

# Putting on the Brakes

## Activity Book

for Kids with ADD or ADHD Second Edition

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and Judith M. Stern, MA

illustrated by Joe Lee



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# How to Use This Book

*To the boys and girls who use this book:*

It's not easy having either ADD or ADHD. (In this book, we refer to both by using AD/HD.) It takes a lot of hard work and practice to learn to manage AD/HD. We have both worked with many kids with AD/HD. We've watched them use these techniques and ideas to solve problems and manage their AD/HD. Lots of kids we know with AD/HD are full of wonderful ideas. As you use this book, you may come up with other good suggestions.

This *Activity Book* contains ideas and suggestions that will help you manage your AD/HD. It's filled with information on

- managing attention problems
- medication
- self-control
- homework
- planning
- organization
- concentration
- and so much more!

We hope that this book will also help you to understand yourself better. Have fun with these activities!

This book might be more enjoyable if you complete just a few pages at a time. If you like, you can do the activities in any order. As you go through the book, you'll notice that the arrow icon points out the directions for the activities and the light bulb icon indicates extra tips for you. If you come across a word that you do not understand while working in the book, check the glossary on pages 93 and 94 where you can look up the word yourself. If you need help with an activity or want to talk about any of them, be sure to let someone know. People such as your parents, teachers, tutor, therapist, or counselor are there to help you when you need it.

Remember, your AD/HD is just one part of you. Try hard to manage it, and you'll have plenty of energy left over to enjoy the many other parts of life as well. This book will help you get started!

Patricia O. Quinn, MD  
Judith M. Stern, MA



# Putting on the Brakes Activity Book

## for Kids with ADD or ADHD Second Edition

*Putting on the Brakes Activity Book* is loaded with fun, engaging activities to help children with AD/HD understand themselves better and gain control over their lives. The easy-to-do activities help children learn how to make and keep friends, stay organized, and improve academic skills. When my students tried some of the activities, I saw immediate results, and so did they!

—Elizabeth Crames Grossman, MA, MEd, learning specialist

This updated edition of the bestselling classic is packed with fun exercises for kids with attention difficulties. This book challenges and informs kids in a fun way. It also helps them practice skills that they need in elementary and middle school. *Putting on the Brakes Activity Book* empowers kids to be best that they can be!

Also available is the completely updated and expanded, *Putting on the Brakes*, an essential resource for kids with AD/HD.



**Patricia O. Quinn, MD**, is a developmental pediatrician who has specialized in the diagnosis and treatment of ADHD for over 40 years. Dr. Quinn is the author of several books on AD/HD and is currently the director of the National Center for Girls and Women with ADHD. In 2000, Dr. Quinn received the CHADD Hall of Fame Award.

**Judith M. Stern, MA**, is a teacher and educational consultant in Rockville, Maryland, specializing in work with children who have learning and attention problems. She is an experienced learning disabilities specialist, reading specialist, and classroom teacher. She is the co-author of four children's books on AD/HD and LD as well as a book for parents and educators on dyslexia.

**Joe Lee** is an illustrator and author of many books and an award-winning editorial cartoonist for the *Bloomington Herald-Times*.



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