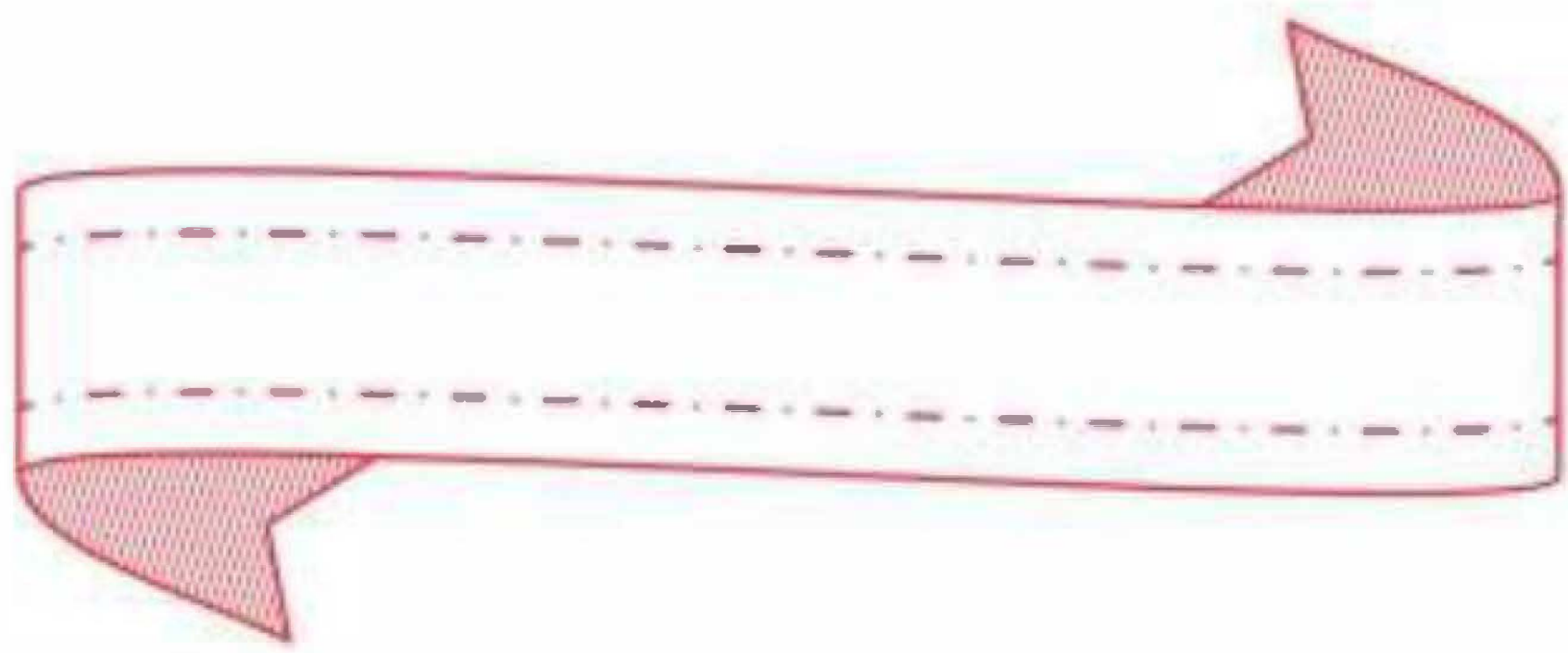


ANGER THERMOMETER



NAME YOUR EMOTION IN EACH LEVEL, WHY DO YOU FEEL THAT WAY SOMETIMES AND WHAT CAN YOU DO ABOUT IT!

NAME THAT FEELING



MY ANGER SIGNS,
TRIGGERS AND COPING
STRATEGIES

Red level writing area with four horizontal lines.

Yellow level writing area with four horizontal lines.

Green level writing area with four horizontal lines.

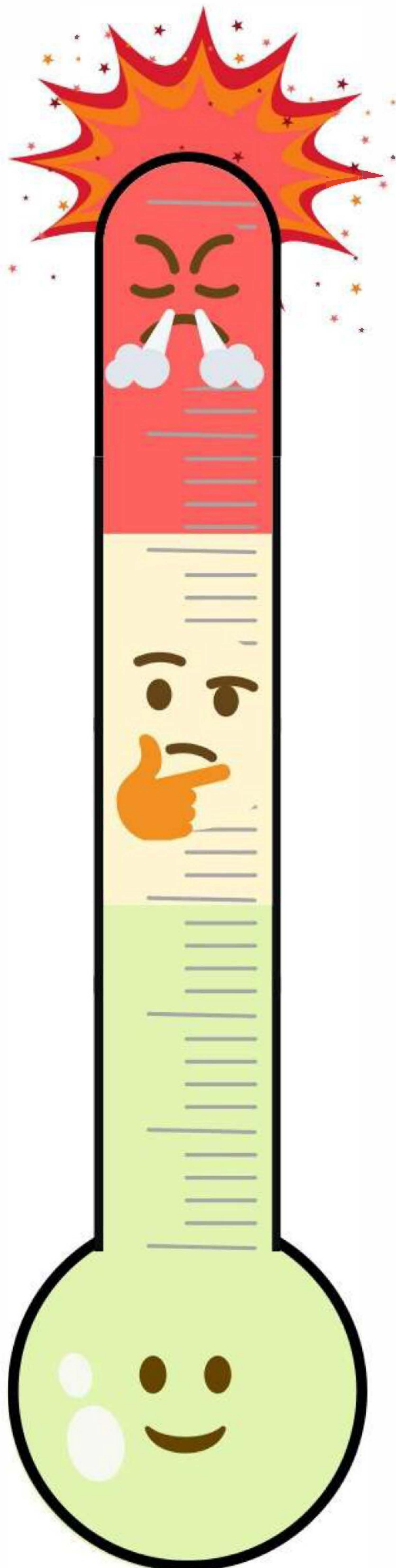
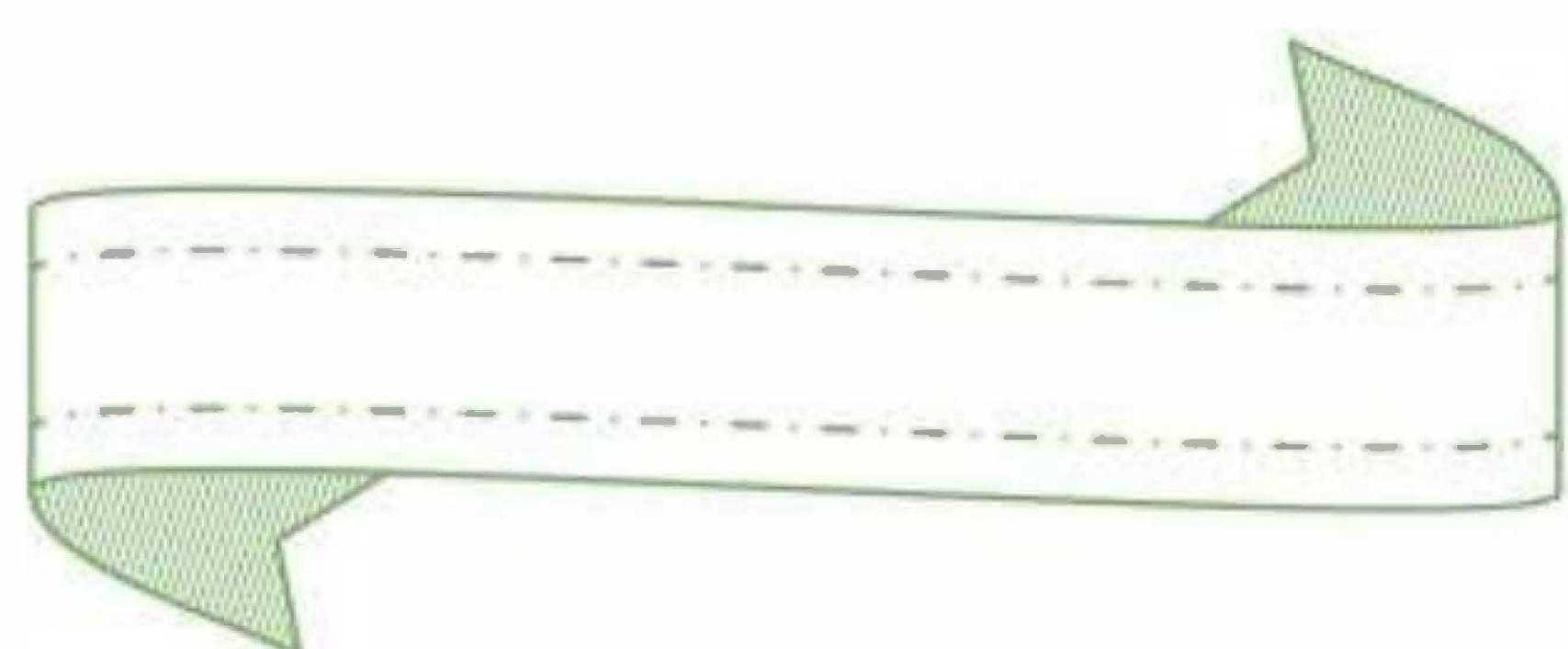
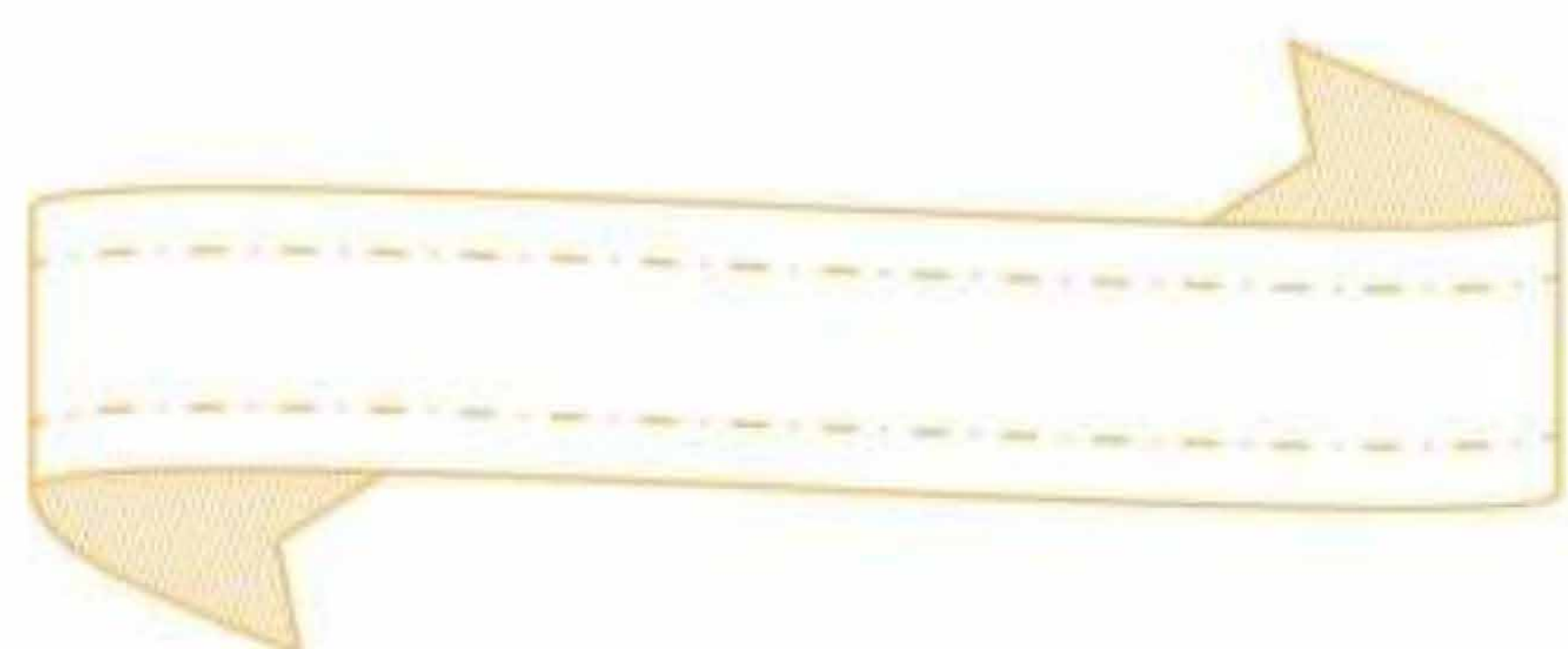
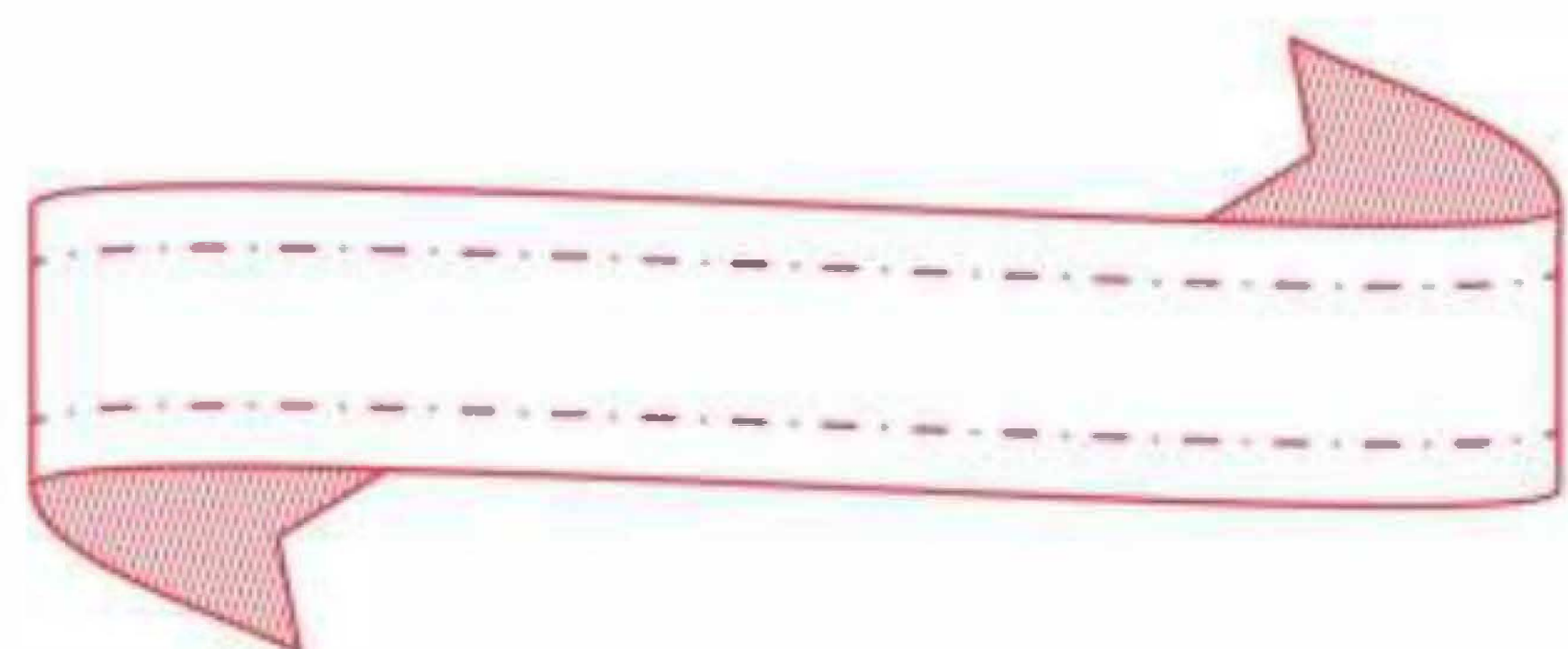


ANGER THERMOMETER



NAME YOUR EMOTION IN EACH LEVEL, WHY DO YOU FEEL THAT WAY SOMETIMES AND WHAT CAN YOU DO ABOUT IT!

NAME THAT FEELING



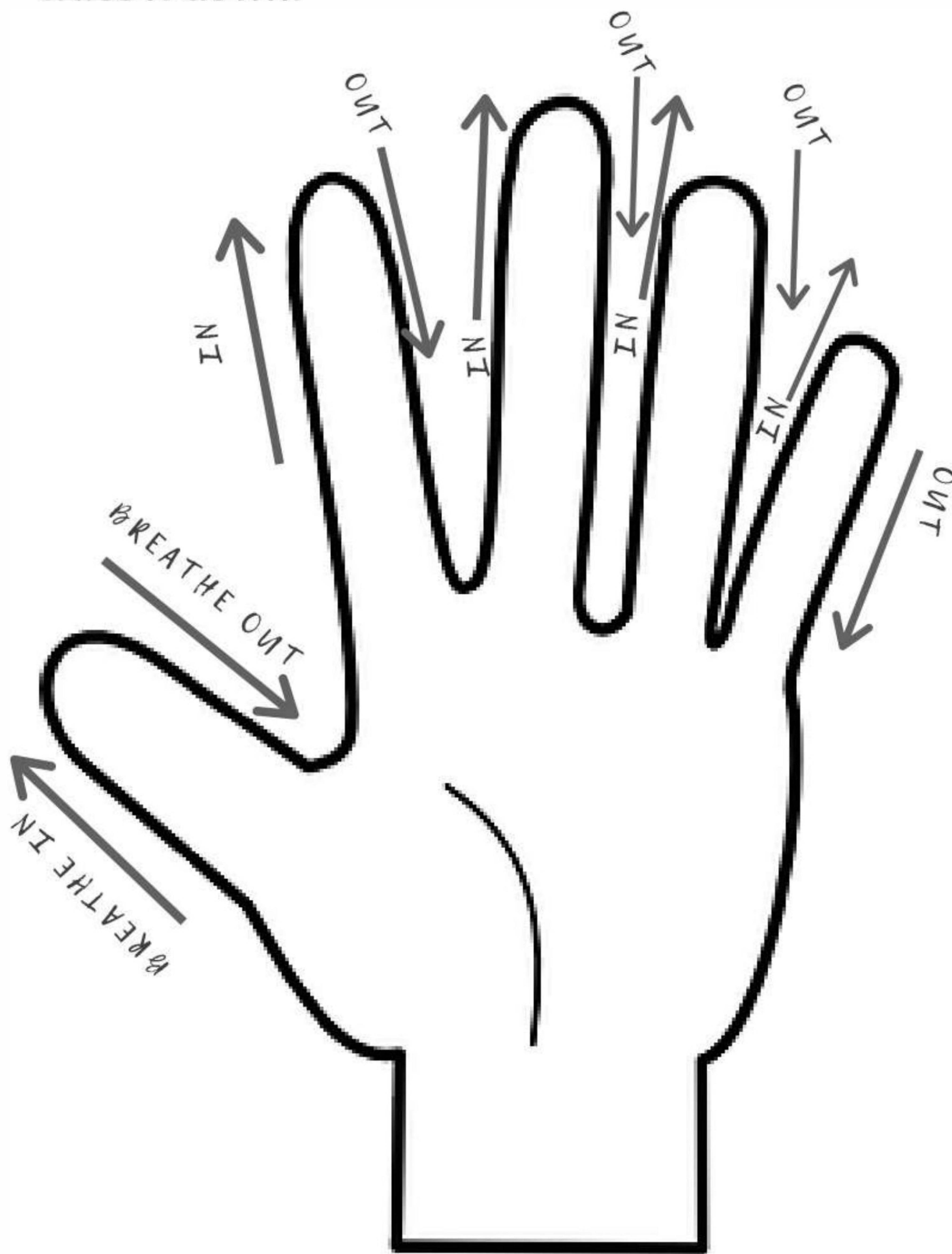
MY ANGER SIGNS,
TRIGGERS AND COPING
STRATEGIES





HAND BREATHING

- Trace the shape of the fingers
- Breathe in as you trace the finger up and breathe out as you trace it down.





