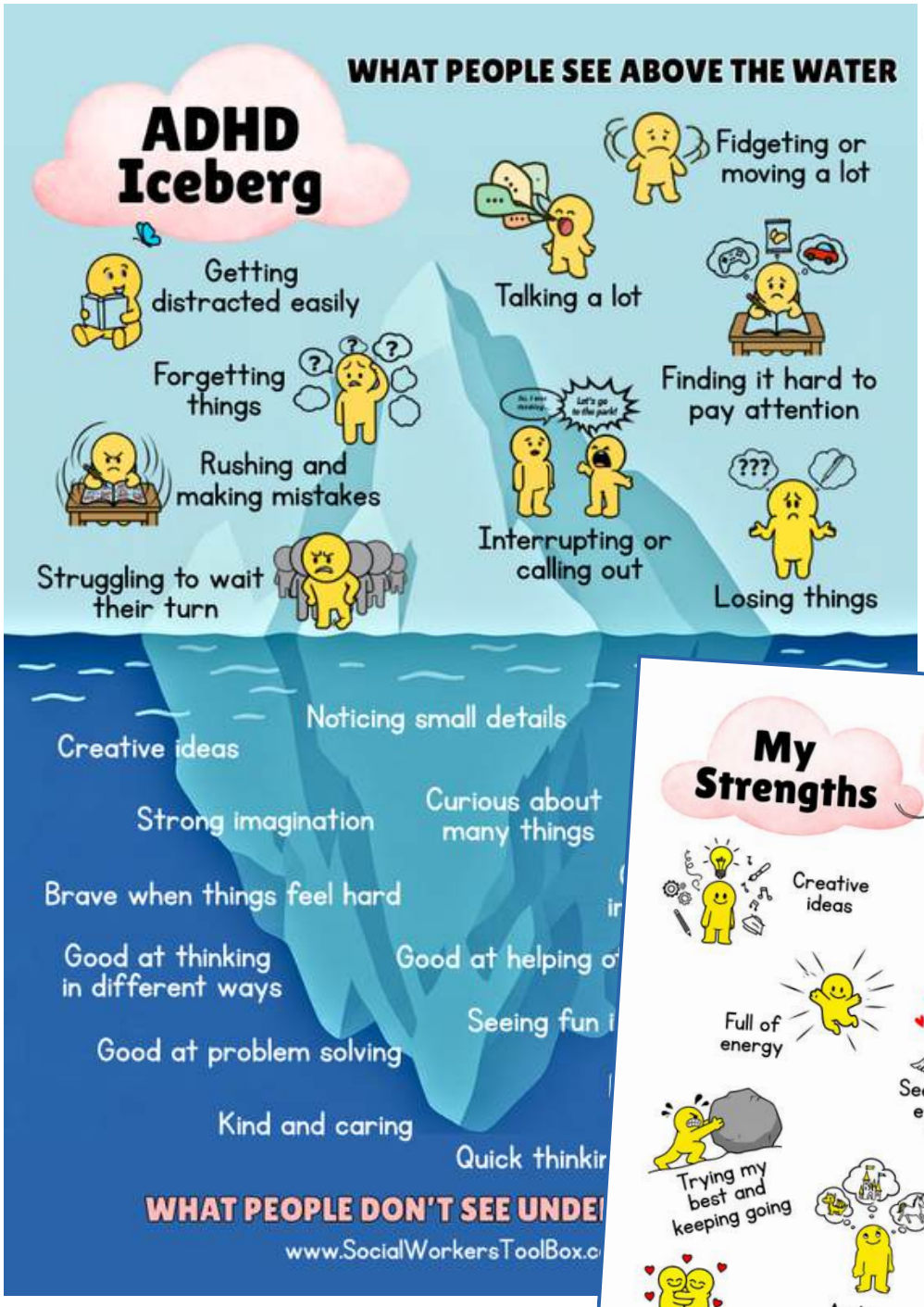
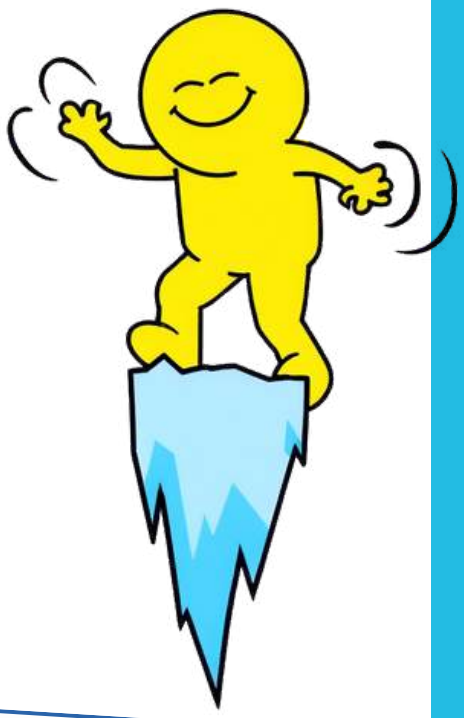
ADHD Iceberg Posters & Worksheets for Children





