



BUT WHY

A Learning Guide

Kindergarten to Grade 3

But Why is a podcast led by you, kids! It's a big interesting world out there. Kids all over the world send us questions, and we find the answers. We've created these learning guides to be used in a classroom setting or at home. Listen to each episode and use this guide to deepen your understanding of what you've heard.









Find more episodes at butwhykids.org.

What is ADHD?

How do you learn best?



Draw or write

 Schedule regular breaks	 Seek structure	 Try out motivational methods
 Exercise for focus	 Let go of perfection	 Identify sources of stress
 Allow yourself extra time	 Practice self-care	 Identify your strengths

SimplyPsychology.org

Ask an expert. Who?

Find a safe source. Where?

What will you ask?

What other questions do you have about this topic? How will you find the answer?

