



# Putting on the Brakes Activity Book for Kids with Add or ADHD

*Patricia O. Quinn, Judith M. Stern*

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**Putting on the Brakes Activity Book for Kids with Add or ADHD** Patricia O. Quinn, Judith M. Stern  
Putting on the Brakes Activity Book for Kids with ADD or ADHD is an expanded and updated edition of APA's classic, best-selling workbook. The activities are comprehensive and cover practically every area in a kid's life that AD/HD can affect: school (homework, test-taking, planning for projects, time management, making friends, proofreading, etc.); home (organizing, taking medication, doing things step-by-step); behavior and emotion control/regulation (anger management, conflict resolution, learning from mistakes, relaxation techniques, etc.); health and nutrition (healthy foods, exercise, getting outside/green space, etc.); and, self-awareness/self-esteem (strengths & weaknesses, making friends, etc.). All of this information is presented to kids in fun, engaging activities that challenge their skills and empower them to strive to be their best. New activities include 'Exercise Can Be Fun!', 'Your Exercise Log', 'Finding Your Green Space', 'Recognizing Anger's Warning Signs', 'Avoiding What Makes You Angry', 'Organizing Your Writing', and 'Practice Outlining'. Exercises from the original book have been updated to reflect new technological advancements (i.e., computers/PDAs). This book is packed with useful and empowering lessons/skills kids can apply to and implement in their daily lives. It shows kids all of the ways they can take control of their AD/HD - the Activity Book teaches them that they have choices that can immensely improve their everyday life.

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