

30 good things about having ADHD

We always hear the bad, but what about the good?

Read these out to your child it may really help him or her realize there is a positive side to having ADHD

- 1) Unlimited energy
- 2) Will try anything
- 3) Good conversationalist
- 4) Needs less sleep
- 5) Good sense of humor
- 6) Very caring
- 7) Do Spontaneous things
- 8) Notice things that other people don't
- 9) Understanding of other kids
- 10) Can think of new ways of doing things
- 11) Likes to help others
- 12) Happy and enthusiastic
- 13) Imaginative - creative
- 14) Sensitive - compassionate
- 15) Eager to make new friends
- 16) Great long-term memory
- 17) Life and soul of any party
- 18) Charming
- 19) Warm and loving
- 20) Protective about families
- 21) Inquisitive
- 22) Does not hold a grudge
- 23) Quick to forgive
- 24) Genuine
- 25) Never boring
- 26) Perceptive ways to do things
- 27) Playful
- 28) Honest
- 29) Optimistic
- 30) Inventive