



EVERY DAY WITH ADHD

Celebrate Abiding
disabilities

Positive Aspects of ADHD

Just about all children with ADHD have areas of great **talent**. Often in sport, art, inventing, music, nature or problem solving. Knowing the child's strength will allow you to structure learning around and build relationship based on positive aspects of the child's life.

Following are a list of some of the Positive Aspects of ADHD which are often overlooked.

1. Sensitive
2. Empathetic with other's feeling (once they are understood)
3. Feels deeply
4. Creative
5. Problem solver
6. Inventive
7. Sees from a unique perspective
8. Acute perception
9. Great sense of humour
10. Environmentally observant (able to find a person in a crowd).
11. Spontaneous
12. Fun
13. Energetic
14. Open and unsecretive
15. Eager for acceptance
16. Responds to positive reinforcement
17. Willing to forgive
18. Intense involvement in a task of interest
19. Difficult to fool
20. Looks to the core of people, situations and issues
21. Down to earth
22. Good networker
23. Sees relationships between people and things
24. Less likely to get into a rut
25. Original
26. Observant
27. Loyal
28. More likely to do things because they want to rather than because they should

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