

# 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

