

ADD/ADHD

Checklist- For Girls

- ☐ Easily distracted or frequently daydreams
- ☐ Struggles to stay organized
- ☐ Often forgets homework, chores, or daily tasks
- ☐ Appears anxious or emotionally sensitive
- ☐ Talks a lot or interrupts frequently
- ☐ Has trouble starting or finishing tasks
- ☐ Seems shy in groups but impulsive at home
- ☐ Strong perfectionist tendencies
- ☐ Fidgeting and talking excessively
- ☐ Clumsiness and poor balance

