

Understanding Differences:

Dog Tea Party on the Rufftop! Slivington Has the Zoomies

Kids with ADHD are often misunderstood. And when their behavior stands out or appears out of step with those around them, they're more likely to find themselves in trouble. In this episode, Slivington gets a case of the Zoomies, upsetting Mr. Seenofur. This leads to Star and her pups being restricted from the lobby off-leash, which is a big deal.

Would Mr. Seenofur have responded differently if he'd known more about Slivington's differences? Learning the facts about ADHD is a great way to decrease stigmas and increase compassion and success for kids with learning and thinking differences.

Lesson 1

ADHD: What you see and what you don't

When people observe kids with ADHD, they usually just see the most obvious signs, like Mr. Seenofur only seeing Slivington's Zoomies and hyperactivity. This limited view led to Slivington and pups losing their off-leash time in the lobby. For kids with ADHD, being seen in a less judgmental way can go a long way toward supporting and understanding them at home, at school, and in the community.

Kids with ADHD have unique traits and differences. Some are common, but they can play out differently in different kids.

When Mr. Seenofur experiences Slivington and Star's kindness and creativity, he's more understanding and compassionate than when he wasn't aware of their glamazing strengths.

During this activity, you'll learn what parts of ADHD are easily seen and what parts are below the surface — which may surprise you.

Instructions

Fill out this page with your child. Ask them how they think other people see their ADHD. Write down words that represent how your child thinks others see them at the top of the iceberg. Then ask your child how they would describe their ADHD. What are the things they feel that others don't see? Add those words to the bottom of the iceberg.

These words can help you get started: wiggly, bouncy, spacey, forgetful, stuck, confused, overwhelmed, nervous, worried, sad, scared, overwhelmed, tired, or hangry.



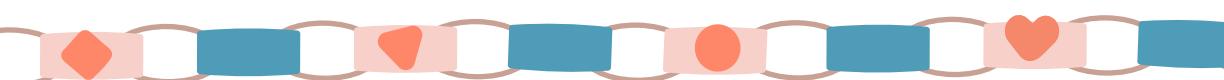
Lesson 2

Learning your strengths: How to use your strengths to solve problems and understand yourself better

Slivington and Star both have ADHD, and they're often misunderstood and judged by their most challenging moments. When kids with ADHD are misunderstood and misjudged, they can have more difficulties at home, at school, and in the community. When faced with a challenge, Star and the pups use their strengths to solve problems and have glamazing results.

During this activity, you'll be making a charm necklace with charms just like Slivington's.

Having a strengths-based view helps kids improve their self-esteem and build confidence in their ability to solve daily problems.



Instructions



Have your child write down their strengths on the next page. Cut out and color each strength.



Use tape to make a paper chain for a necklace (or a bracelet) out of the individual strengths.



Write down some of your child's strengths on the charms or have them draw their strengths on the blank charms. Cut the charms out and have your child add them to their strengths chain.



Lesson 2

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