ADHD

Name _____

LetterSchool worksheet pack · free to print and share

Your child with ADHD knows more than their worksheets show: they lose focus, rush or skip lines. Short, structured tasks with movement and quick feedback help children with ADHD show what they can do.

How to use this pack

1. **Structure: First-then board and a checklist.**
2. **Move and write: Movement built into the sheet.**
3. **Games: Short game-like reading practice.**
4. **Keep your place: Reading ruler and tracking.**

In this pack

First–then board and writing checklist	page 2
Write and move (sheet 1)	page 3
Write and move (sheet 2)	page 4
3-and-rest handwriting: short words	page 5
Roll and read: mixed CVC words	page 6
Crack the code: secret sentences (sheet 2)	page 7
Word ladder: cat to dog	page 8
Printable reading rulers	page 9
Left-to-right tracking: words	page 10

Print the whole pack or only the pages you need. Every sheet is also on letterschool.com with tips and other handwriting styles.

First, then

Name _____

Visual support

1 **First–then board: draw or write the task in First and the reward in Then. Cut out and keep it on the table.**

First	Then

2 **My writing checklist: tick each box when it is done.**

- ☐ My name is on top
- ☐ Capital letter at the start
- ☐ Finger spaces
- ☐ Period at the end
- ☐ I read it again

Write and move

Name _____

Handwriting · Movement breaks

1 Trace the word cat. ☐



Move break: 5 big jumps

2 Trace the word dog. ☐



Move break: touch your toes 5 times

3 Trace the word sun. ☐



Write and move

Name _____

Handwriting · Movement breaks

1 Trace the word big. ☐



Move break: 5 big jumps

2 Trace the word run. ☐



Move break: touch your toes 5 times

3 Trace the word hop. ☐



3 and rest: short words

Name _____

Handwriting · Short rows with rests

1 **Trace three, then rest: shake your hands, press your palms together and count to five. Then do the next row.**

cat cat cat

Rest
shake · press · 5

dog dog dog

Rest
shake · press · 5

sun sun sun

Rest
shake · press · 5

hat hat hat

Rest
shake · press · 5

mop mop mop

Rest
shake · press · 5

Roll and read

Name _____

Phonics · Mixed CVC words

1 **Roll a die. Find the row with the same dots and read a word from that row. Cross it out. Can you read every word?**

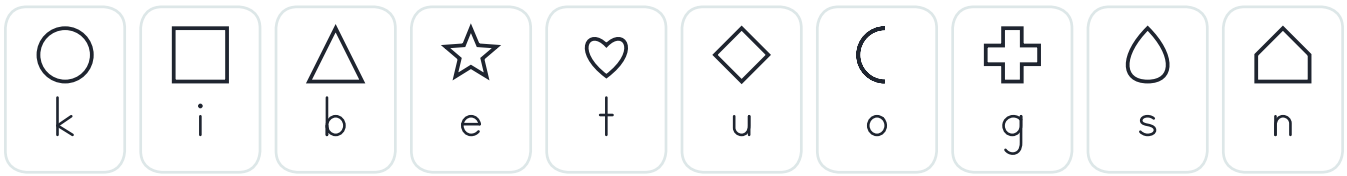
	box	hut	net	lip
	bag	bug	jet	leg
	sun	mop	wig	bed
	hen	cup	rug	ham
	six	map	dog	fan
	pot	pig	cat	fin

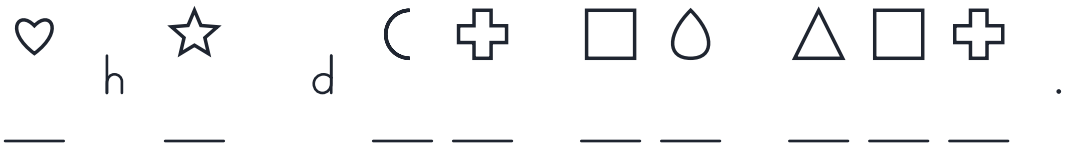
Crack the code

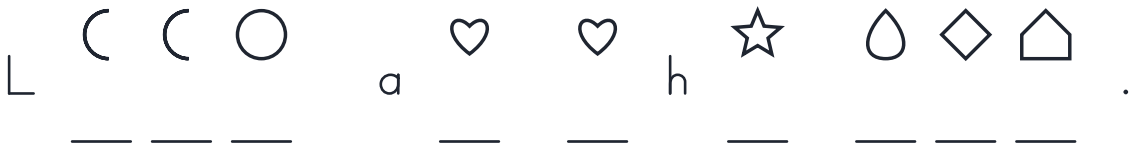
Name _____

Phonics · Game

1 **Use the key: each shape stands for a letter. Write the letter under each shape to find the secret sentence. Then write the sentence on the line, with a capital letter at the start and a period at the end.**







Word ladder

Name _____

Phonics · Game

1 **Start at the bottom. Read the clue, change one letter of the word below and write the new word. Climb to the top!**

An animal that barks

A small round mark

You cook in it

Not cold

Something you wear on your head

Start here

cat

Reading rulers

Name _____

Phonics · Tracking

1 **Cut out a reading ruler along the dashed lines. Lay it on the page so the window shows one line. Slide it down as you read.**

Small print

cut out the window too

Book print

cut out the window too

Big print

cut out the window too

First readers

cut out the window too

Left to right

Name _____

Phonics · Tracking

1 **Start at the dot on the left and move your finger along the row. Circle every “the”. Then go down to the next dot.**

the a to the and is the >

a to the and is the it >

to the and is the it in >

the and is the it in the >

the a to the and is the >

a to the and is the it >

to the and is the it in >

the and is the it in the >