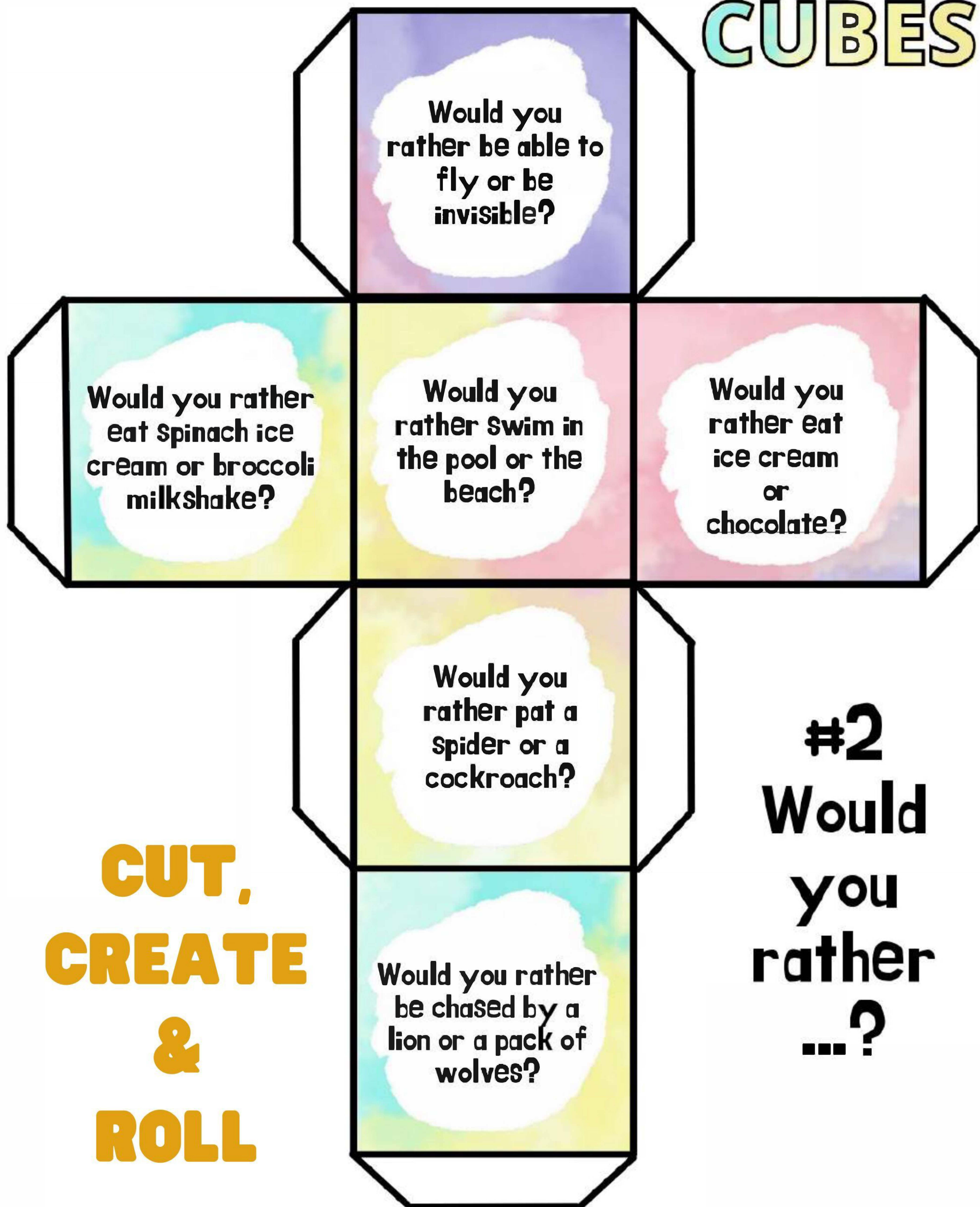
Pirate

Maze





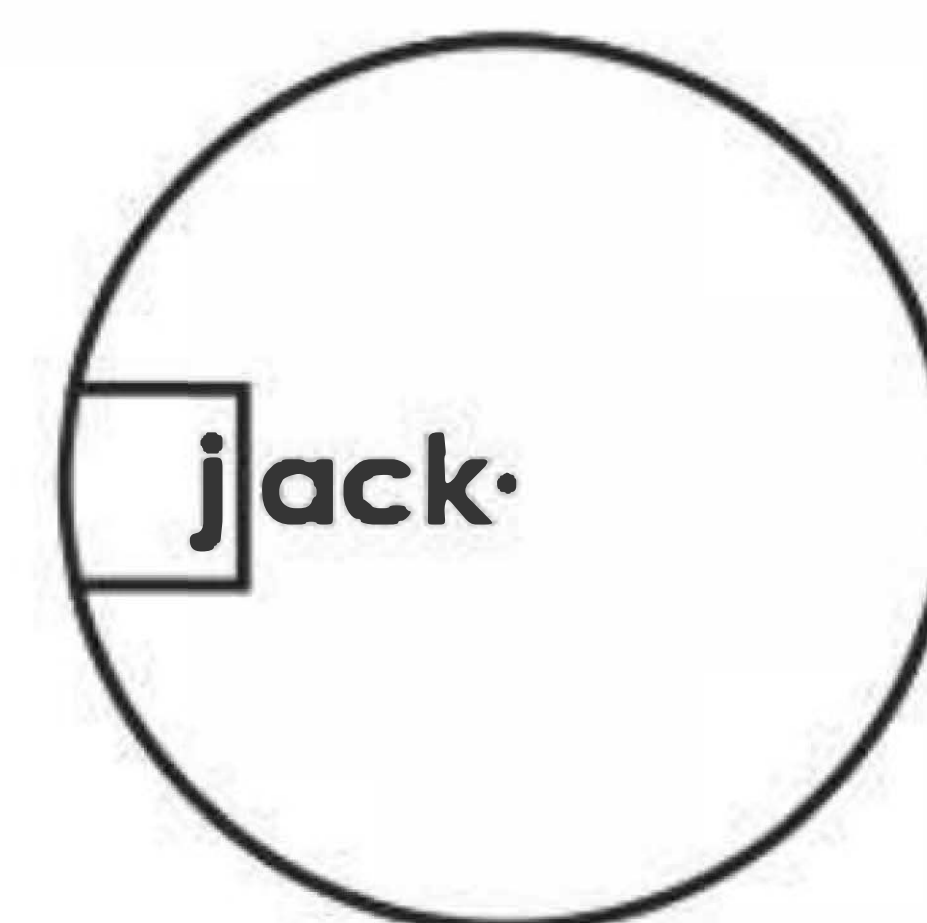
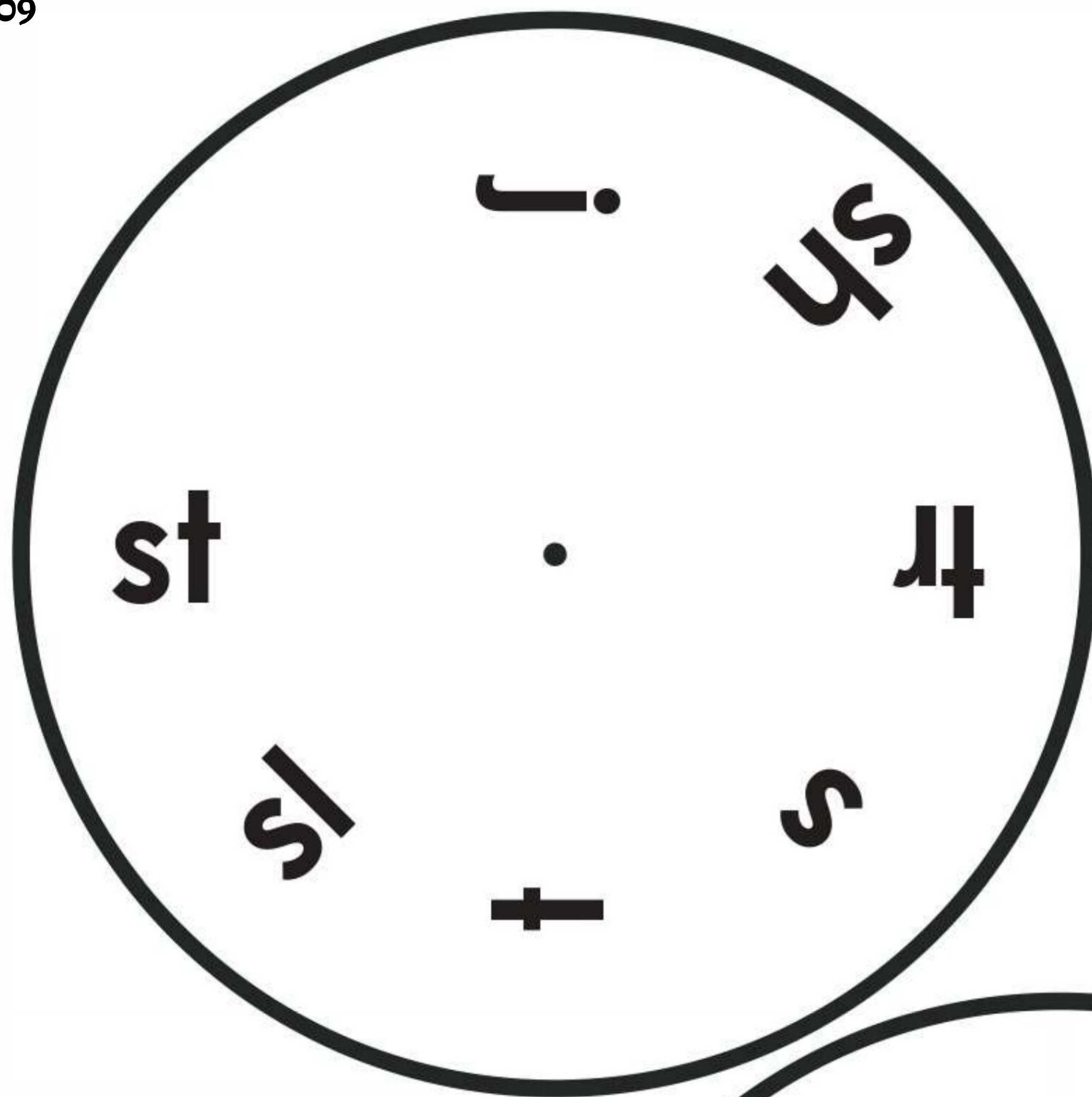
CONVERSATION CUBES



**CUT,
CREATE
&
ROLL**

**#2
Would
you
rather
...?**

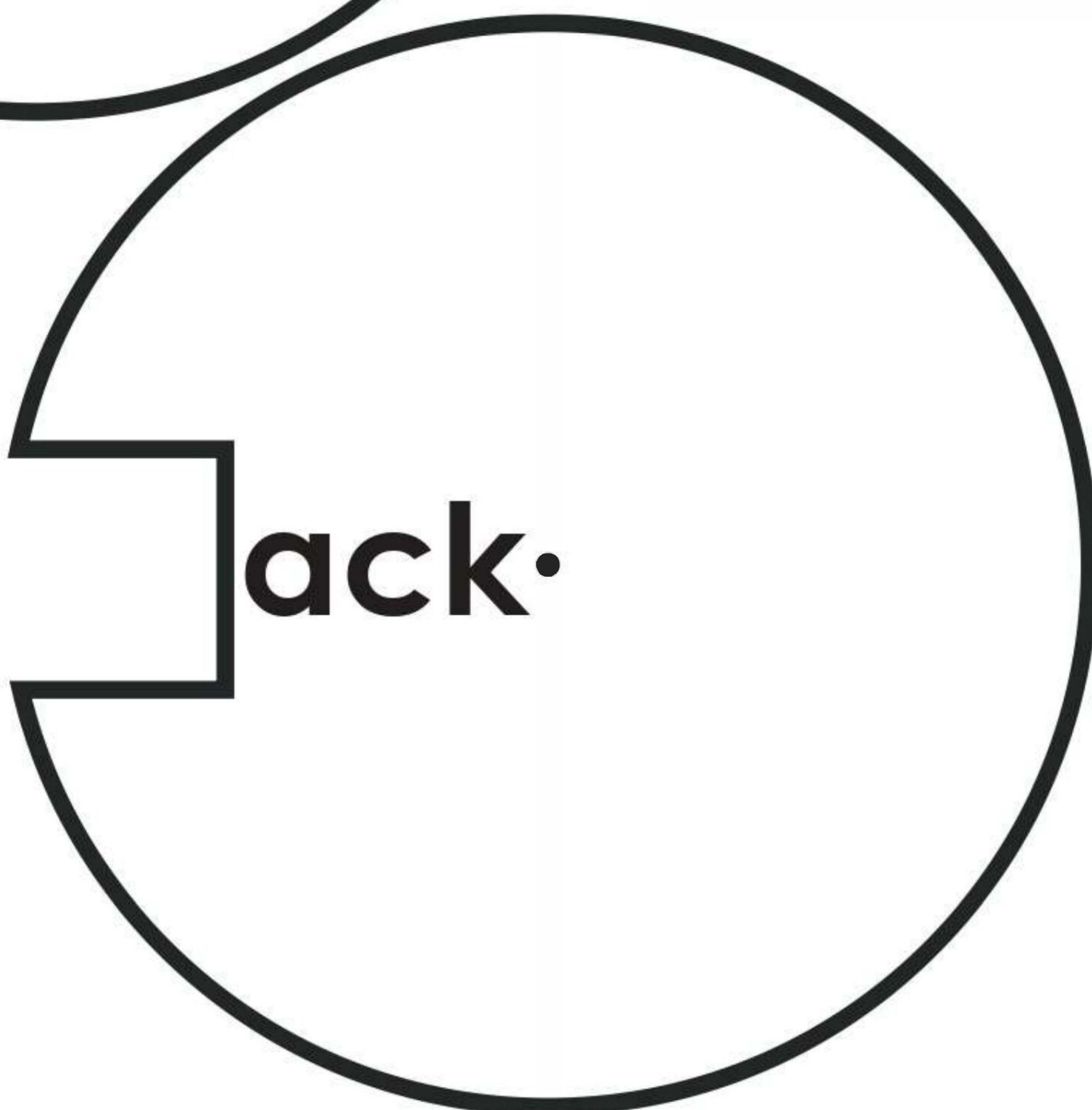




Word Family Wheels

Cut out the wheels. Put the word family wheel on top of the letter wheel. Line them up so the dots are centered on top of each other and place a pin through the dot.

Word Family
Wheel





bubble breaths



hugs



deep breaths



rainbow breaths



straw breaths



yoga breaths





TAKE A MINDFUL Minute



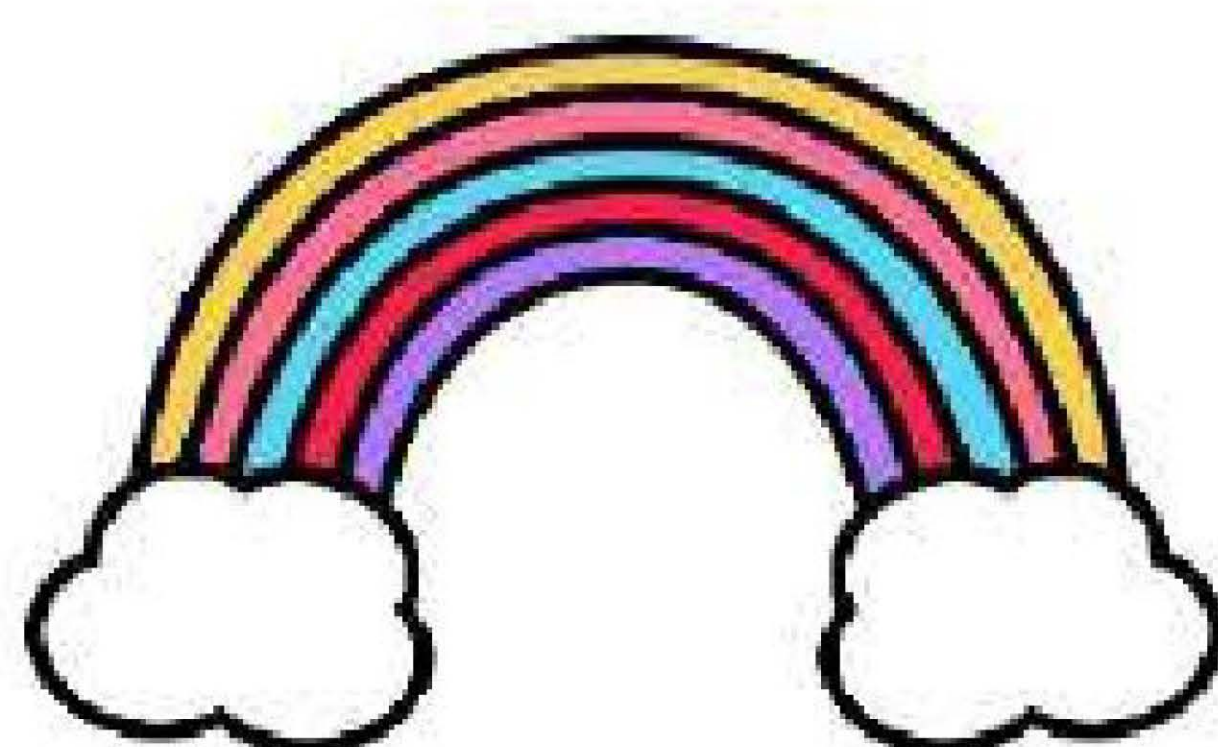
BUBBLE BREATHS: Breathe big, blow out like you're blowing lots of bubbles.



HUGS: Wrap your arms around your body. Hug yourself tight and count to 10.



DEEP BREATHS: Close your eyes. Breathe in big. Breathe all the way out until there's no air left.



RAINBOW BREATHS: Pick your favorite color. Paint the color in a rainbow in the sky while you take a deep breath.

