FOCUS & EXECUTIVE FUNCTIONING - STUDY SKILLS

ADHD Break & Activity Menu

List activities you enjoy and might choose during a study break.

HOW TO USE: Complete each step in your own words. Short answers are enough.

Participant Name: _____ **Date:** _____ **Target: 20m**

1 QUICK BREAKS

List four short activities you enjoy, such as stretching, getting a drink, or listening to a song.

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PRACTICAL TIP: Choose activities that fit the time and space available to you.

2 LONGER BREAKS

List three activities you enjoy when you have more time, such as sketching, playing an instrument, or cycling.

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PRACTICAL TIP: Decide when you would like to return to your next study step.

3 STUDY SPACE PREFERENCES

Note what conditions you prefer for studying, such as quiet, background sound, a fidget, or standing for a while.

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PRACTICAL TIP: Different people prefer different conditions. Try what feels useful to you.

4 SCREEN BREAKS

If you choose a screen activity, decide what you want to do and how you will know when your break is over.

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PRACTICAL TIP: Choose a plan that feels realistic, and adjust it if it does not work for you.