

Day 5 Worksheet

*How does your
body regulate?*

*Decode Your
ADHD*

1. What things do you notice you feel the urge to do, or you know feels good to you? (e.g. fidgeting, moving, walking, dancing, singing, staring out the window, people watching, music, etc)

.....

.....

.....

.....

.....

.....

.....

2. How can you intentionally bring more of this into your day, with the intention of supporting yourself?

.....

.....

.....

.....

.....

.....

.....