Find the Word You Need Today – ADHD

A gentle word search. You do not need to find every word.

Notice which word catches your attention first. That is enough to begin.

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

WORDS TO FIND

PAUSE	START	RESET	MOVE	REST
FOCUS	TIME	SUPPORT	SIMPLIFY	KINDNESS
ENOUGH	BREAK	BODY	CHOICE	ROUTINE
QUIET	REMINDER	INTEREST	SPACE	REWARD

What Does My Brain Need?

Choose what feels useful today. You can tick, circle, write or skip.

☐ **PAUSE**	A moment without demands
☐ **START**	Help beginning one small action
☐ **RESET**	A chance to begin again
☐ **MOVE**	Movement or a change of position
☐ **REST**	Less pressure and recovery time
☐ **SUPPORT**	Help from another person
☐ **QUIET**	Less noise or stimulation
☐ **CHOICE**	A say in what happens next
☐ **KINDNESS**	A kinder way to speak to myself

The word I noticed first was:

This might mean I need:

Small Supports, Real Life

Try one idea, adapt it or leave it. There is no right answer.

TASK INITIATION

What is the very first 2-minute step?

I could begin by...

MEMORY

What reminder could live outside my head?

A reminder that might help...

TIME

Would a visible timer or transition warning help?

One time support I can try...

MOVEMENT

Would movement, stretching or fidgeting help?

A movement option that suits me...

SIMPLIFY

What can I shorten, postpone or do differently?

One demand I can make smaller...

My smallest next step: _____

My ADHD Check-In

A gentle moment to notice what might help next.

Right now I feel…

☐ Calm ☐ Busy ☐ Tired ☐ Overwhelmed ☐ Unsure

Other feelings or body signals: _____

One thing I need today:

_____

_____

_____

My tiny, achievable next step:

_____

_____

Who or what could support me? _____

A message from Maggie

You do not have to do everything at once. Your brain may need a pause, movement, interest, support or a smaller first step.

Choose what helps you today. Needing support is not failure.

You are enough, and you are allowed to begin again.