

I can make people
people laugh
and smile.



I am full of surprises and
keep life
interesting.



I notice things
other people miss.



24 ADHD STRENGTHS

cards for Children

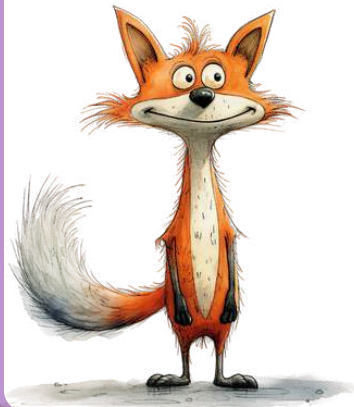
www.SocialWorkersToolbox.com

FREE DOWNLOAD

I am full of
enthusiasm and
excitement.



I am full of
imagination
and fun stories.



I have
lots of ideas
for games and adventures.



I have
strong feelings and
care deeply.



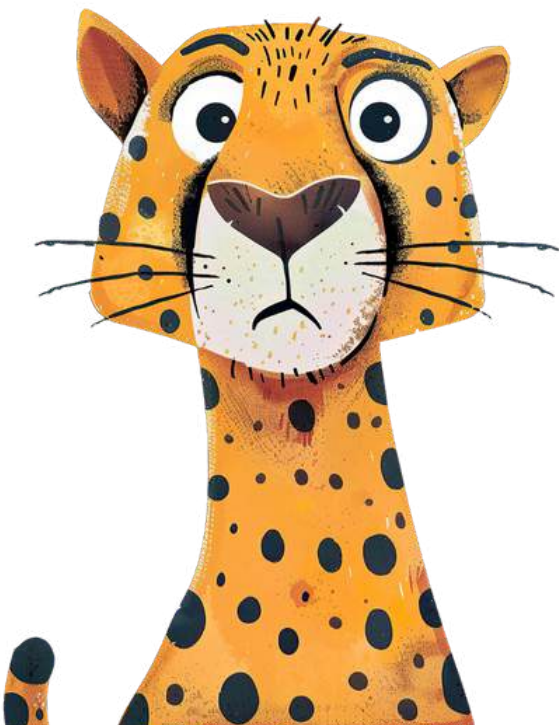
EMPATHY

I think of
**creative
ideas**
quickly.



CREATIVITY

I think fast
and move fast.



SPEED

I notice things
other people miss.



OBSERVATION

I have
lots of energy
to explore the world.



ENERGY

I am brave
and keep going, even
when things are hard.



DETERMINATION

I ask lots of questions and
love to learn.



CURIOSITY

I have
a big heart
and care about others.



CARING

I can make people
people laugh
and smile.



HUMOUR

I am full of surprises and
keep life
interesting.



SURPRISE

I am full of
imagination
and fun stories.



IMAGINATION

I can focus
really well when I
enjoy something.



FOCUS

I see
the world in a
**different
way.**



UNIQUENESS

**I am
curious**
and like to explore.



EXPLORER

I do
**not give
up easily.**



PERSISTENCE

I like to
solve puzzles
and figure things out.



PROBLEM-SOLVING

I am not afraid to
try new things.



BRAVERY

I do things in my own
special way.



INDIVIDUALITY



I enjoy
helping
others and
**being
kind.**



KINDNESS

I am quick to
notice
if someone needs help.



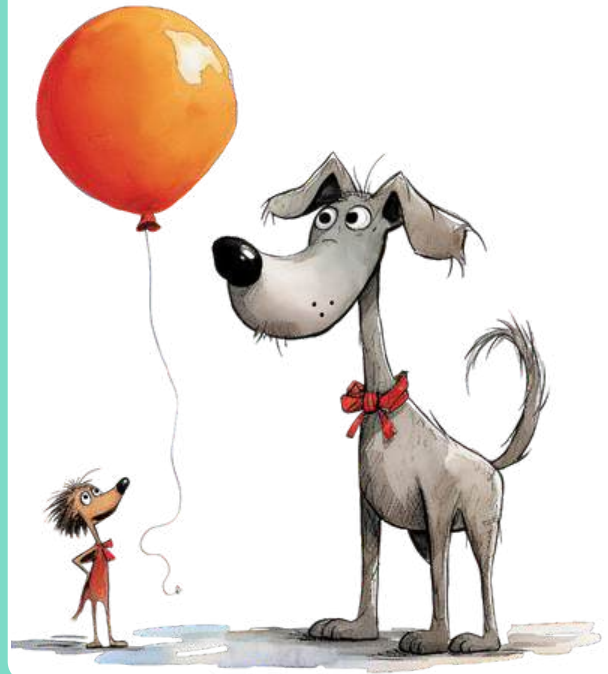
HELPFULNESS

I have
lots of ideas
for games and adventures.



IDEAS

I find fun
in everyday things.



JOY

I shine brightest when
I can be myself.



CONFIDENCE

I am full of
enthusiasm and
excitement.



EXCITEMENT

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