



	HOME	SCHOOL
INATTENTIVE	Making careless mistakes in homework.	Making careless mistakes in schoolwork
	Gets bored easily and gives up even when playing	Often has difficulty sustaining attention in tasks or play activities
	Doesn't listen to instructions	Often does not seem to listen when spoken to directly
	Starts tidying bedroom but gets distracted	Often does not follow through on instructions and fails to finish schoolwork, chores, or duties
	Bedroom is messy, doesn't put things away.	Often has difficulty organizing tasks and activities
	Battles over doing homework	Often avoids, dislikes, or is reluctant to engage in tasks that require sustained mental effort – longer pieces of writing etc
	Loses things	Often loses things necessary for tasks or activities (e.g., toys, school assignments, pencils, books, or tools)
	Zones out and gets distracted mid-conversation	Often is distracted by extraneous stimuli
	Forgets things	Often is forgetful in daily activities
Hyperactivity	Never sits still	Often fidgets with hands or feet or squirms in seat
	Can't sit through a movie	Often leaves seat in classroom or in other situations in which remaining seated is expected
	Runs around all the time	Often runs about or climbs excessively in situations in which it is inappropriate
	Noisy when playing	Often has difficulty playing or engaging in leisure activities quietly
	Never stops	Often is "on the go" or often acts as if "driven by a motor"
	Always talking	Often talks excessively
	Talks over people	Often blurts out answers before questions have been completed
	Can't take turns, difficulty sharing	Often has difficulty awaiting turn
	Interrupts conversation	Often interrupts or intrudes on others (e.g., butts into conversations/games)
Impulsivity	Often loses temper	Often loses temper
	Often argues with parents	Often argues with adults
	Refuses to tidy up bedroom, go to bed etc	Often actively defies or refuses adult requests or rules
	Winds up siblings	Often deliberately does things that annoy other people
	Blames parents and siblings for making them angry	Often blames others for his or her mistakes or misbehaviour
	You feel like you are walking on egg shells	Often is touchy or easily annoyed by others
	Gets angry, moody or tearful	Often is angry and resentful