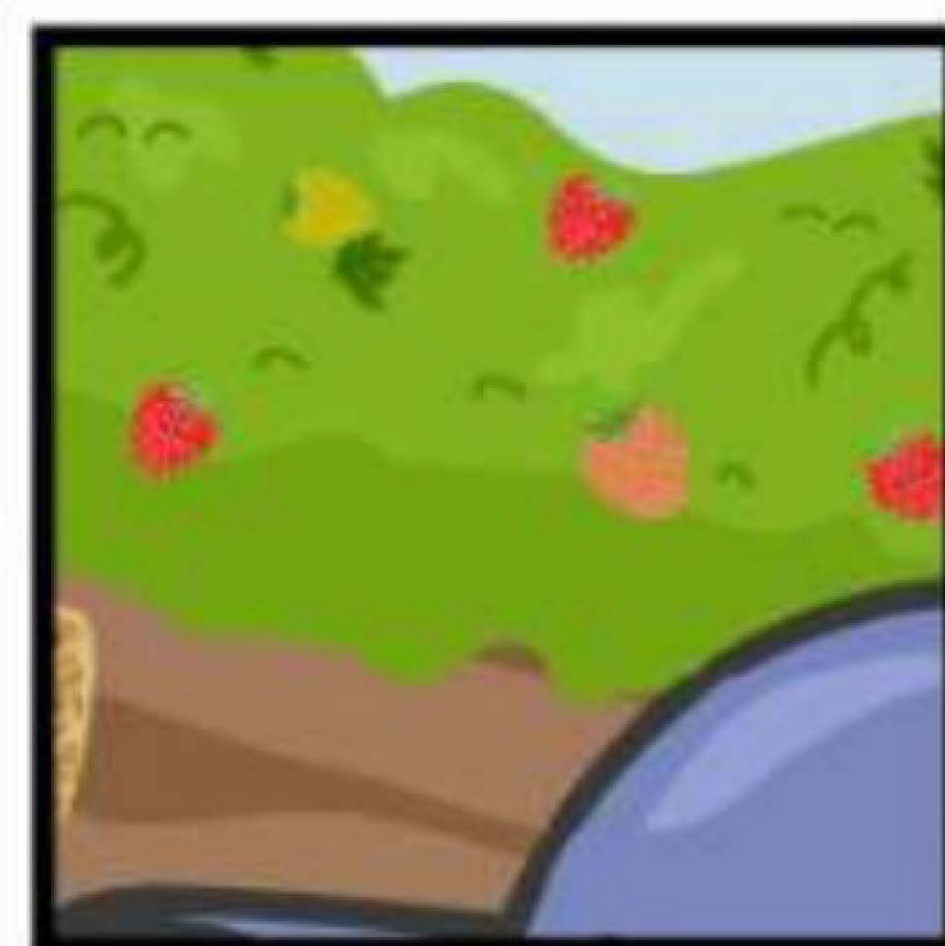
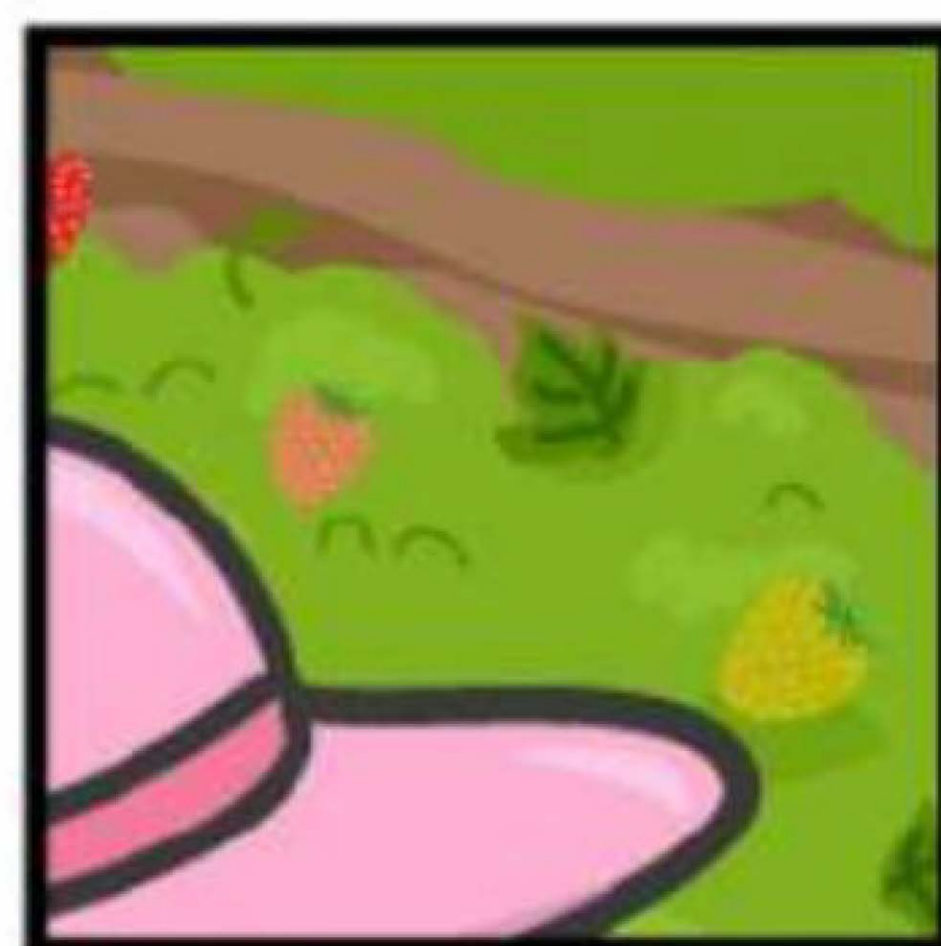
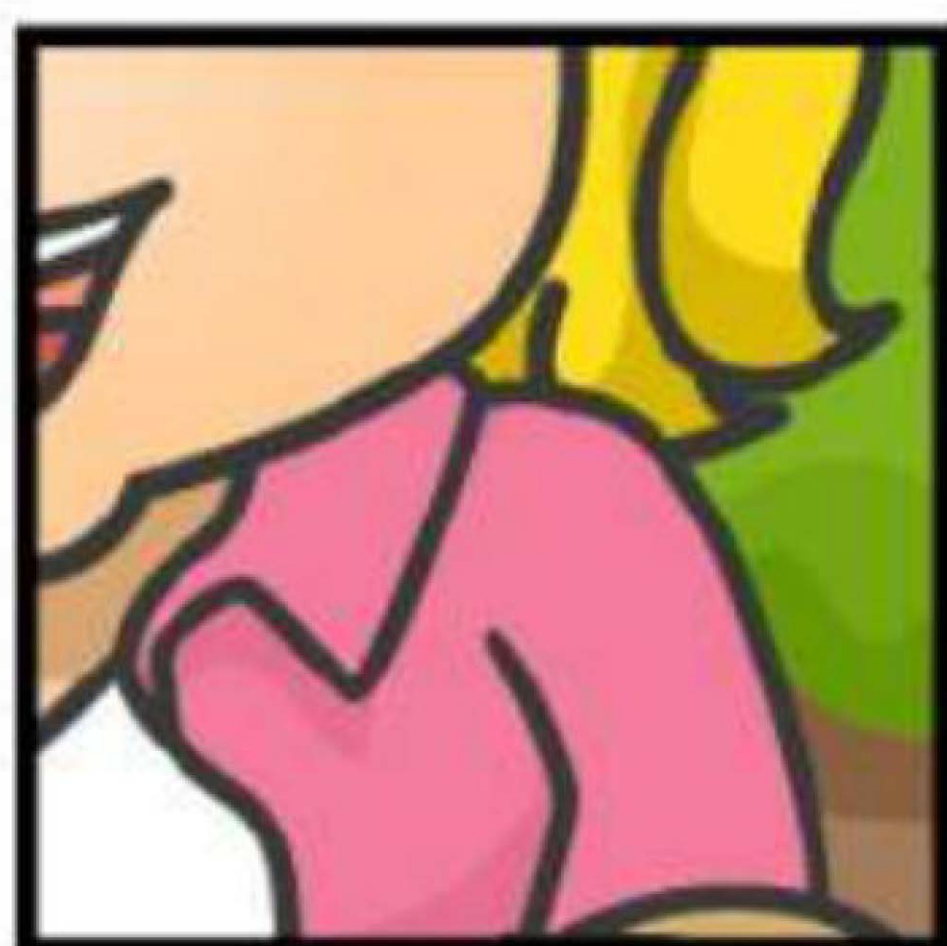
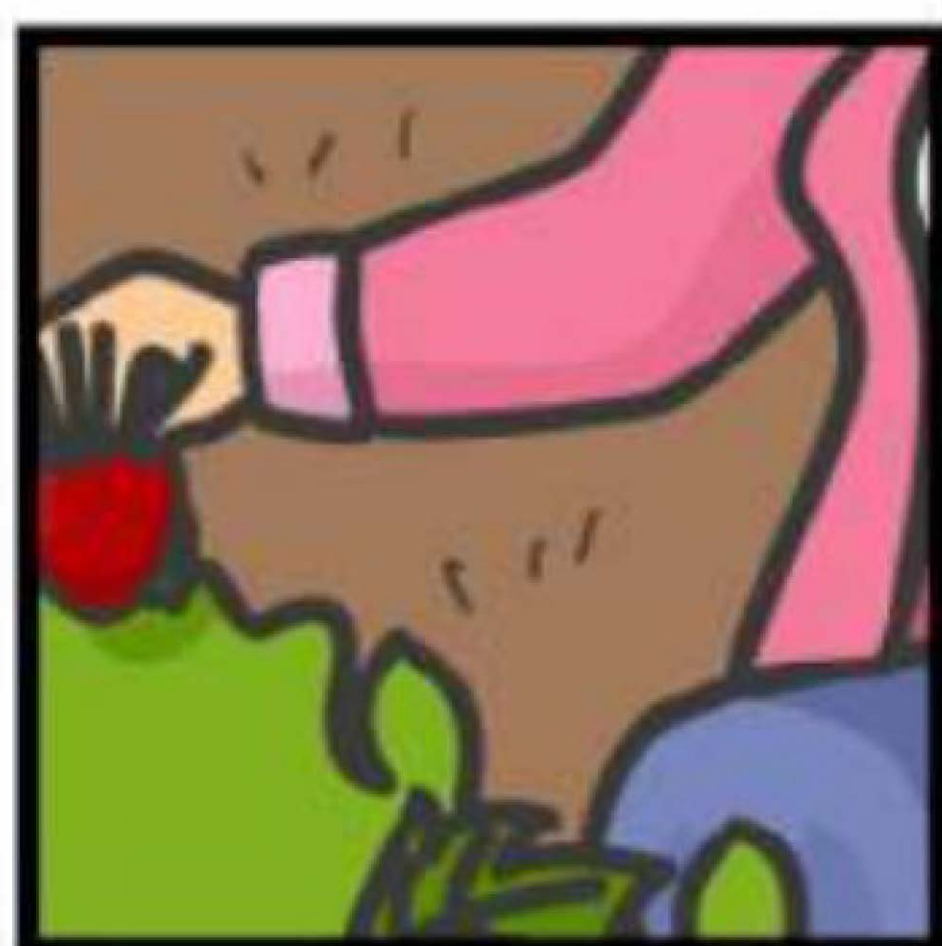
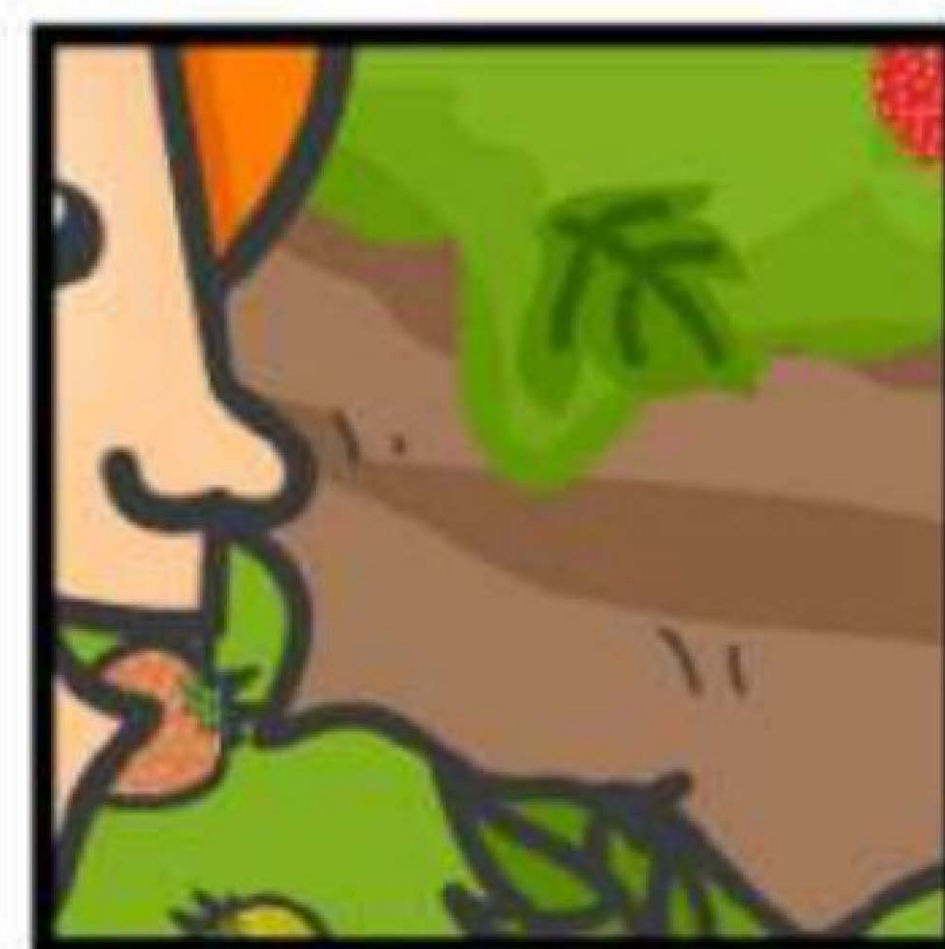
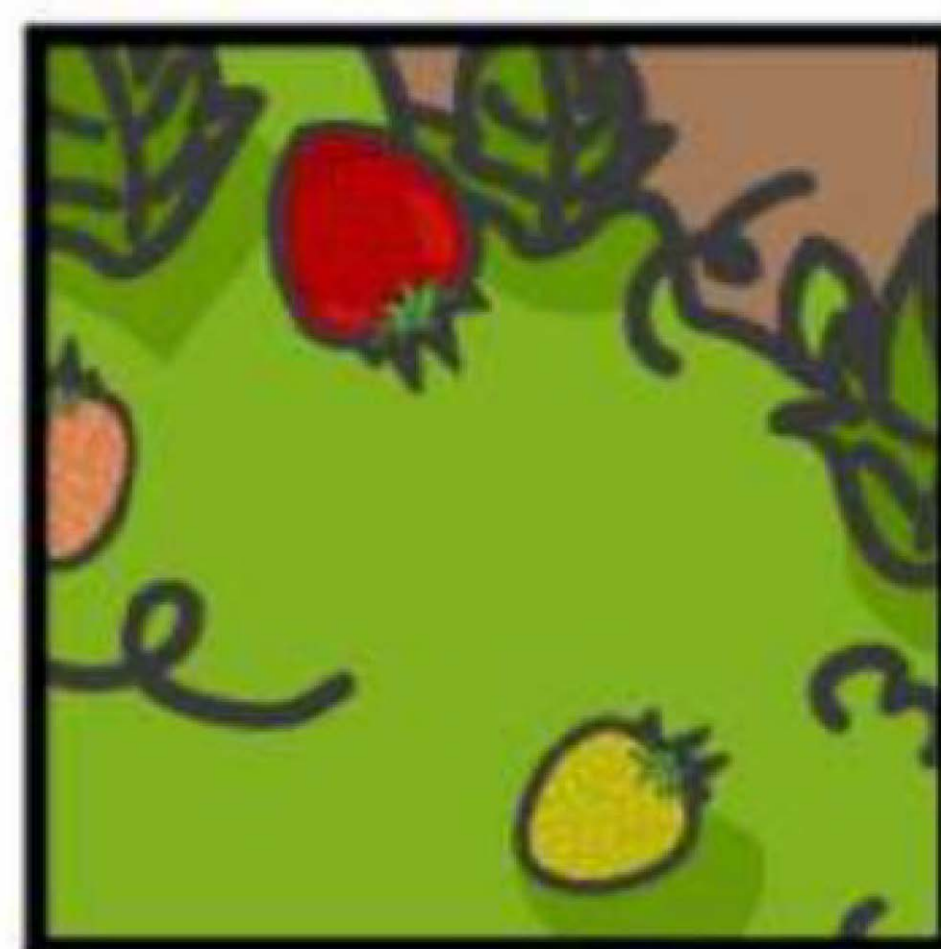
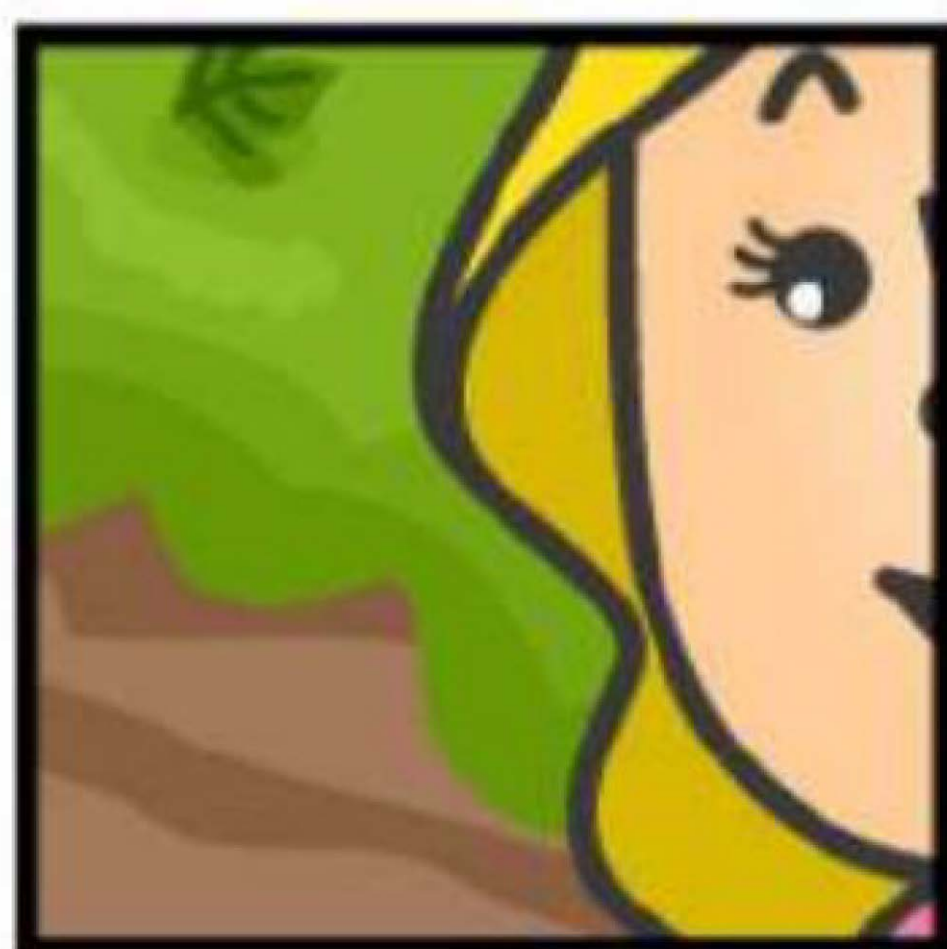
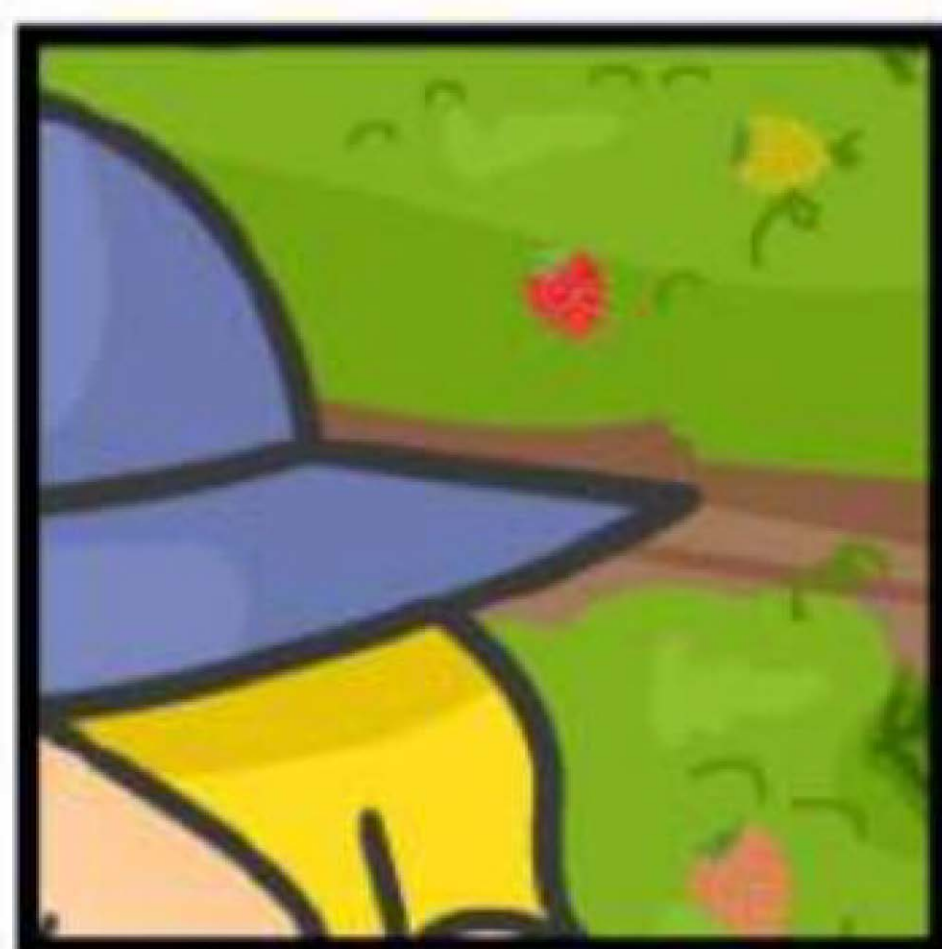
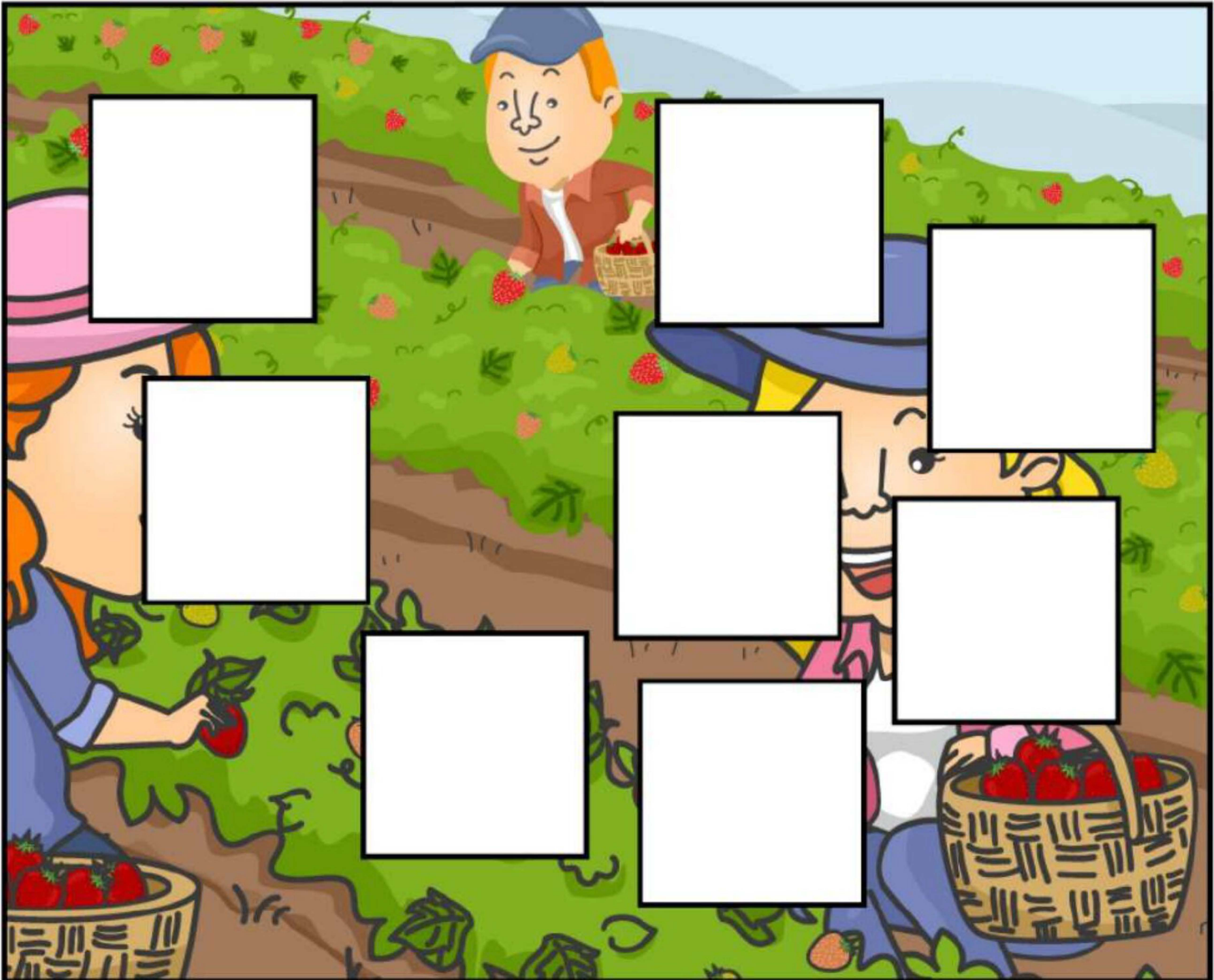


