

Checklist for ADHD

- Fidgets with hands or feet, squirms in seat
- Easily distracted
- Forgetful or inattentive in daily activities
- Impulsive behavior (has difficulty awaiting turn)
- Has difficulty in playing and engaging in leisure activities quietly
- Appears 'On the go' or acts as if 'driven by a motor'
- Talks excessively
- Losing and misplacing things
- Difficulty in organizing task and activities
- Interrupts others
- Significant impairment in social, academic or occupational functioning
- Easily upset and over reactive

If one or more of these sound familiar, it indicates a need for further evaluation and intervention.