

## Winnie the Pooh Type ADHD

- Inattentive
- Distractible
- Disorganised
- Nice, but lives in a cloud...



## Tigger Type ADHD

- Inattentive
- Impulsive
- Hyperactive
- Restless
- Bouncy; Tiggers like to bounce...



## Eeyore Type ADHD

- Inattentive
- Chronic low-grade depression
- Eeyore says  
“thanks for noticing me...”



## Piglet Type ADHD

- Trouble shifting attention
- Excessive worry
- Easily startled
- Piglet is nervous and worries...