STRAW BREATHS: Suck in air through a straw and take a deep breath. Blow bubbles in your straw when you breathe out.



YOGA BREATHS: Close your eyes. Put your hands on your knees. Take a deep breath in. Breathe all the way out.







EXAMPLE

MOOD TRACKER

I'M FEELING...

	MON	TUE	WED	THU	FRI	SAT	SUN
MORNING							
MIDDAY							
EVENING							



HAPPY



CALM



SAD



ANGRY



ANXIOUS



TIRED





MOOD TRACKER

IN WHICH ZONE ARE MY BRAIN AND BODY NOW?

	MON	TUE	WED	THU	FRI	SAT	SUN
MORNING							
MIDDAY							
EVENING							



GREEN ZONE



BLUE ZONE



YELLOW ZONE



RED ZONE





A to Z Amazing Me

Write something awesome about yourself starting
with each letter of the alphabet

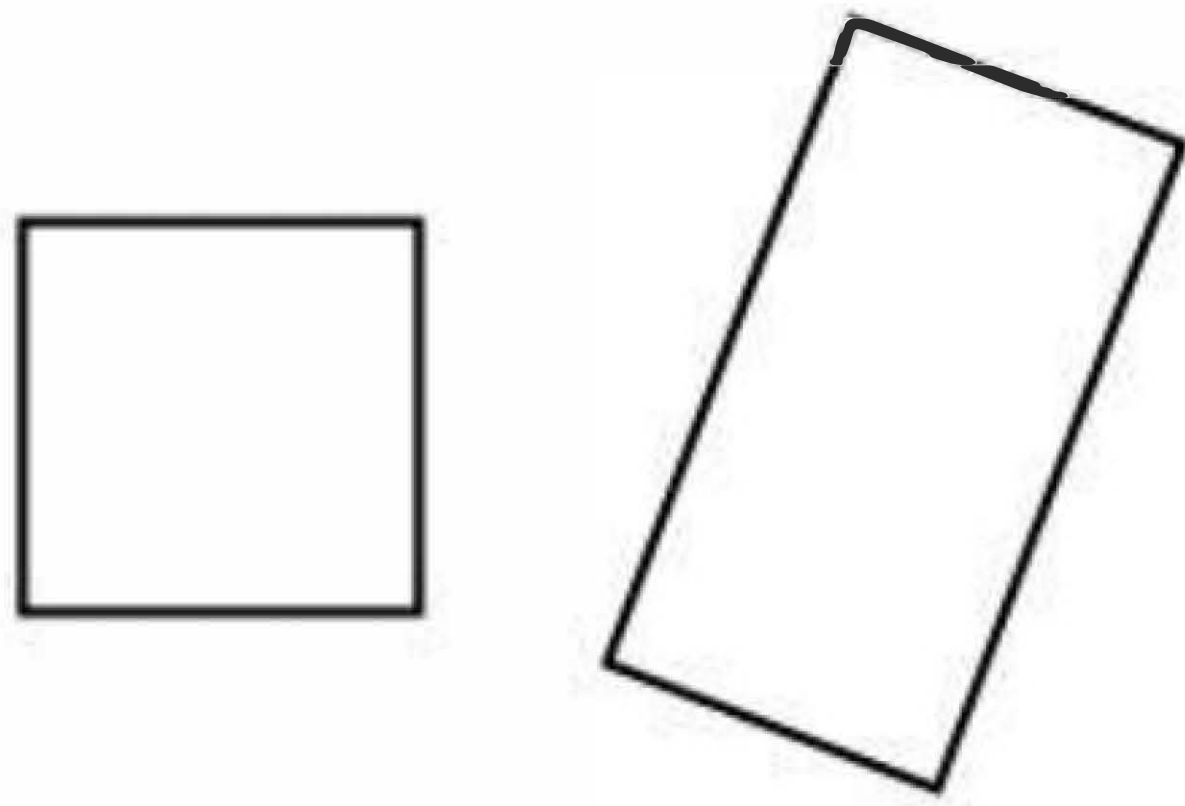
A**B****C****D****E****F****G****H****I****J****K****L****M****N****O****P****Q****R****S****T****U****V****W****X****Y****Z**

CONGRUENT SHAPES



Directions: Circle yes if the shapes are congruent. Circle no if the shapes are not congruent. When finished, search for the hidden dog on the page and circle it.

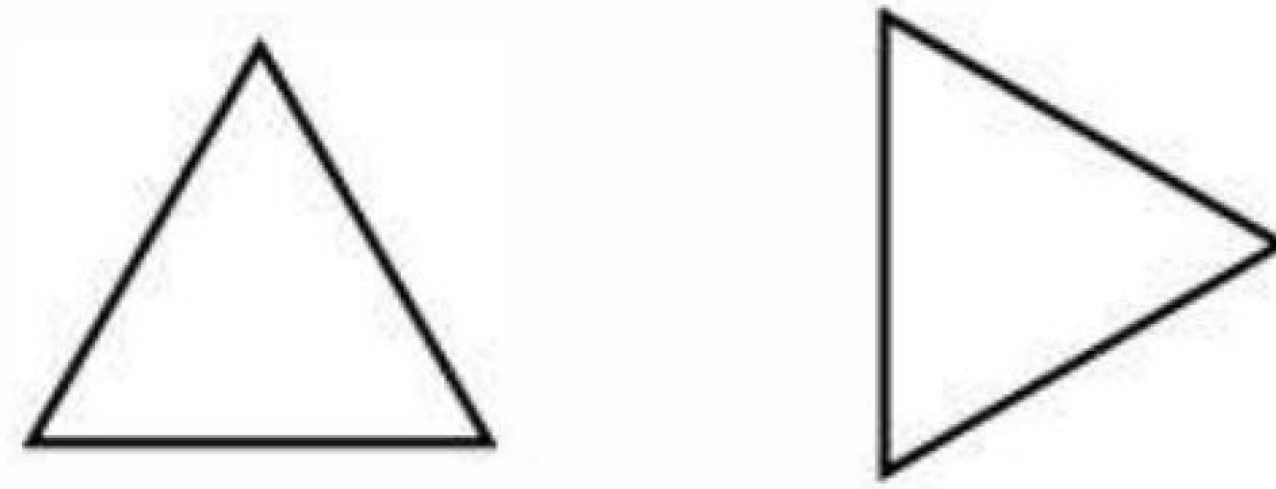
1.



yes

no

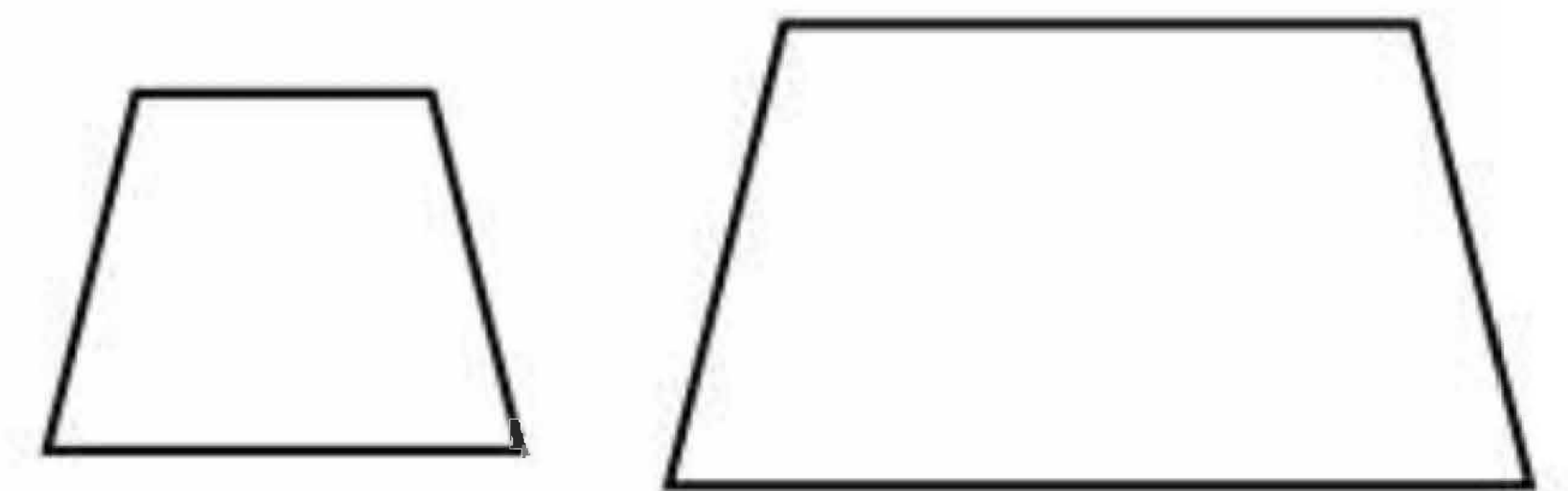
2.



yes

no

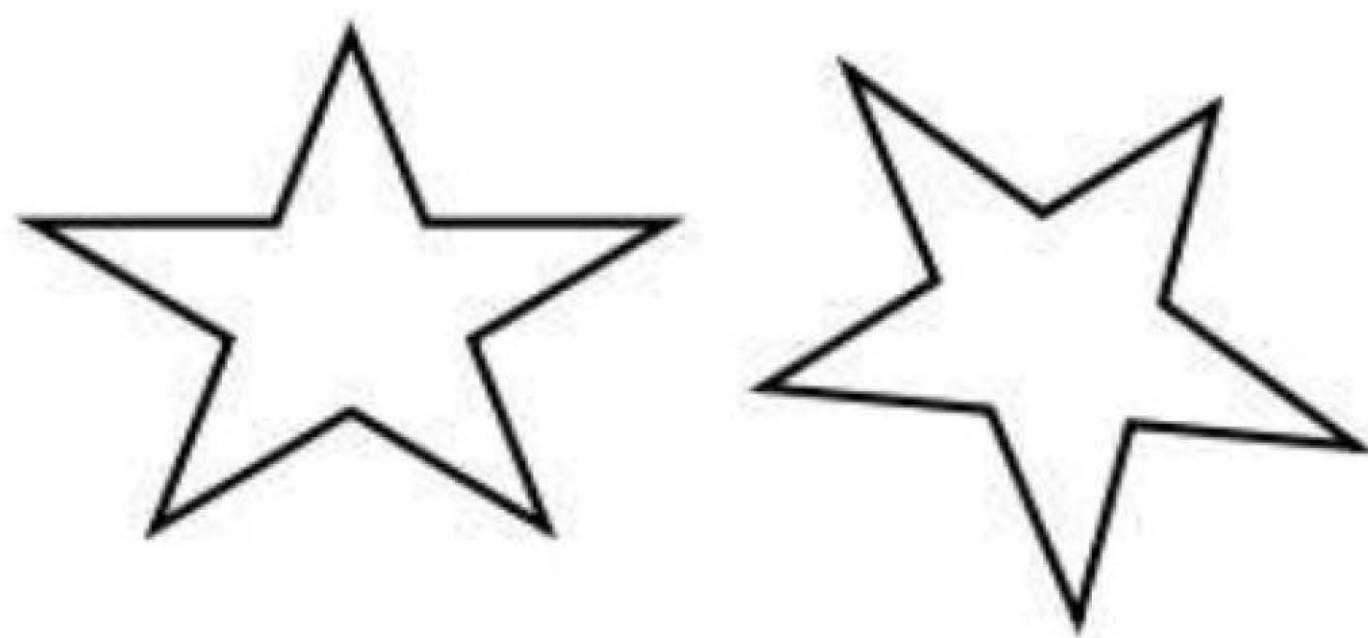
3.



yes

no

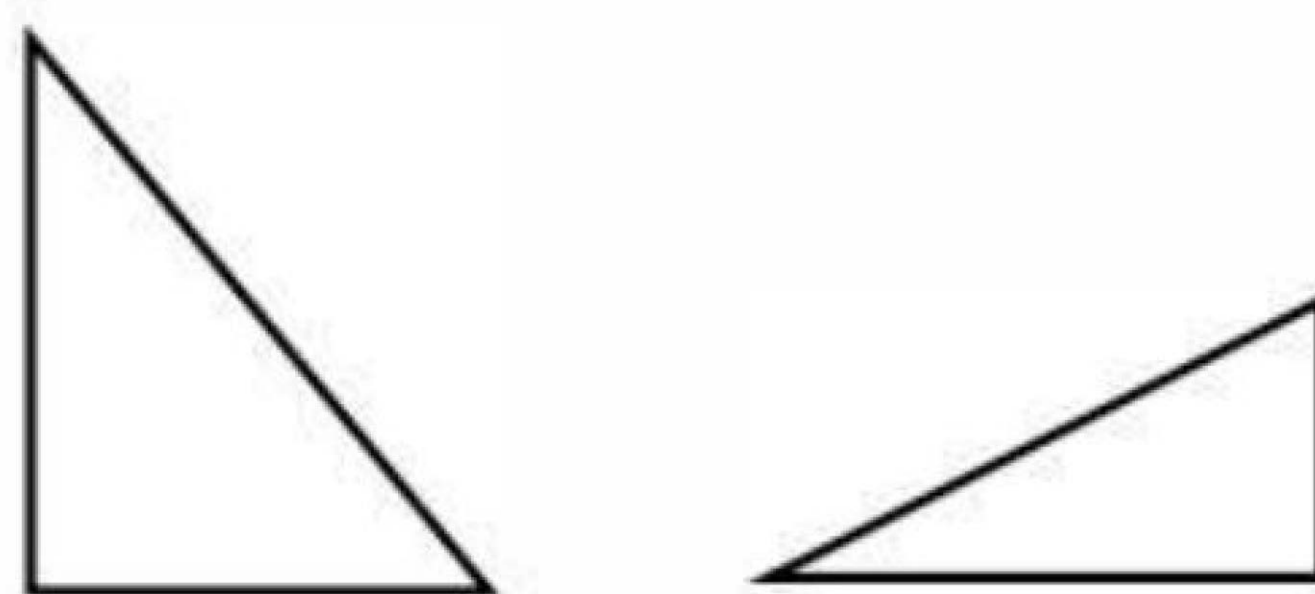
4.



yes

no

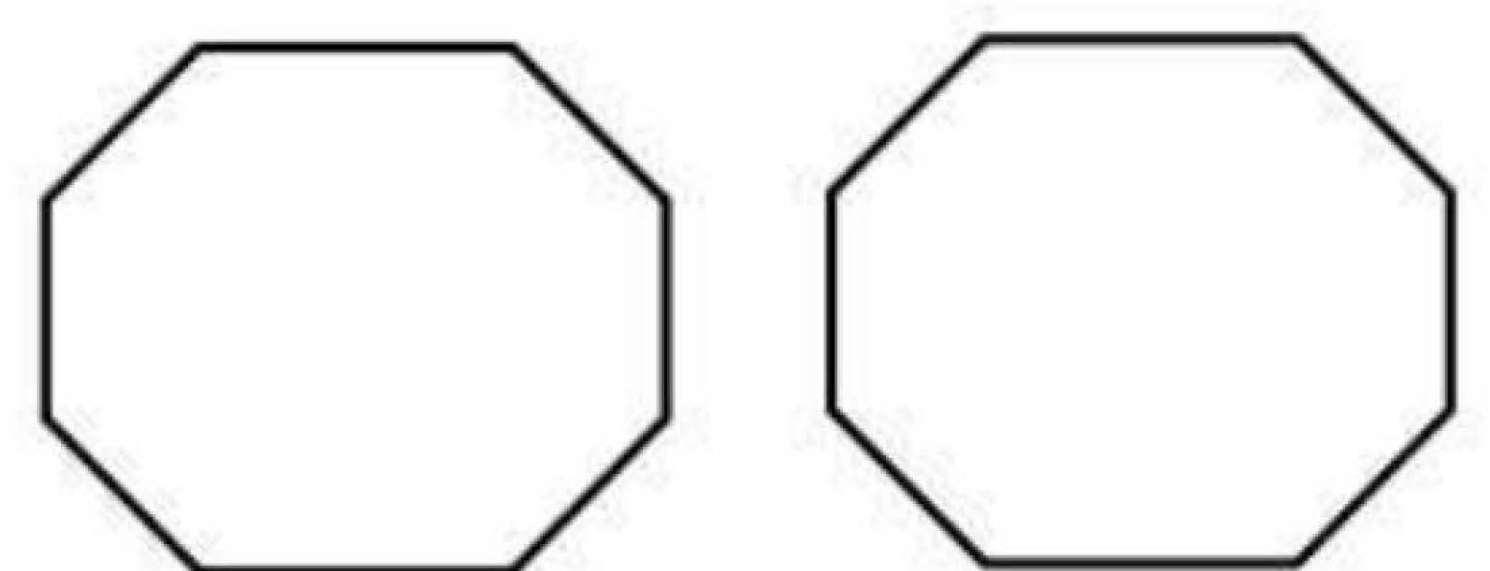
5.



yes

no

6.



yes

no

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

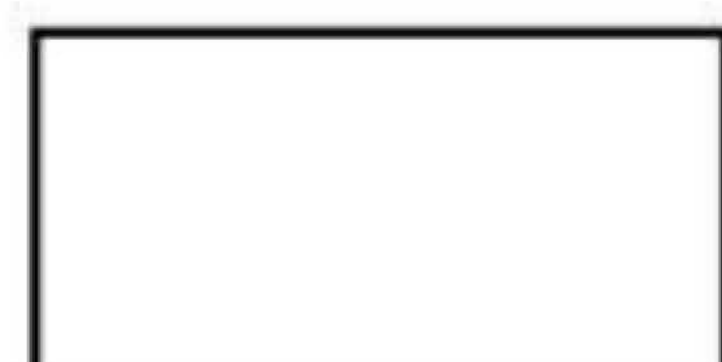
7.



