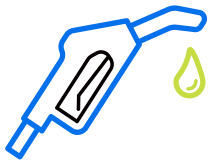


TOP 10 REASONS SPORT MATTERS FOR CHILDREN WITH ADHD

Created in partnership with Neurodiverse Sport,
Inspired by Zane's journey in golf.

1. FUEL FOR FOCUS



Sport gives the ADHD brain a clear target - **one shot, one vault, one rep** - which helps kids “lock in” and practice sustained attention. Zane loves golf because each shot demands full focus, and breathing routines help him reset.

2. MOVEMENT = REGULATION



Kids with ADHD often need to **move to self regulate**. Sport builds that movement into the day, turning energy into momentum. Zane will happily play multiple rounds - the movement calms and centres him.

3. THE RIGHT CONFIDENCE



Success in sport - **tiny wins, visible progress** - builds self belief that can carry into school and life. Zane's golf achievements became a core part of his identity and self esteem even when academics felt tough.

4. THE NATURAL DOPAMINE



Regular training offers a **healthy dopamine lift** and a positive outlet for the “more, more, more” drive many ADHD kids feel. For Zane, sports is a way to channel ambition into practice.

5. BELONGING AND SOCIAL BRIDGES



Teams, clubs, and squads create **new social circles** where interests match and kids feel seen. Advocacy plus coach understanding turned Zane’s environments into places he could belong and thrive.

6. EXECUTIVE FUNCTION (EF*) BOOTCAMP



Sport trains planning, routines, and “**stage not age**” scaffolds: pack kit, hydrate every few holes, review goals, reset after errors. Those simple, repeatable habits help close the EF gap over time.

7. EMOTIONAL TOUGHNESS (WITH CARE)



Learning to **lose well**, recover from mistakes, and turn negatives into positives makes kids resilient. Zane uses box breathing, reframing, and brief walks to reset skills he’s practised on the course.

*Children with ADHD often have about a 30% delay in executive function. Coaching should match their developmental stage, using clear, simple steps without being patronising.

8. VOICE, CHOICE, AGENCY



Let kids **co-create goals** and choose how they learn: video demos, bullet point summaries, or short, clear instructions. Zane thrives when he can repeat back the plan in his own words.

9. SAFE STRUCTURE > TOUGHEN UP



Psychological safety beats shouting. **People first, performance last.** Short instructions, patient repetition, specific expectations, and calm feedback. That's where Zane's best learning happens.

10. LIFE SKILLS FOR THE LONG GAME



Sport teaches pacing, preparation, and perseverance; eat, drink, reset; manage perfectionism; handle banter; stay present. Zane's "one shot at a time" mindset sets him up well in life beyond golf.

LET'S RECAP (As tested by Zane)

- **Keep it short and simple.** One cue at a time. Repeat the key point before progressing.
- **Show don't just tell.** Slow-mo video or live demos. Finish with a quick bullet point recap.
- **Use choice and voice.** Ask what the child is focusing on, agree today's target together.
- **Plan for resets.** Walk breaks, breathing drills, a quick "back to basics" routine after errors.
- **Scaffold the basics.** Normalise hydration, simple foods, and clear schedules, not "fussiness" fundamentals.