

Activities & Games



Here are some activities and games that parents can engage in with their children to support ADHD:

Simon Says

This classic game is not only fun but also helps improve listening skills and impulse control. Take turns being the leader and giving instructions like "Simon says touch your nose" or "Simon says hop on one leg." Encourage your child to listen carefully and only follow the instructions when "Simon says" is stated.



Puzzle Time

Completing puzzles can enhance concentration, problem-solving, and cognitive skills. Choose age-appropriate puzzles and work together with your child. Start with simpler puzzles and gradually increase the difficulty level as their skills improve.



Sensory Play

Engaging in sensory activities can help children with ADHD regulate their sensory needs and improve focus. Set up a sensory bin filled with items like rice, beans, or sand, and provide tools such as scoops, funnels, and containers for exploration. Encourage your child to touch, pour, and manipulate the materials to stimulate their senses.



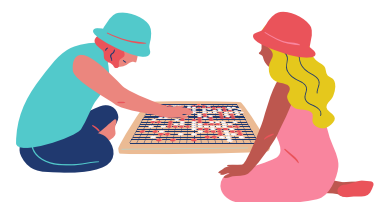
Exercise and Movement Breaks

Physical activity is crucial for children with ADHD as it helps reduce restlessness and improves focus. Incorporate regular exercise breaks into your routine. Engage in activities like dancing, yoga, or going for walks together. Breaks for jumping on a mini trampoline or doing star jumps can also help release excess energy.



Board Games

Playing board games promotes turn-taking, social interaction, and strategic thinking. Choose games that require concentration and planning, such as chess, Scrabble, or strategy-based card games. These games can provide opportunities for your child to practice impulse control, patience, and critical thinking.



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Art and Craft Projects

Engaging in art and craft activities can enhance creativity and fine motor skills while promoting relaxation. Encourage your child to explore various mediums such as painting, drawing, or collage-making. Provide materials like coloured pencils, markers, or clay and allow them to express themselves freely.



Mindfulness and Breathing Exercises

Teaching mindfulness and breathing techniques can help children with ADHD manage stress and improve self-regulation. Practise deep breathing exercises together, such as belly breathing or counting breaths. Guided meditation apps or videos designed for children can also be helpful.



Memory and Concentration Games

Games that challenge memory and concentration can improve cognitive skills in children with ADHD. Play games like Memory, where cards are placed face-down and players take turns flipping them over to find matching pairs. This activity encourages focus, attention to detail, and working memory.



Remember, it's important to tailor activities to your child's interests and abilities. Be patient, provide positive reinforcement, and celebrate small victories along the way.

Consistency and a supportive environment will contribute to the overall wellbeing and development of your child with ADHD.