

Unique Awesome You!

Your thumb print is yours,
there's not another around.

It's neat and it's yours,
not one more could be found.

Your talents and skills,
are as unique as your thumb.

They make others happy
when they're feeling glum.

Just know that your thumb print
is perfect, like you.

You're awesome, you know it -
of course it is true!

Having ADHD can be challenging
and difficult to cope with.

Sometimes people can say
negative things about your
behaviour. Write some of the
wonderful things about you in
the lines of the thumbprint. Ask
your family what words they think
could be included!