A.



B.



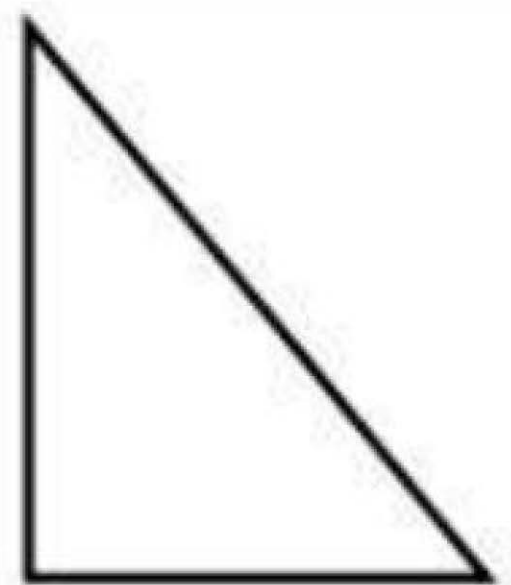
C.



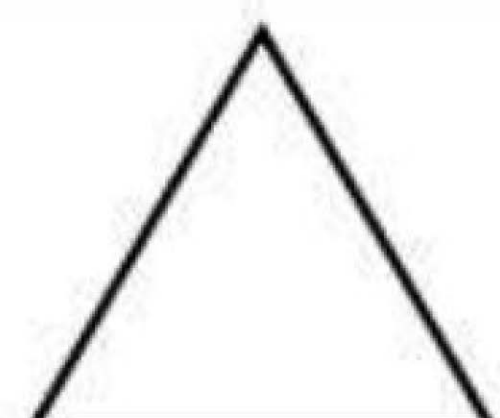
D.



8.



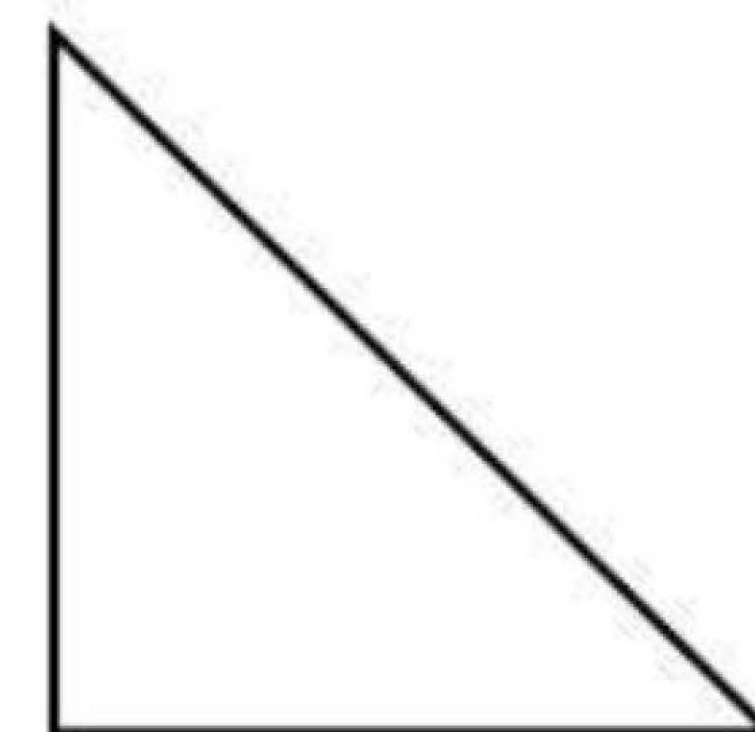
A.



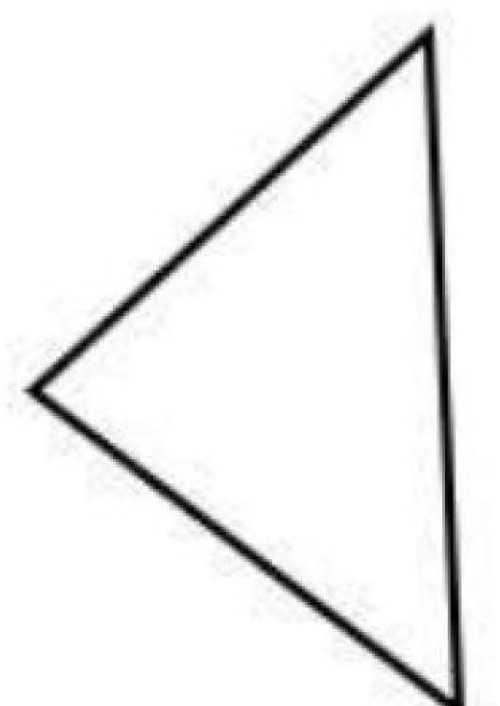
B.



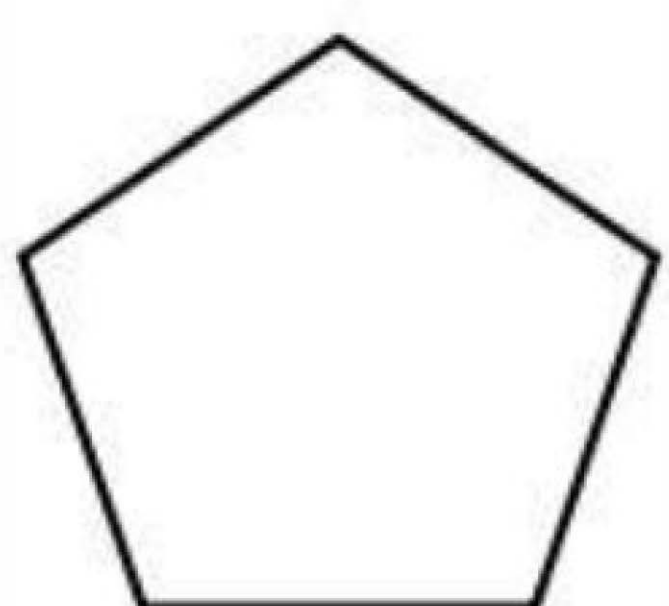
C.



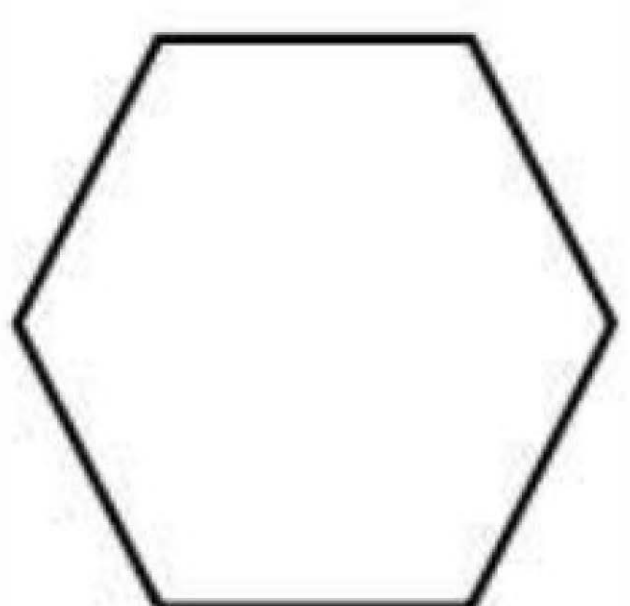
D.



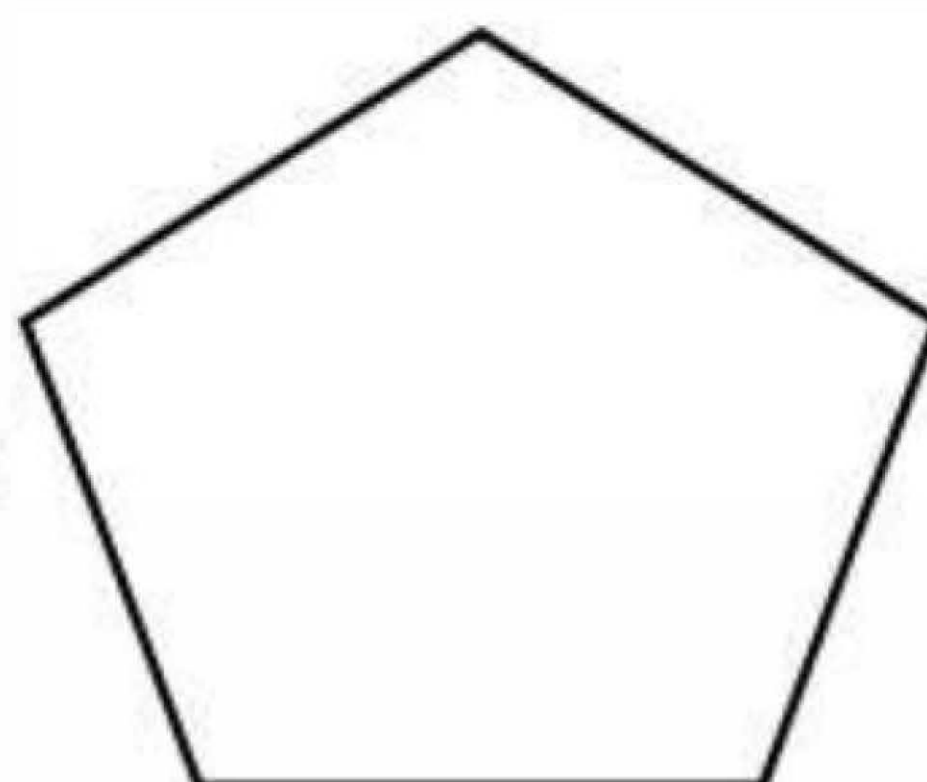
9.



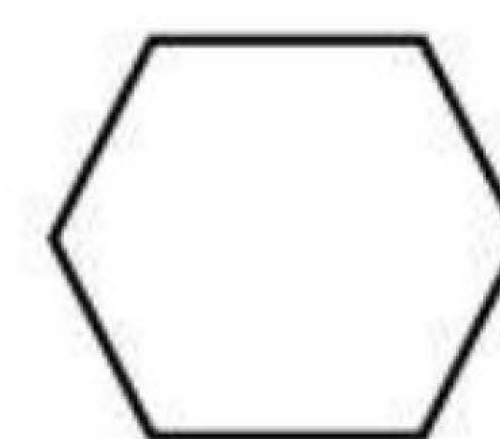
A.



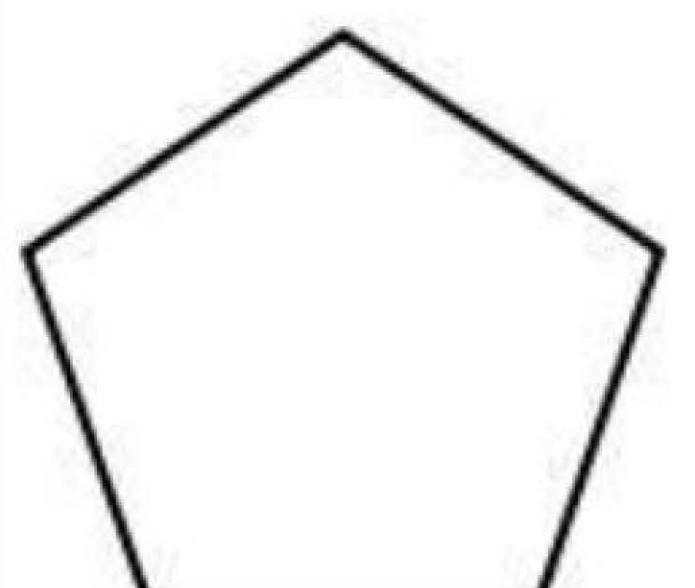
B.



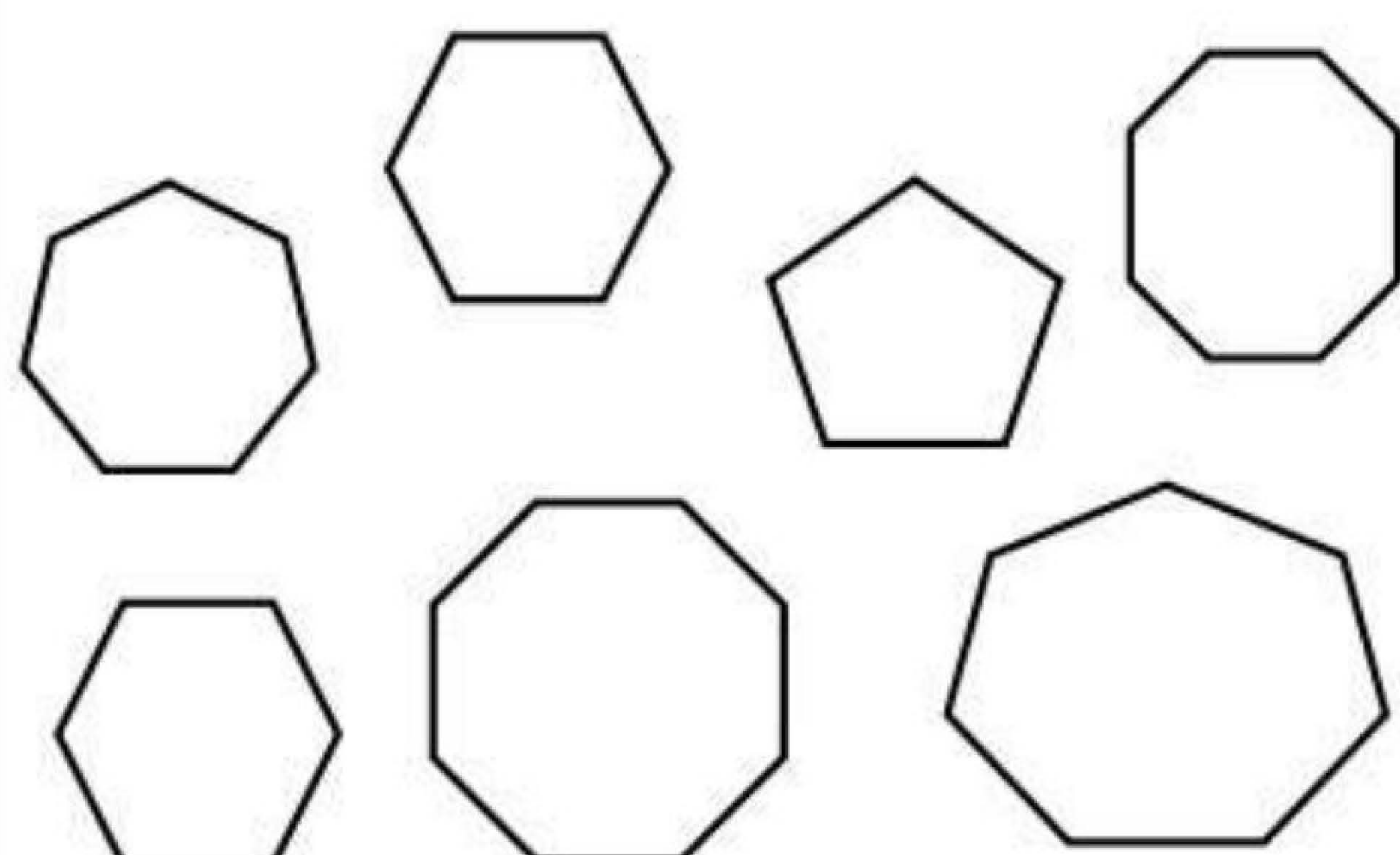
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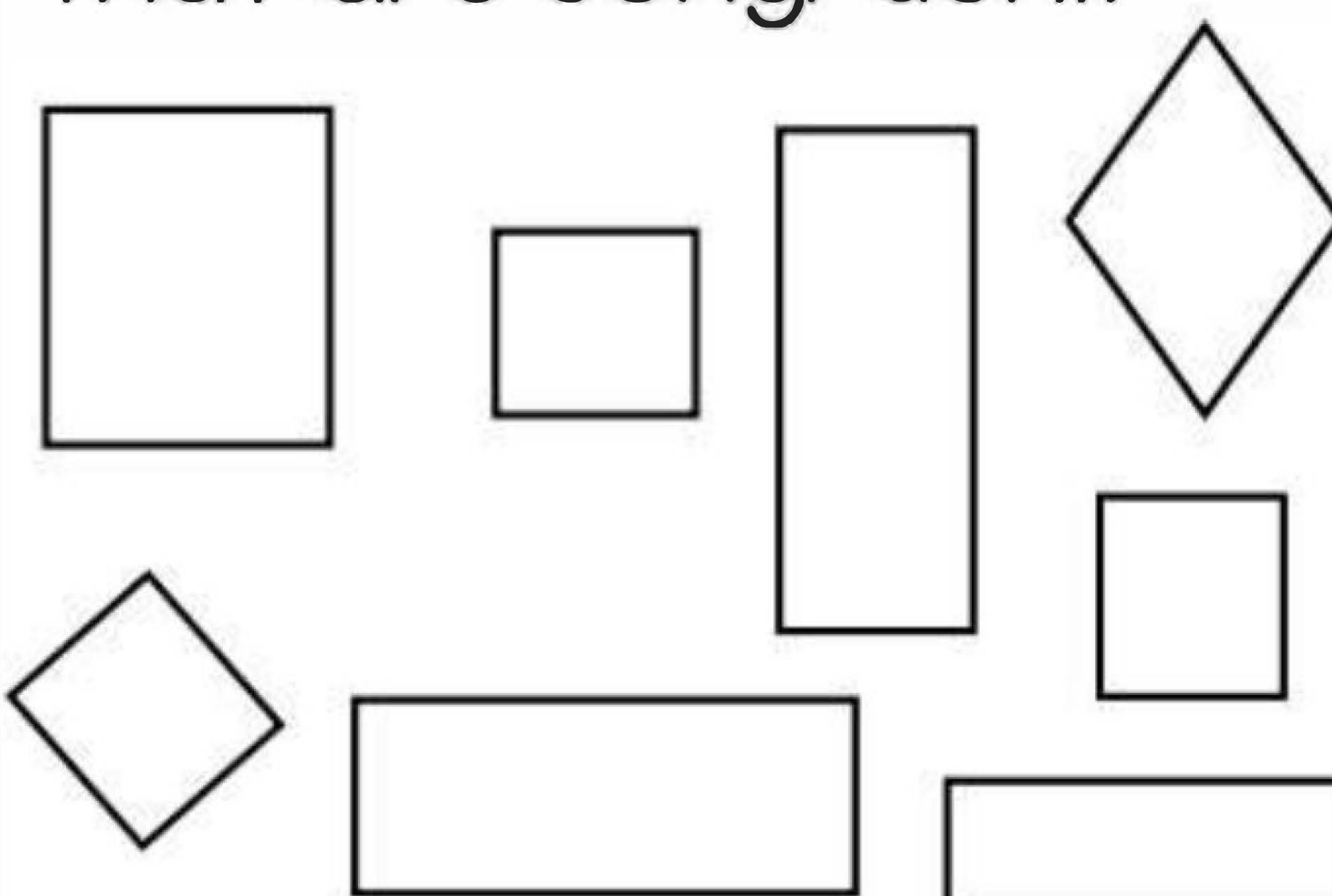
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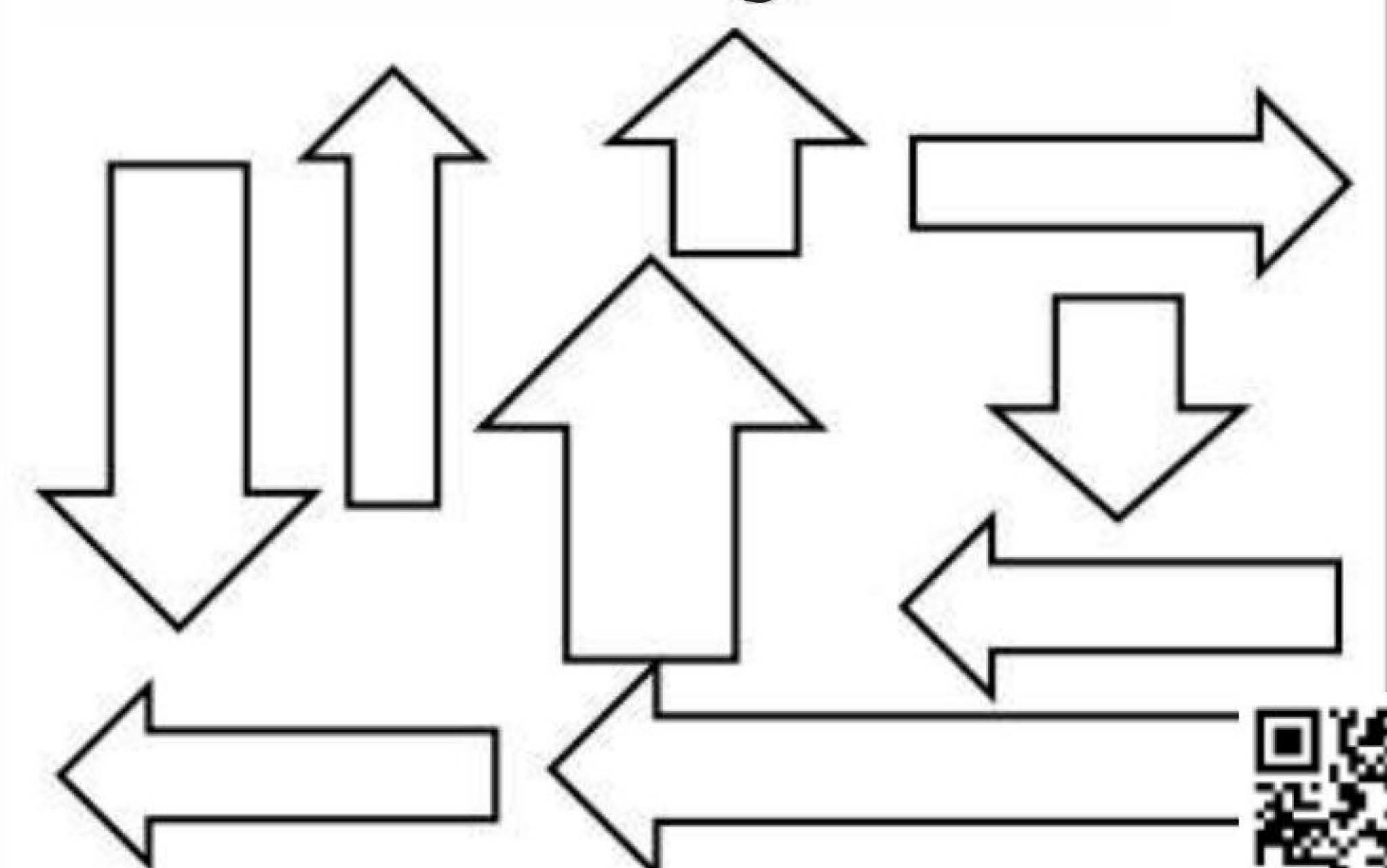
10. Circle the 2 shapes that are congruent.



