

# ADHD

## HOW TO IMPROVE CONCENTRATE

### EXERCISES AND ACTIVITIES



**PREPARE FOUR PLASTIC CUPS  
AND WITH A MARKER  
MARK FOR EXAMPLE 100ML AND  
TELL YOURS  
THE CHILD TO POUR WATER UP  
TO THE MARKED LINE.**



# **WHAT A CHILD CAN DO FOR ONE MINUTE**

**TELL YOUR CHILD THAT IN 1  
MINUTE, REMEMBER THE FRUIT  
WHICH ARE RED OR SAY AS  
MANY WORDS AS POSSIBLE  
WHICH BEGIN WITH THE TITLE A  
OR M**