

Cory Stories

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Themes: understanding ADHD, self-regulation

Lesson/Notes: This story directly teaches about life with ADHD through Cory's first-person stories about his experiences. Ideal for a child with a diagnosis of ADHD to understand and normalize his/her experiences.

Discussion Questions

- *Have you felt like Cory before?*
- *In what ways are you like Cory? (look back through book for ideas)*
- *Cory has responsibilities including homework and chores. What are your responsibilities?*
- *Being active in bowling and karate helped Cory to manage his energy. What activities do you like to do?*
- *Cory learned some of his strengths are using computers, playing piano, doing math, and being funny. What are your strengths? (What are you good at?)*

Activity: Wiggle Break Jar

Supplies: 10 popsicle sticks, cup or jar, marker or pen

- Brainstorm about some fun ways to let out extra energy. Choose 10 ideas together that would be good, short activities for a "Wiggle Break" (older children may want to name it something more mature like "Energy Break"). Here are some ideas:
 - 10 jumping jacks
 - run in place (or around backyard 2x)
 - 5 wall push-ups
 - 30-second dance
 - stretch
- Write the ten ideas individually on ten popsicle sticks. Guide child to practice drawing a stick from the jar and completing the activity written. Wiggle breaks can be taken as needed (or as allowed by adult) to use some energy and refocus in the classroom or at home.
- Note: If child has predominantly inattentive ADHD and does not struggle with hyperactivity, wiggle breaks can still be helpful. However, you can also adapt this activity by writing affirmations on each popsicle stick. Children with ADHD often struggle with self-esteem. Discuss and identify child's strengths to write on sticks (I am smart, helpful, considerate, funny, etc.). Child can read them for encouragement.