Calm Through Colour: ADHD — Focus & Calm

Choose a place to start

You can draw, point, write or talk it through with someone.

Have a go

Make three small groups of marks: dots, loops and zigzags. Point to whichever group you would like to start with. Add three marks of your own.

Try another step

Choose whether to keep going, change the pattern or take a break. Make a small symbol that shows your choice.