



The ADHD Petal Effect

A person, with ADHD, is like a flower.
They have many petals, each of which
identify one of their wonderful qualities.

When a flower is nurtured and placed in
the right environment it will bloom and
grow.

Each year, as it grows, the flower will
return stronger than before!

Print off the image and, in the petals, write
all the amazing qualities of your ADHD.
Colour it in for the world to see!