Look and find

Pack 1 - Move & Explore

Choose one card and find the matching picture.



find a friend



find a colour



spot a shape



look again



find two



your turn



my turn



all done

Cut along the dashed lines, or keep the sheet whole. Let the child choose which card to use.

Adult guide: Look and find

Pack 1 - Move & Explore

How to play

1. Show one picture. Find a matching picture or object.
2. Play a quick turn-taking game: I find one, you find one.
3. Reduce the choice to two cards if the page feels busy.
4. Accept pointing, looking, signing or moving as a response.

Make it accessible

Offer one instruction at a time and model it with the child.

Use a quiet space, shorter turns and predictable choices.

The child can watch, move, speak, sign or opt out.

Avoid timers, public scoring, pressure or forced eye contact.

These are optional play ideas, not ADHD diagnosis or treatment. Supervise movement and cutting.