



How to Play:

- Cards are placed in the middle of the group facedown.
- When it's each player's turn, they should take 2 cards and decide if it is yes, a symptom or a sign or no, not a symptom or sign.

Bonus Cards

- **Wildcard: "Needs more information to decide."** (Player can pass their turn or ask for help from a teammate.)
- **Challenge Card: "Explain why this behavior could be a symptom."** (If drawn, the player has to explain why the card could be seen as an ADHD symptom to win it.)
- The winner is the person with the most correct answers at the end

For more info on ADHD and to support further discussions head to: [A quick guide to ADHD | Resources | YoungMinds](#)

Correct answers ADHD Symptoms Cards:

1. Often struggles to complete tasks at school or work.
2. Frequently interrupts conversations or activities.
3. Finds it difficult to organize tasks and activities.
4. Frequently loses items necessary for tasks (e.g., pencils, books, tools).
5. Is easily distracted by unrelated stimuli.
6. Has difficulty waiting their turn in situations like games or conversations.
7. Frequently forgets to do daily tasks or chores.
8. Avoids or dislikes tasks that require sustained mental effort (like homework or detailed forms).
9. Is often fidgety or can't stay seated for long periods.
10. Acts impulsively without thinking of the consequences.

These cards can be printed on regular paper or index cards and used to play the game as described

<p>Often struggles to complete tasks at school or work.</p>	<p>Frequently interrupts conversations or activities</p>
<p>Finds it difficult to organise tasks and activities</p>	<p>Frequently loses items necessary for tasks (e.g., pencils, books, tools)</p>
<p>Is easily distracted by unrelated stimuli</p>	<p>Has difficulty waiting their turn in situations like games or conversation</p>
<p>Frequently forgets to do daily tasks or chores</p>	<p>Avoids or dislikes tasks that require sustained mental effort (like</p>

	homework or detailed forms)
Is often fidgety or can't stay seated for long periods	Acts impulsively without thinking of the consequences
Always completes homework on time and Keeps to deadlines	Prefers quiet environments and avoids busy or noisy settings
Enjoys tasks that require a lot of detailed work and focus	Remembers and follows instruction
Pass: Needs more information to decide	Challenge Card: "Explain why this behavior could be a symptom"

Enjoys routine and things being the same	Has lots of hobbies and interests
Has a lot of to do lists and calendar reminders	Stays focused on an activity for a long time