



10 Engaging Outdoor Activities for Children with ADHD



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- Bike Rides: Pedaling Towards Improved Focus
- Obstacle Courses: Fun Challenges for Focus and Coordination
- Sports and Team Games: Channelling Energy and Building Social Skills
- Camping and Nature Overnight Trips: Connecting with the Outdoors
- Playground Adventures: Fun and Exercise in One
- Water Play: Cooling Down and Concentrating
- Scavenger Hunts: Engaging the Senses and Focusing Attention
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