11. Circle the 3 shapes that are congruent.



12. Circle the 4 shapes that are congruent.





SELF-INTRODUCTION

EXAMPLE

**Hi, my name is Annie,
What is your name?**



Hi, my name is Mike

**Hi, Mike. It's nice
to meet you!
What school do
you go to?**



**I go to Woodland school.
What about you?**

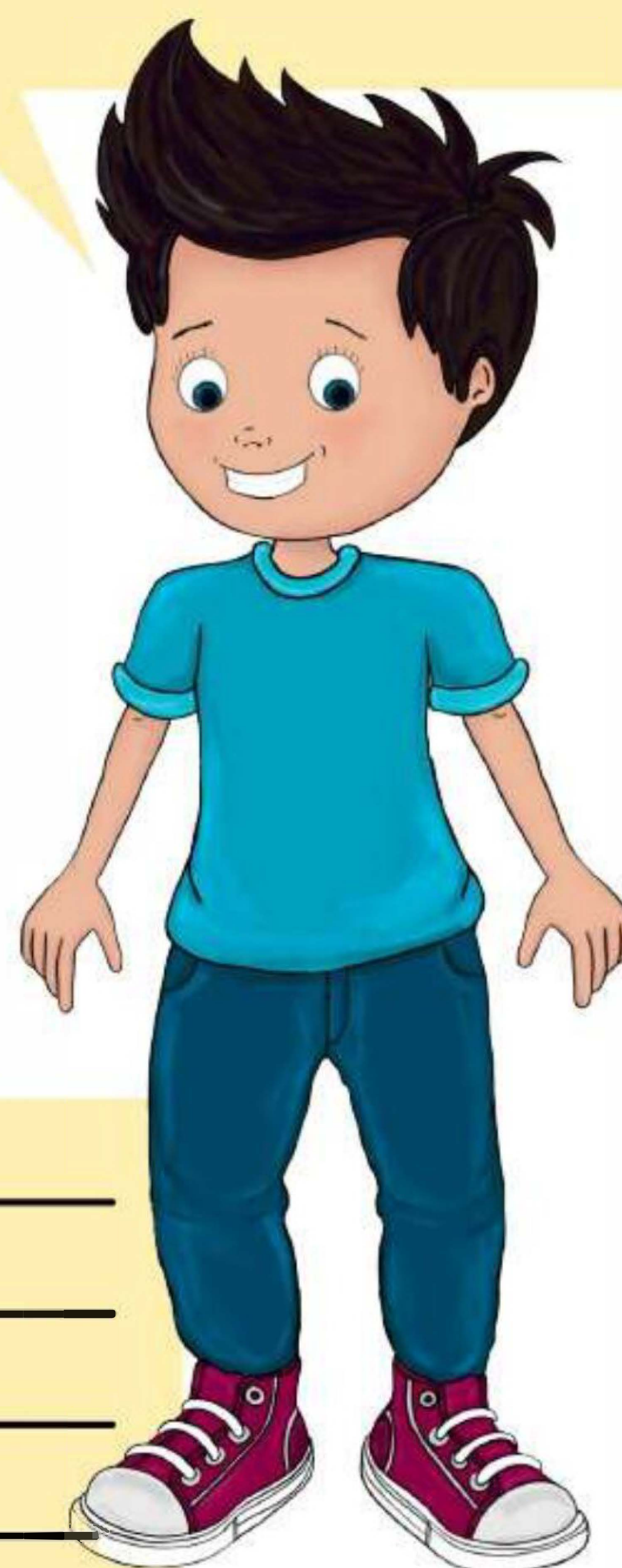




SELF-INTRODUCTION

COULD YOU HELP ANNIE INTRODUCE HERSELF TO MIKE?









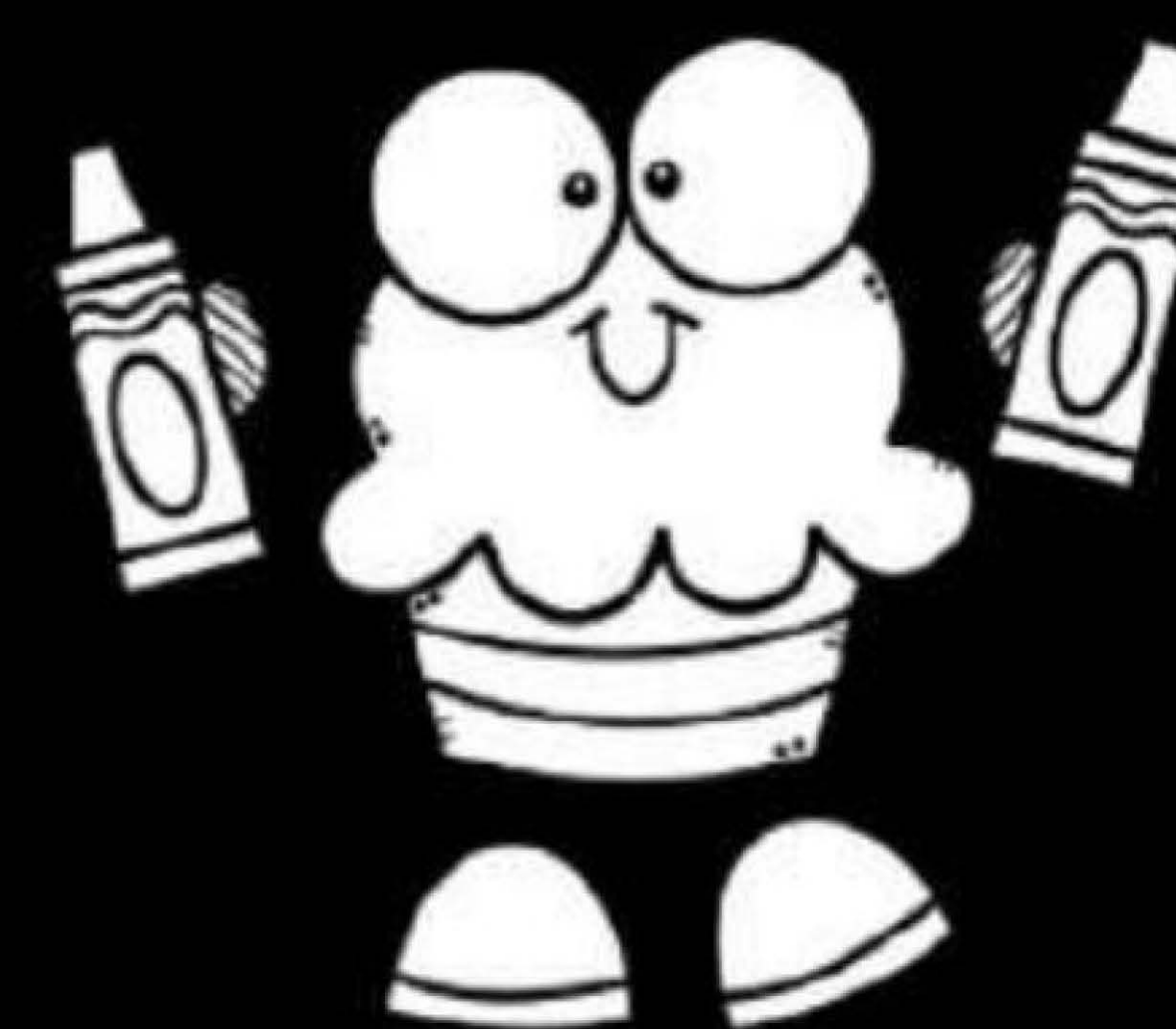
BE

UNIQUE

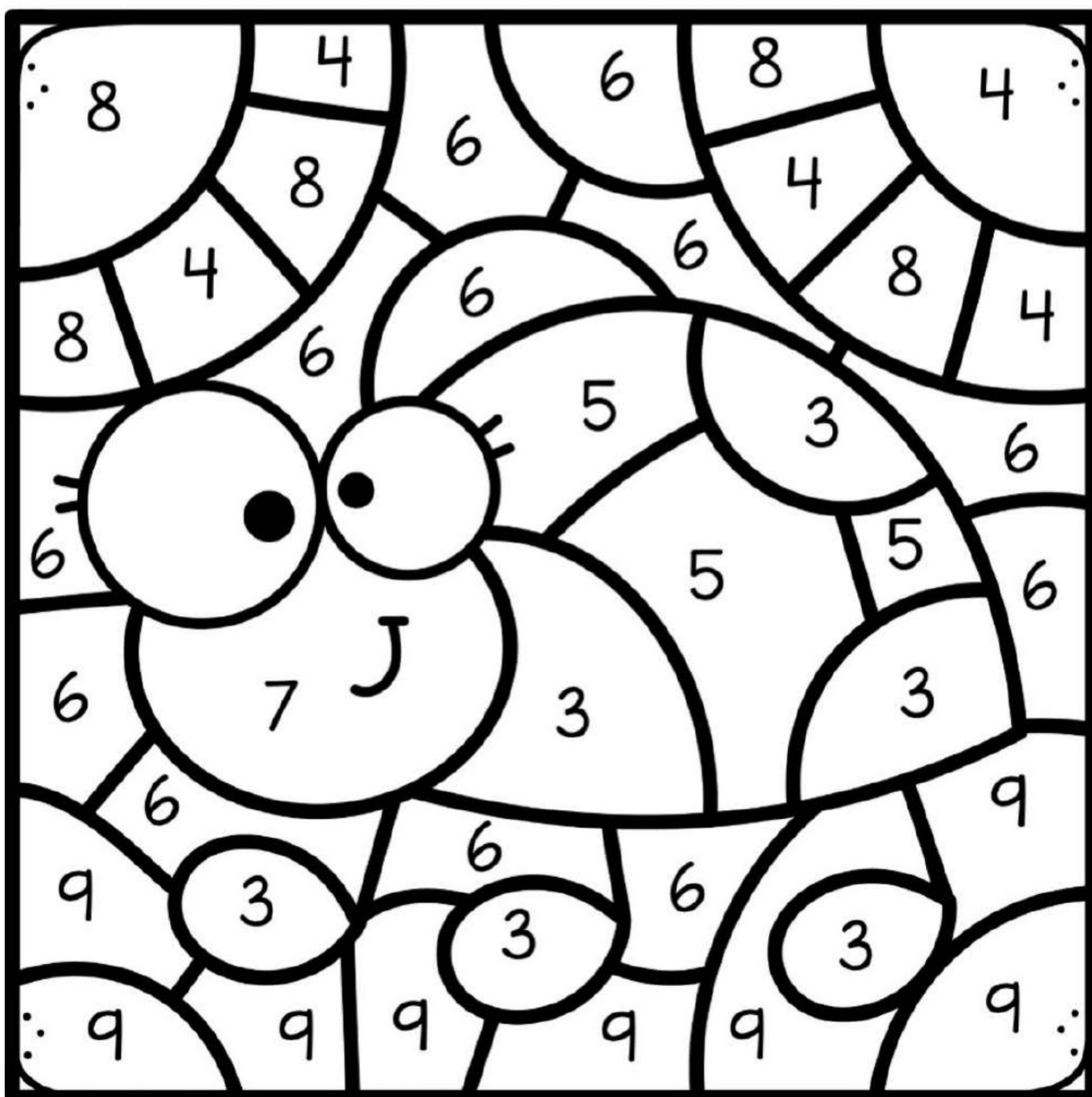




COLOUR BY NUMBER!



black = 3 blue = 6 yellow = 8 grey = 7
red = 5 green = 9 orange = 4





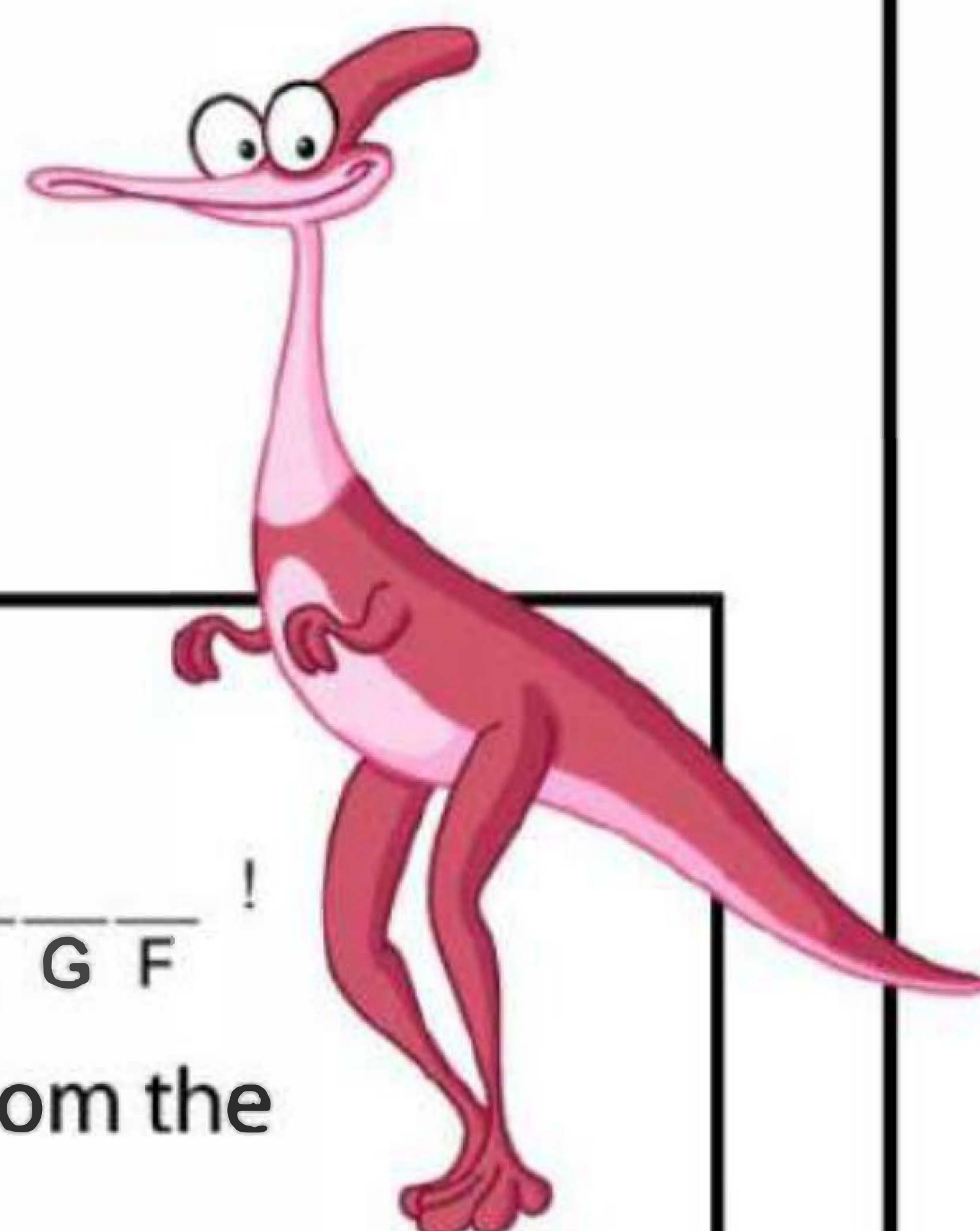
Dinosaur Cryptogram!

A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
				Z				C				M	P									T		N	



$\frac{N}{S}$ $\frac{Y}{P}$ $\frac{E}{W}$ $\frac{WE}{T}$ $\frac{E}{Z}$
 $\frac{M}{M}$ $\frac{I}{E}$ $\frac{Y}{H}$ $\frac{I}{C}$ $\frac{N}{A}$ $\frac{INE}{X}$
 $\frac{I}{M}$ $\frac{N}{E}$ $\frac{INE}{H}$ $\frac{I}{C}$ $\frac{N}{A}$ $\frac{INE}{X}$

Did some dinosaurs have horns?



