

ADHD Behavior Checklist



Review our ADHD Behavior Checklist for insight into common behaviors of ADHD that may describe your child.

Think about the behavior you observe in your child or student and when you started to notice these behaviors. Check all that apply from the list below.

HYPERACTIVITY

- Unable to sit still
- Usually fidgets with hands or feet
- Talks a lot
- Is always on the go
- Frequently running or climbing
- Difficulty engaging in quiet activities

IMPULSIVITY

- Lacks self-control
- Very difficult to wait for their turn
- Often shouts out
- Often interrupts
- Has difficulty managing strong emotions
- Frequently talks back
- Says whatever pops into their head
- Intrudes in other people's space

Find this checklist online at: chconline.org/adhd-child-behavior-checklist

INATTENTION

- Difficulty with organization
- Appears not to be listening when spoken to directly
- Often loses things
- Avoids homework and/or other tasks requiring sustained attention
- Easily distracted
- Forgetful in daily activities
- Makes careless mistakes
- Easily distracted with sights, sounds, and movement in the environment

Note: The intended use of this tool is to help you understand where your child/student is experiencing challenges, it is not intended to be a diagnostic tool.