ADHD Dopamine Menu Printable for Teachers & Academic

2-PAGE TERRACOTTA & TURQUOISE EDITION PDF



Appetizers

- Window break
- Pet the dog
- Favourite song
- Cold water
- Step outside
- Stretch 2 min

Mains

- Deep-work sprint
- Gym class
- Bike ride
- Garden 20 min
- Walk a loop

Specials

- Art class
- Museum
- Concert
- Beach swim
- Book shop visit

Desserts

- Social scroll (10 min)
- Chat with a friend
- Bath
- Game level
- Nap
- Online browse
- One episode

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My own menu

- _____
- _____
- _____
- _____
- _____
- _____

Energy check

- Low — try an appetizer
- Medium — pick a main
- High — specials!
- Stuck — body double
- Bored — new side
- Tired — rest