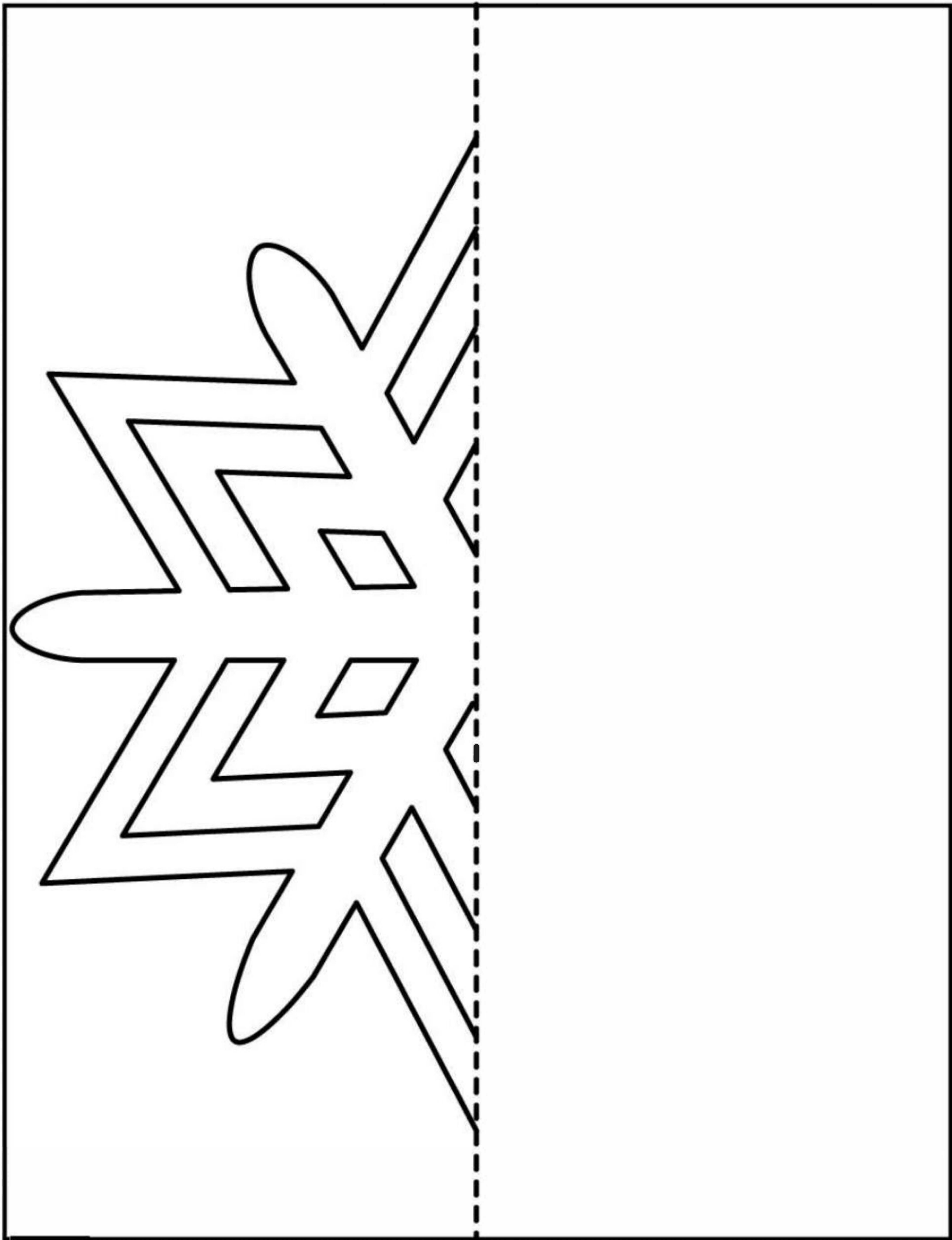
$\frac{I}{C}$ $\frac{W}{G}$ $\frac{M}{F}$ $\frac{W}{X}$ $\frac{M}{O}$ $\frac{W}{I}$ $\frac{M}{S}$ $\frac{W}{T}$ $\frac{M}{E}$ $\frac{W}{G}$ $\frac{M}{F}$!

Why did other dinosaurs stay away from the duck-billed dinosaur?





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

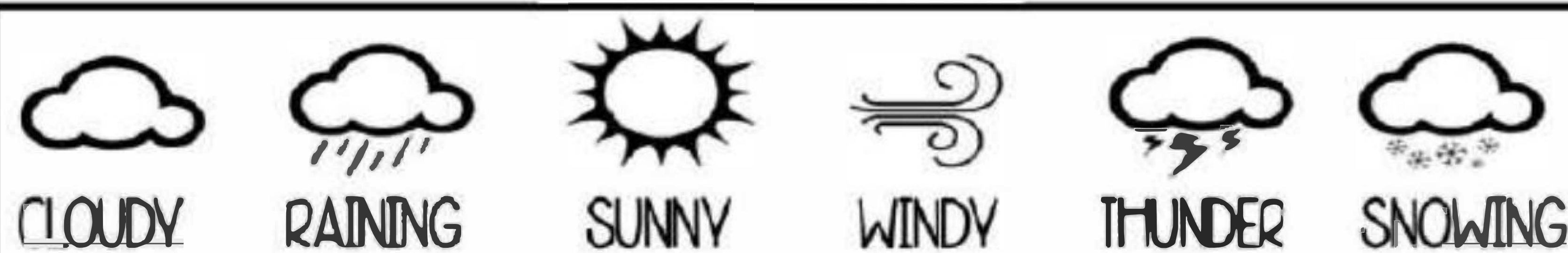
TOMORROW WILL BE:

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

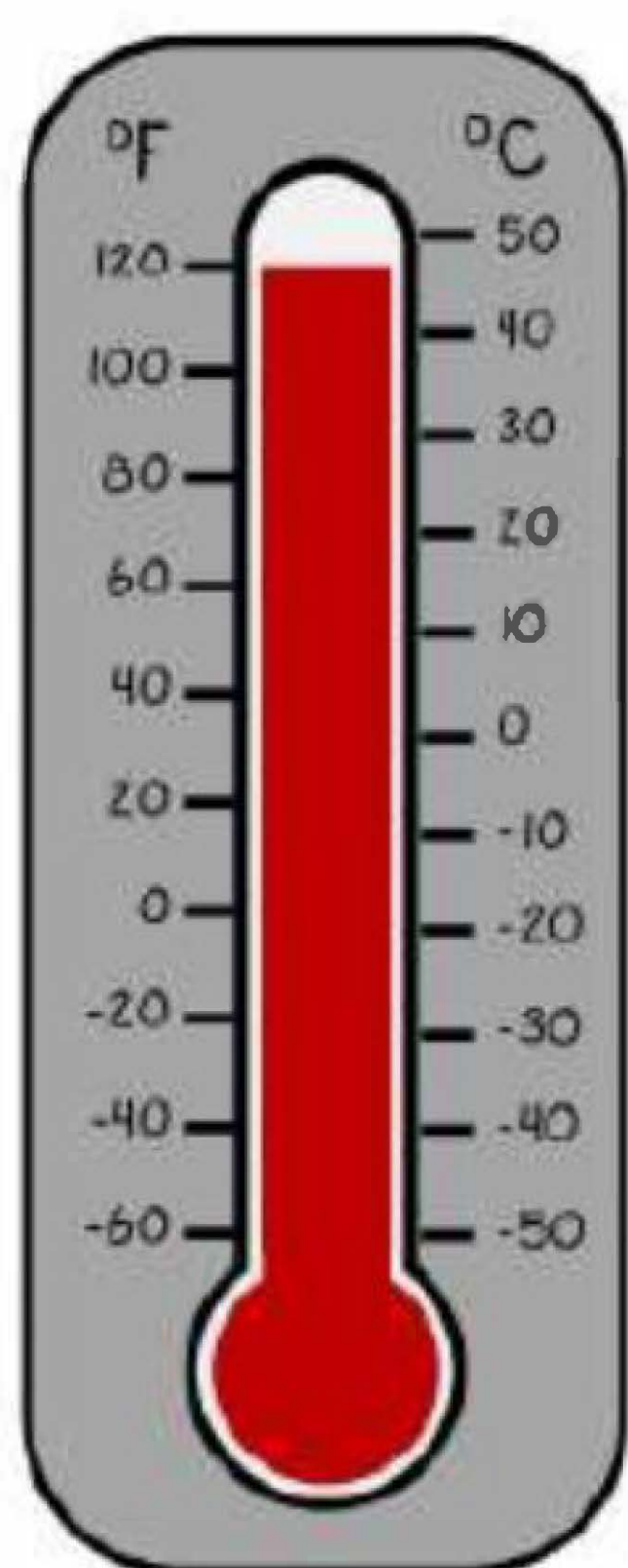
THE DAY IS:

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:



TEMPERATURE

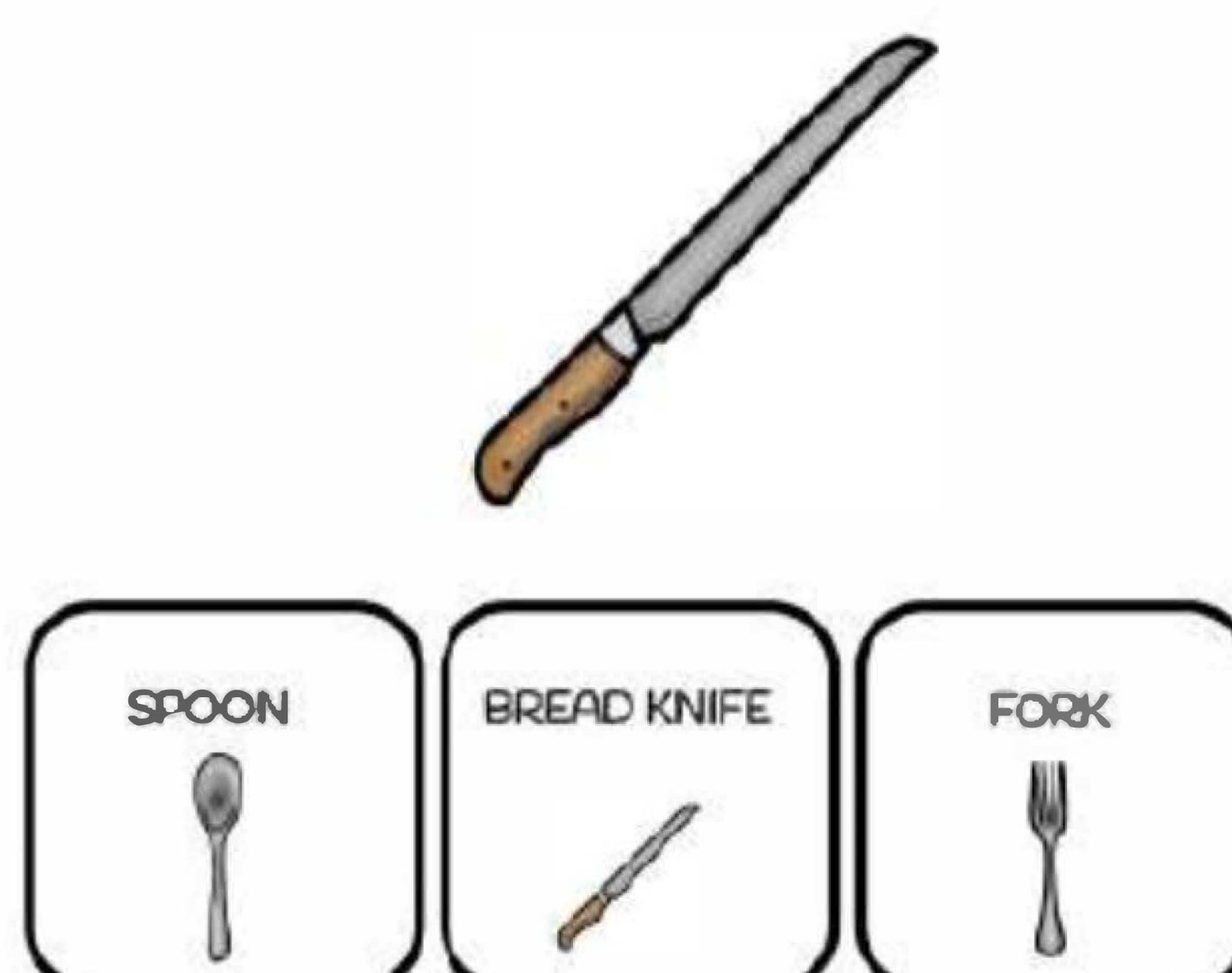


120°F

100°F

80°F

FUNCTIONAL VOCABULARY



MONEY

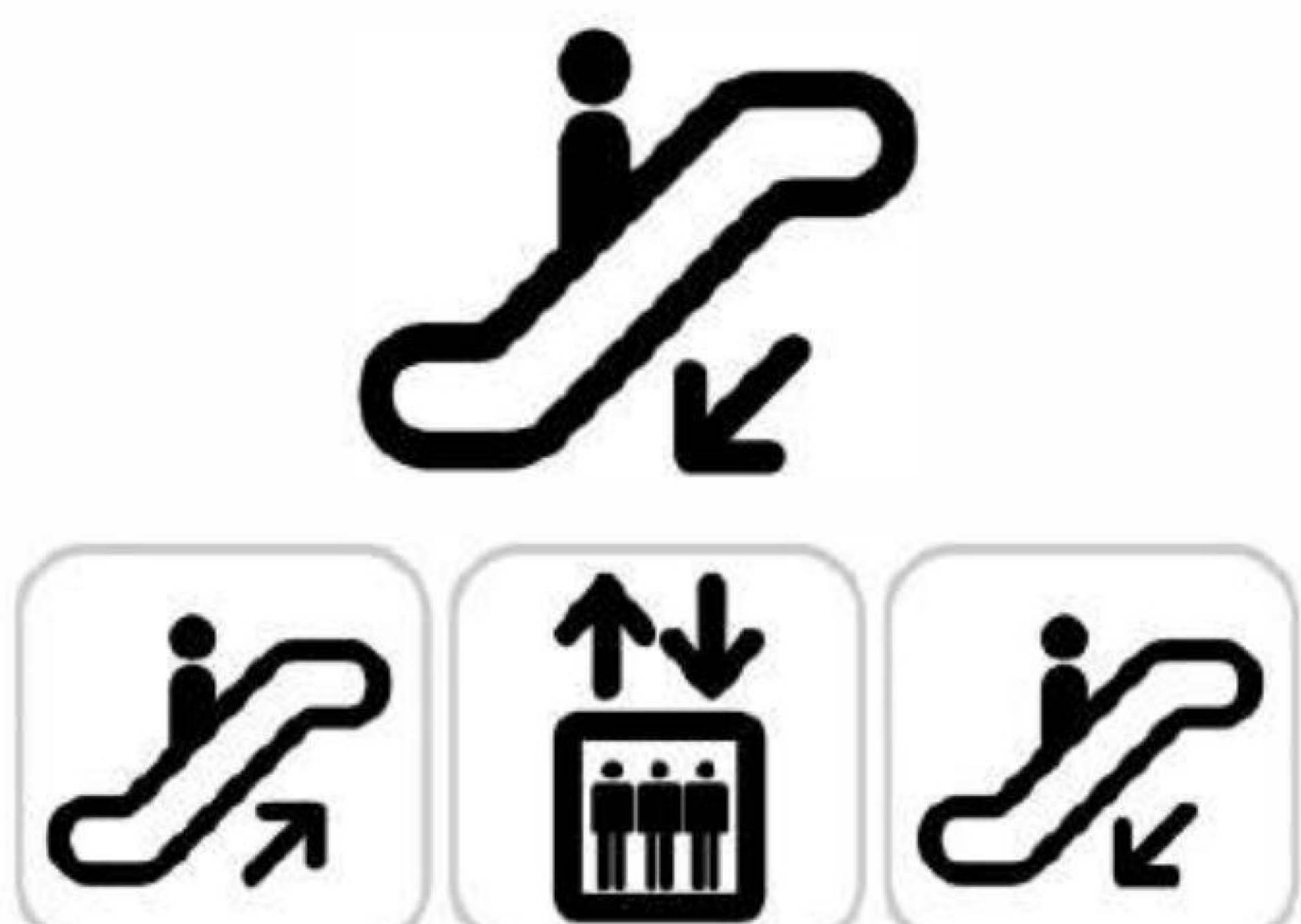


TELLING TIME

12:15

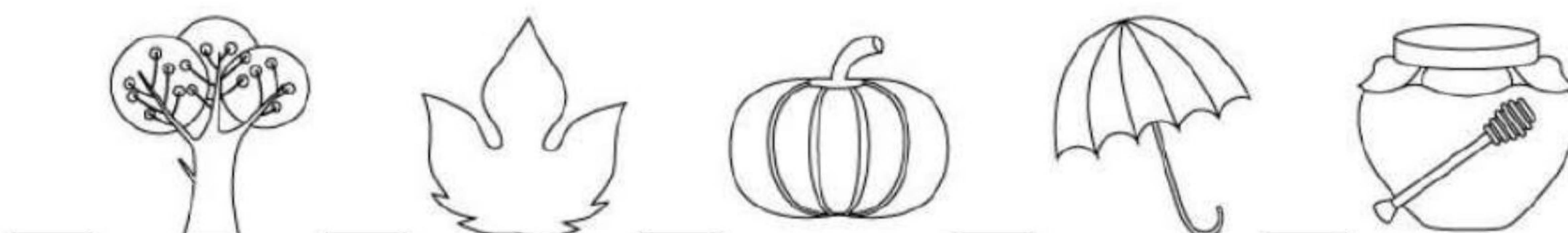
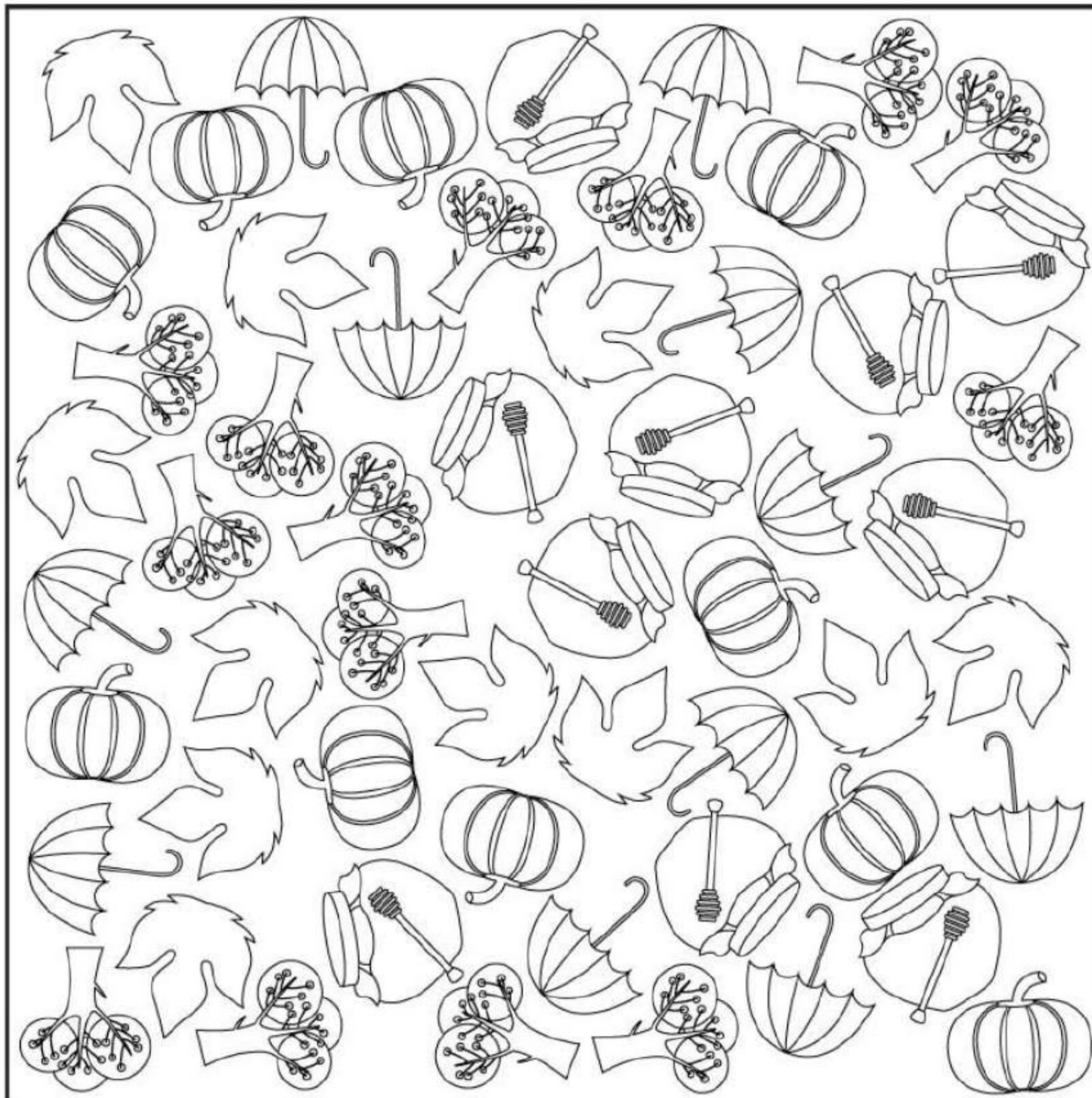


COMMUNITY SIGNS






I SPY WITH MY LITTLE EYE





5 DAY FORECAST				
MON	TUE	WED	THU	FRI
				
56 45	55 44	53 42	52 41	54 43

COMPREHENSION QUESTIONS

1. WHAT DAY WILL HAVE THE WARMEST WEATHER?
2. HOW MANY DAYS IS IT SUPPOSED TO RAIN?
3. WHAT DAY IS SUPPOSED TO HAVE A THUNDERSTORM?
4. WHAT DAY IS THE LOW TEMP GOING TO BE 41?

