

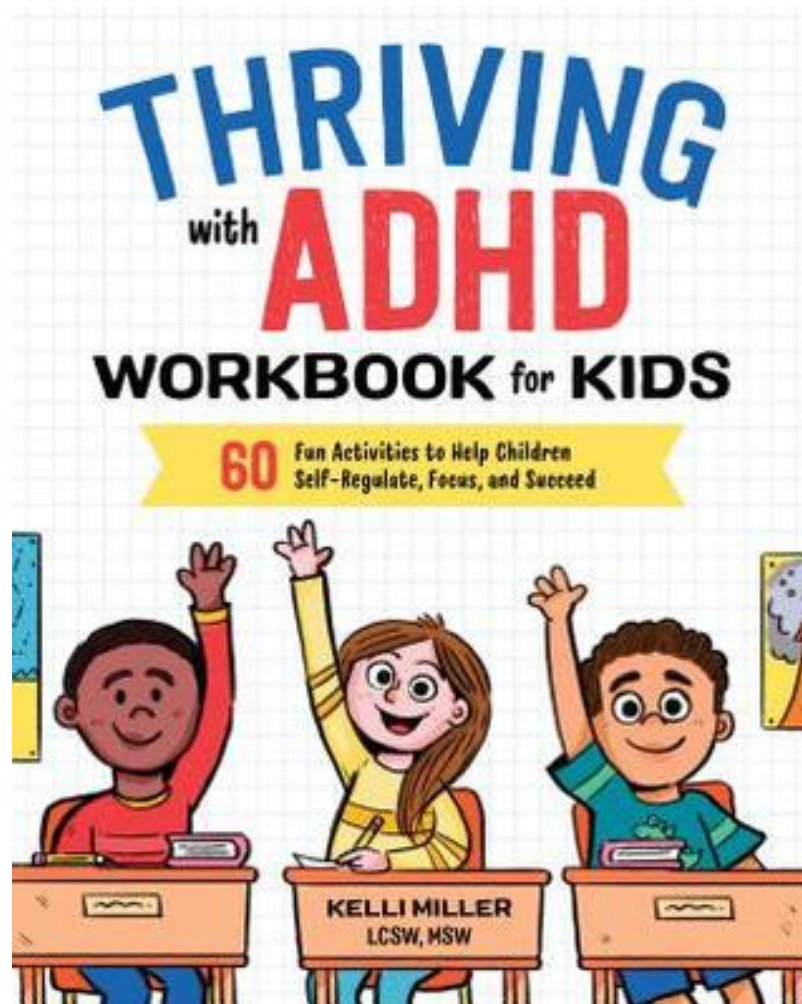
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# THRIVING with **ADHD** WORKBOOK for KIDS

**60** Fun Activities to Help Children  
Self-Regulate, Focus, and Succeed



**Thriving with ADHD Workbook for Kids: 60 Fun Activities to Help Children Self-Regulate, Focus, and Succeed**  
by Kelli Miller



## Synopsis:=====

Thriving with ADHD: Workbook for Kids offers boys and girls the tools they need to understand and manage their ADHD for a happy, healthy life. For millions of kids who live with ADHD, feelings of loneliness, frustration, and helplessness are all too common. Thriving with ADHD is a workbook specially designed to help kids with ADHD develop essential skills for managing their ADHD symptoms, while also providing a powerful message of hope and encouragement for their future. In Thriving with ADHD, family therapist Kelli Miller draws upon both her professional expertise, as well as her experience as the mother of two ADHD children, to help kids reframe the way they think about ADHD and discover that they have special talents that are unique to them. With fun activities that engage their busy minds, Thriving with ADHD offers kids a better understanding of themselves, their ADHD, and the simple things they can do to feel more confident and in control. Thriving with ADHD includes: An overview of

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