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ADHD Iceberg

ADHD is like an iceberg. People can see a small part above the water, but most of it is hidden underneath.
Children with ADHD are not being naughty or lazy. There is a lot happening inside that people do not see.

You are not alone.
There is nothing wrong with you.
Your brain works in a different way, and that is part of who you are.

ADHD Iceberg

WHAT PEOPLE SEE ABOVE THE WATER

Getting distracted easily

Forgetting things

Rushing and making mistakes

Struggling to wait their turn

Talking a lot

Fidgeting or moving a lot

Finding it hard to pay attention

Interrupting or calling out

Losing things

Noticing small details

Full of energy

Creative ideas

Good at talking to people

Curious about many things

Strong imagination

Good at following interests they enjoy

Brave when things feel hard

Good at thinking in different ways

Good at helping others

Seeing fun in everyday things

Good at problem solving

Trying best and not giving up easily

Kind and caring

Quick thinking

WHAT PEOPLE DON'T SEE UNDER THE WATER

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ADHD Iceberg

WHAT PEOPLE SEE ABOVE THE WATER

Getting distracted easily

Talking a lot

Fidgeting or moving a lot

Finding it hard to pay attention

Forgetting things

Rushing and making mistakes

Struggling to wait their turn

Interrupting or calling out

Losing things

A busy mind with lots of thoughts

Feeling sad or not good enough

Finding it hard to relax or sleep

Finding it hard to stay organised

Finding it hard to know how long things take

Big feelings that change fast

Worrying about doing things wrong

Feelings get hurt easily

Finding it hard to start tasks

Feeling overwhelmed

Feeling upset by loud sounds, bright lights or clothing

Feeling tired because their brain works hard

Acting like everything is fine when it is not

Trying very hard but people think they are not trying

WHAT PEOPLE DON'T SEE UNDER THE WATER

My Strengths

Circle the ADHD strengths that sound like you. Add your own in the empty spaces.

Quick thinking

Creative ideas

Good at helping others

Curious about many things

Full of energy

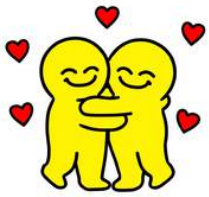
Seeing fun in everyday things

Good at solving problems

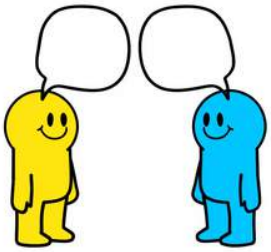
Trying my best and keeping going

Thinking in different ways

A strong imagination



Kind and caring



Good at talking to people

My Challenges

Circle the ADHD challenges that feel true for you. Add your own in the empty spaces.

