

## ADHD Child Worksheet

### Rules for your daily to-do lists

1. Use this for tasks that need to be done within this day only
2. Make sure the tasks are achievable in terms of level of ease and the number.
3. The tasks need to be specific for e.g *change my bedsheet* and not vague for eg. *clean my room*
4. Make sure the to-do list is placed somewhere easily visible. Make copies if needed.
5. For each task set a reminder
6. Appreciate yourself when you are done for the day!

### My To-do List for the Date: \_\_\_\_\_

	Task	When can I do it during the day?	Have I set a reminder?	Is the task done?
1			<input type="checkbox"/>	<input type="checkbox"/>
2			<input type="checkbox"/>	<input type="checkbox"/>
3			<input type="checkbox"/>	<input type="checkbox"/>
4			<input type="checkbox"/>	<input type="checkbox"/>
5			<input type="checkbox"/>	<input type="checkbox"/>
<b>All done? Good job!</b>				<input type="checkbox"/>

## Reference

[Bikic, A., Sukhodolsky, D & Dalsgaard, S. \(2017\). Organizational Skills Training for Children with ADHD. \*European Psychiatry\*. 41. S124.](#)

You can download more Mental Health worksheets [here](#).

**Please note:** There may be a more up-to-date and editable version of this worksheet available [here](#) which may be more suitable to present to clients if you are a therapist or to use in a classroom as a teacher or guidance counsellor.