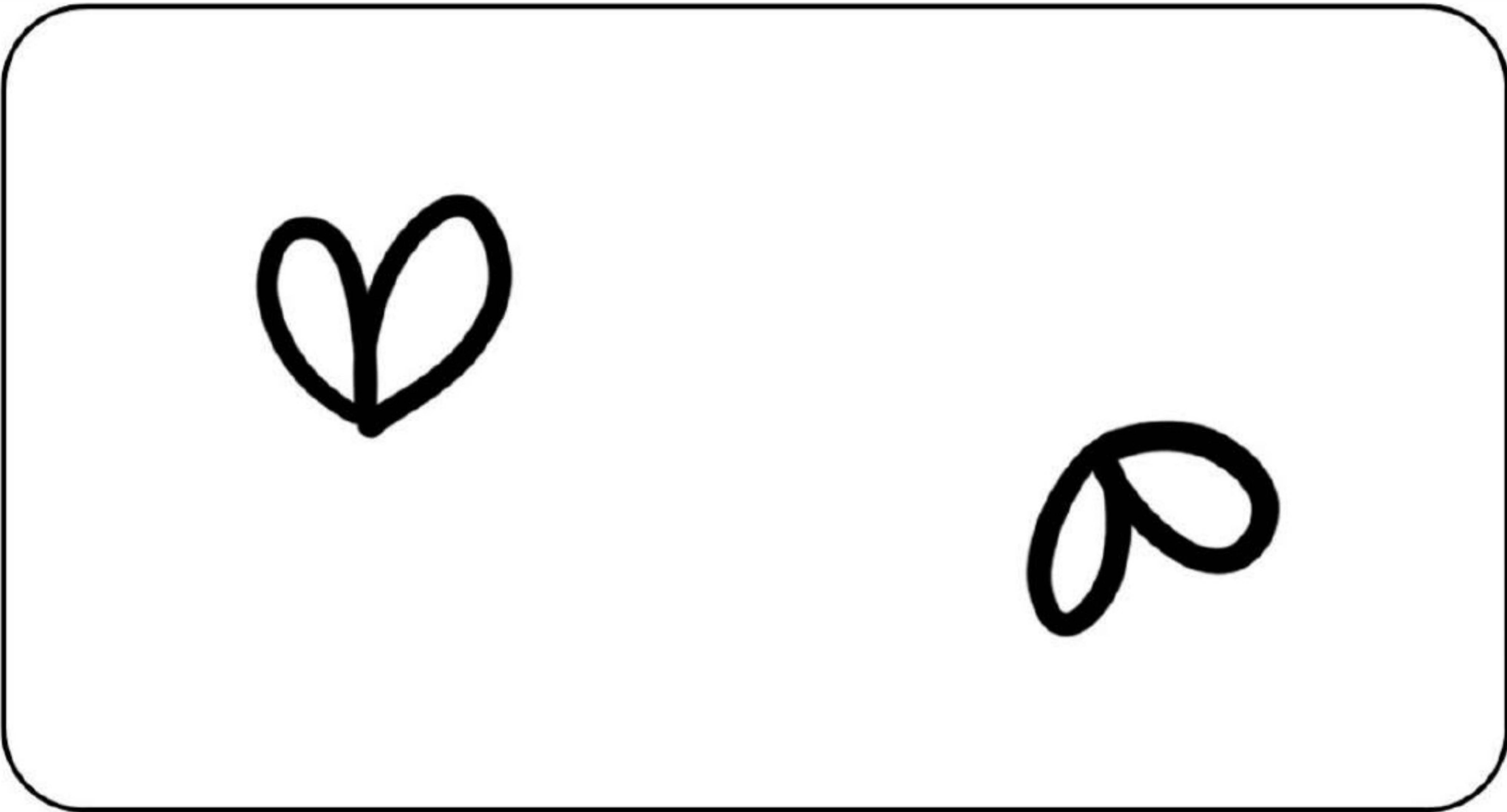


MONDAY	3	TUESDAY	THURSDAY
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Finish the scribble drawing, then write about your artwork!



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



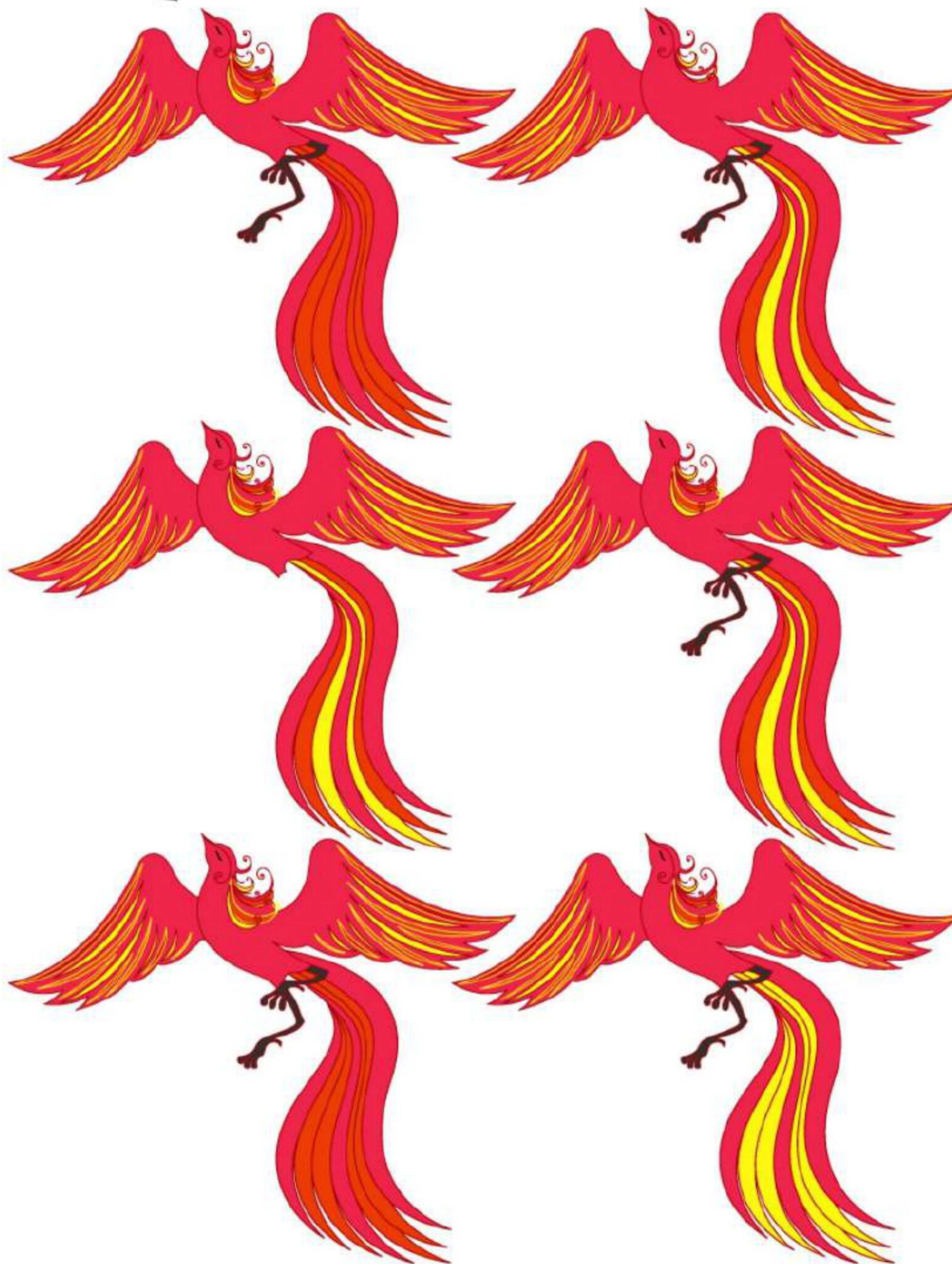


**TAKE A DEEP BREATH, RELAX, COLOUR &
BRING THEM TO LIFE.**





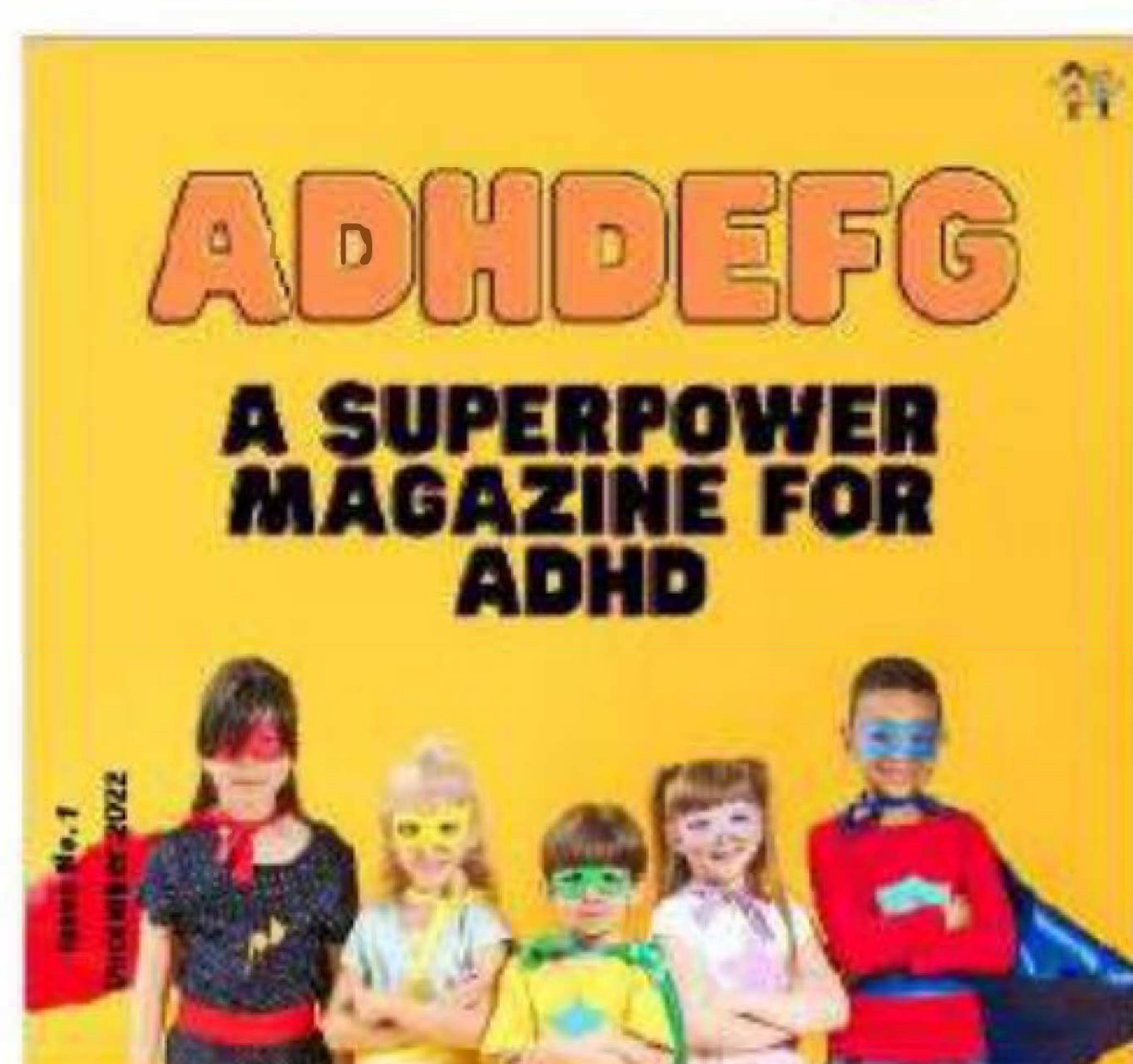
Spot the Match!





Sparkle Buds

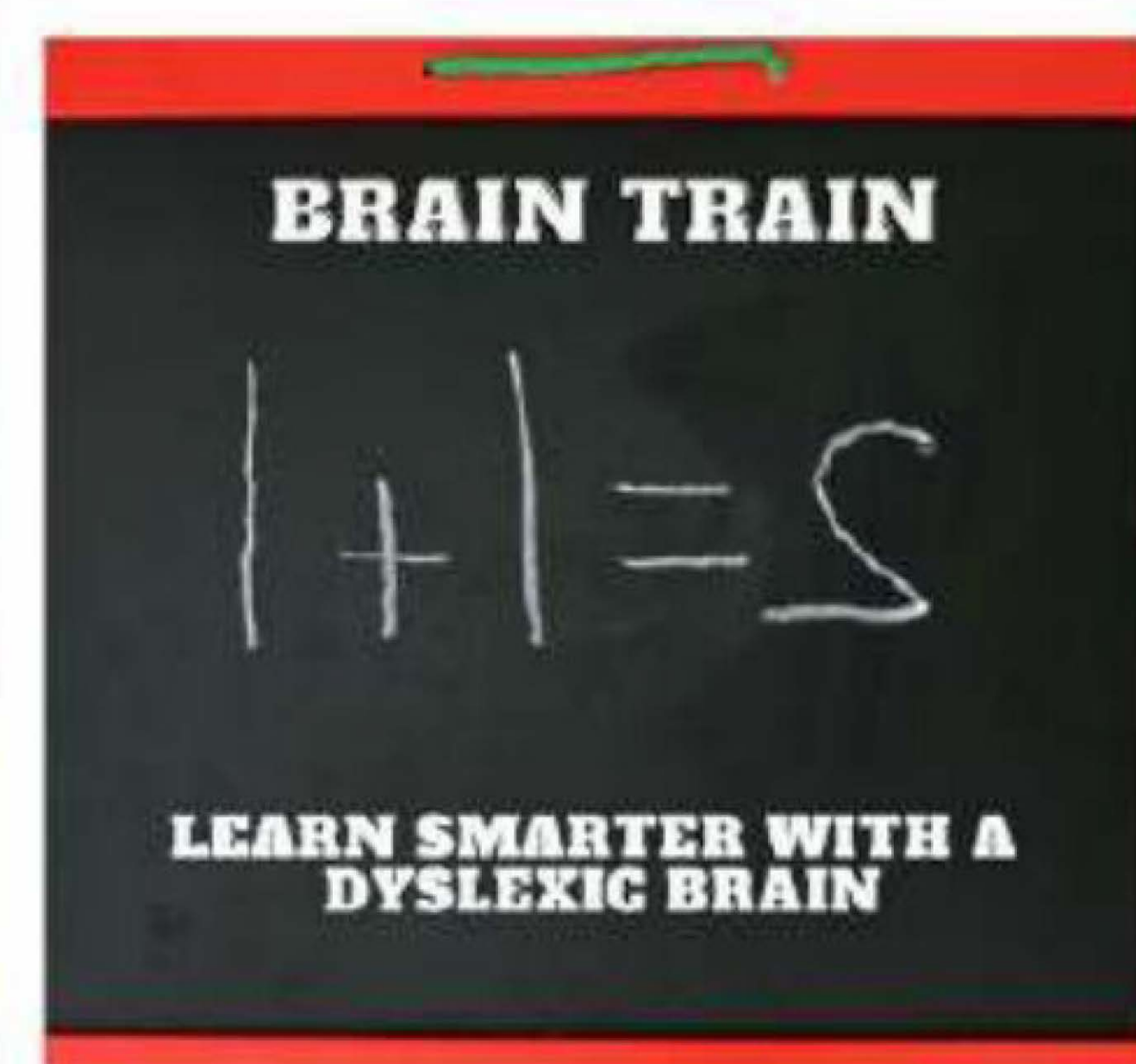
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for ADHD



for Autism



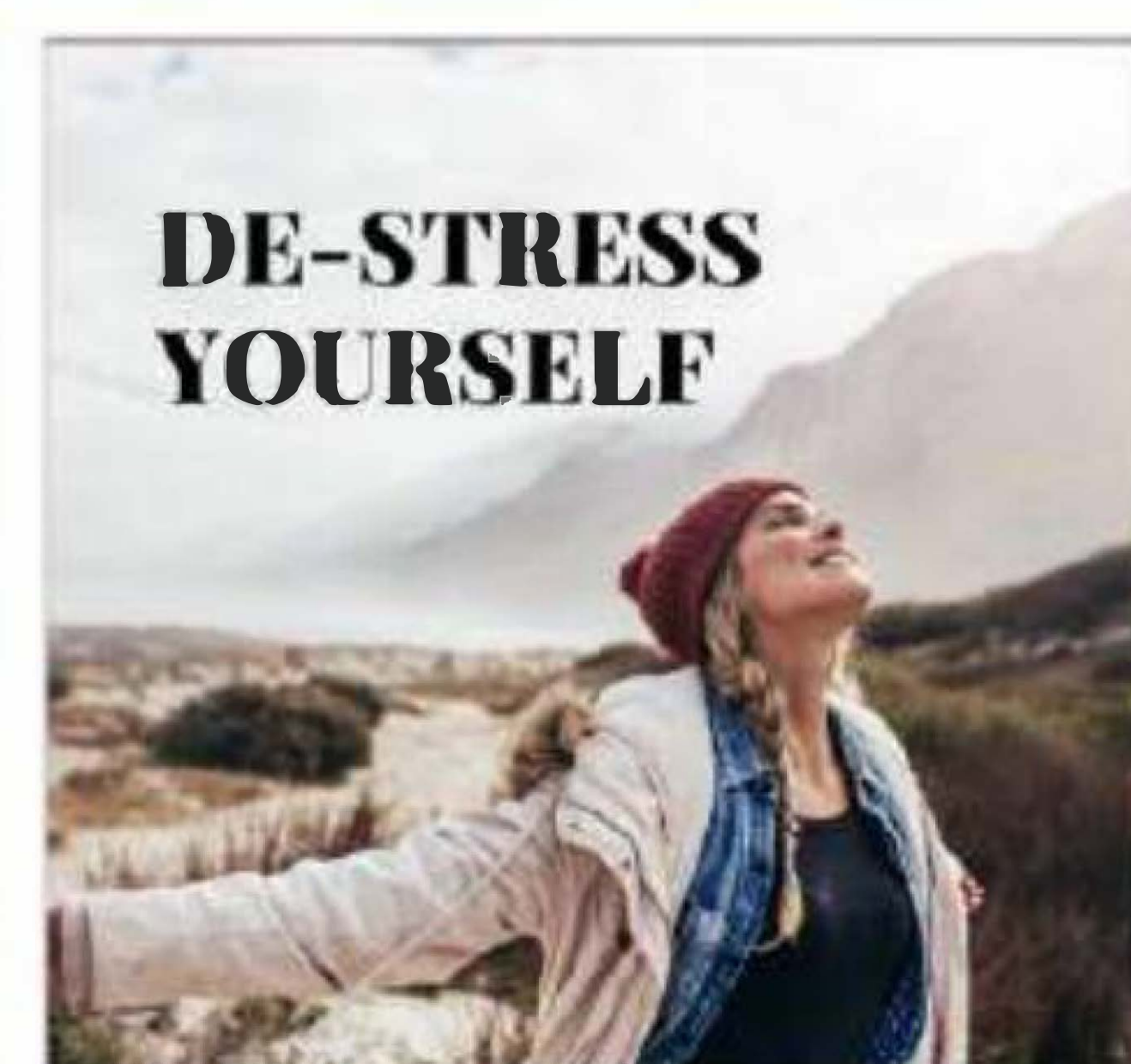
for Dyslexia



for ages 4-7



for All Ages



for All Ages

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