Fidgeting or moving a lot

Getting distracted easily

Talking a lot

Losing things

Rushing and making mistakes

Feelings get hurt easily

Struggling to wait your turn

Forgetting things

Big feelings that change fast

Interrupting or calling out

Finding it hard to relax or sleep

Feeling upset by loud sounds, bright lights or clothing

Worrying about doing things wrong

Coping Strategies

Choose your four biggest challenges and write or draw ideas about what you can do to work through them.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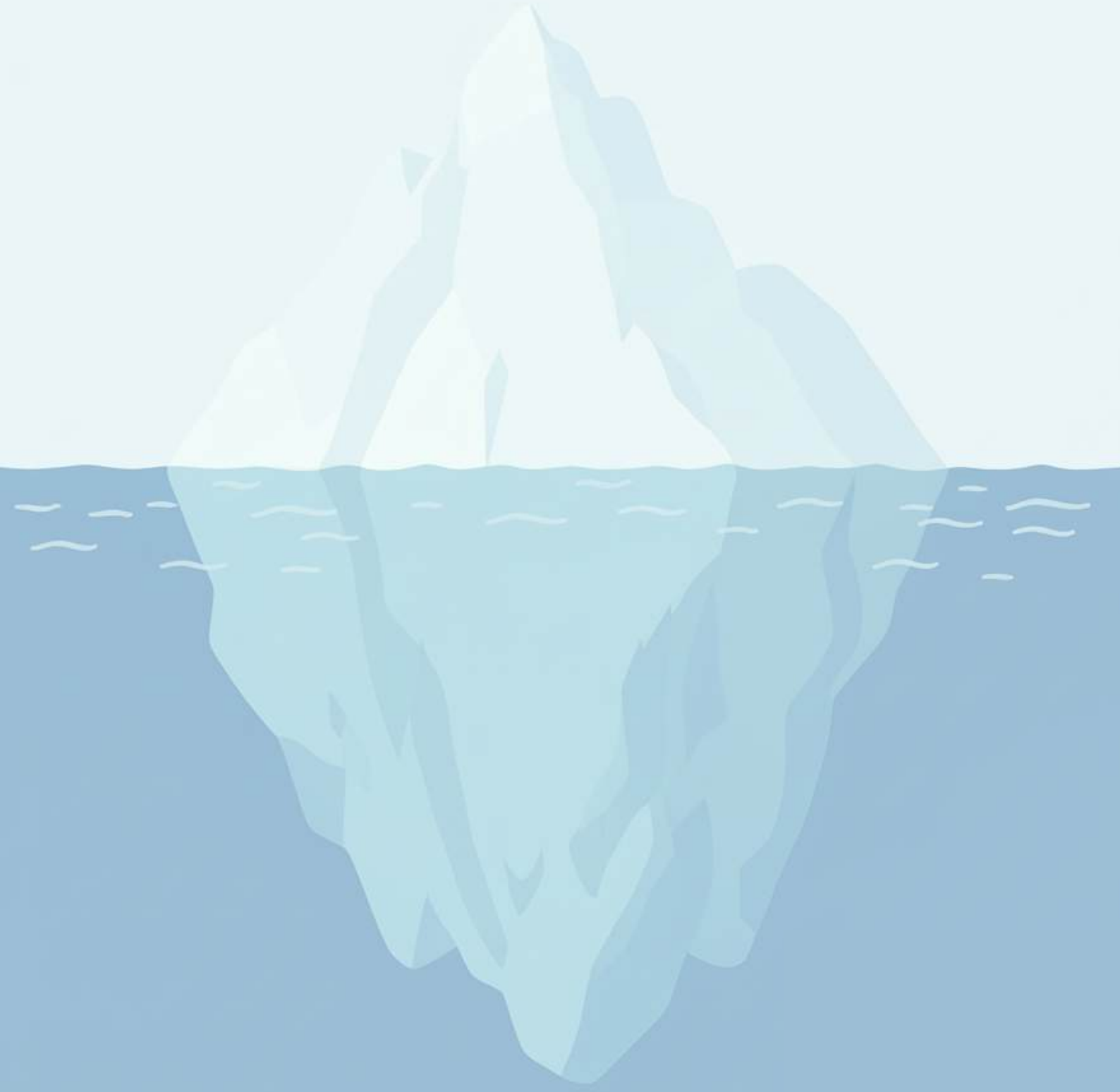
My ADHD Iceberg

Draw or write what people notice about your ADHD above the water and what they do not notice under the water.

WHAT PEOPLE SEE ABOVE THE WATER



WHAT PEOPLE DON'T SEE UNDER THE WATER

About this Resource

ADHD Iceberg is a free, printable PDF resource that helps children understand ADHD in a simple, clear, and encouraging way. The iceberg shows what people often notice on the outside—such as fidgeting, getting distracted, or forgetting things—and the many hidden parts underneath, like big feelings, worries, tiredness, sensory sensitivities, and how hard children try even when others cannot see it.

This visual tool is ideal for social workers, teachers, therapists, counsellors, ELSA practitioners, foster carers and parents who want to support children's emotional understanding and build self-esteem. It helps kids recognise that ADHD is not about being lazy or naughty. Instead, it shows that their brain works differently and that many strengths come with ADHD, such as creativity, imagination, quick thinking, problem solving, and kindness.

The resource also includes strengths and challenges worksheets, coping strategy pages, and a personal "My ADHD Iceberg" template. These can be used in SEL sessions, one-to-one support, or group work to help children talk about their experiences, explore emotions, and learn ways to manage daily challenges.

This free PDF encourages self-awareness, acceptance, and pride. It helps children understand that they are not alone, that it is okay to find some things hard, and that they have many strengths that make them unique.