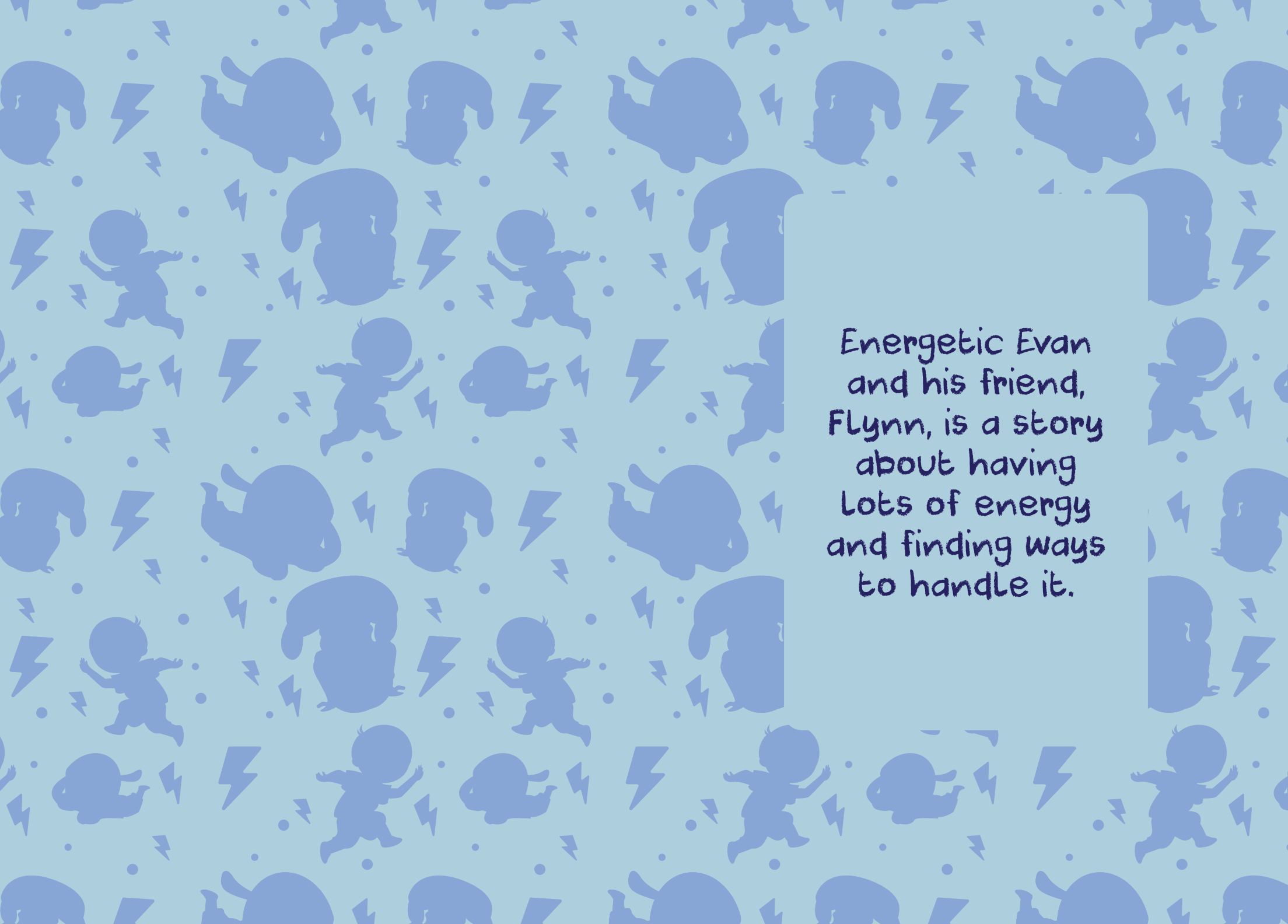




**ENERGETIC
EVAN**
and his friend, Flynn



Energetic Evan
and his friend,
Flynn, is a story
about having
lots of energy
and finding ways
to handle it.

Evan

was a good little boy who just could not sit still. He ran about the house with his friend Flynn following behind.



Having lots of energy wasn't a bad thing, by any means, but sometimes it got Evan into trouble.

Last year, when his sister Daisy was diagnosed with ADHD, Dr. Chase had told them that ADHD could run in families.

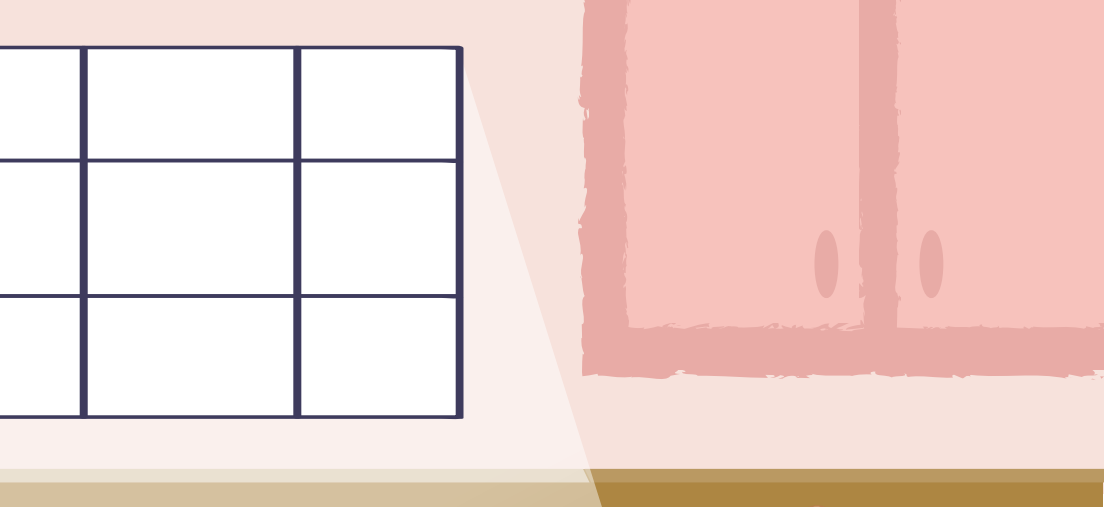
Maybe Evan had ADHD too!

Evan could never sit still at the dinner table. He would get up and run around without finishing his meal!



One thing Evan especially loved was to climb on top of things. The higher he could climb, the more fun it was.





Now Evan takes his medicine every morning just like Daisy, and that helps. He also has some special ways that help him stay focused.

On this particular day, Evan, Daisy, and Flynn were super excited. Today was not just any Saturday.

Today was the **first** time Flynn and Evan were going to the theatre!



Evan and Flynn had been practising all week to be able to sit still and watch a movie for two hours!



It was really hard to do! Two hours is a **very** long time...



...and Evan had so many adventures he wanted to go on. It was hard not to get carried away.

But Evan's mom had some great ideas! She picked a movie that Evan found super interesting.



She also gave Evan a notepad with his favourite coloured pencils to draw his favourite parts of the movie.

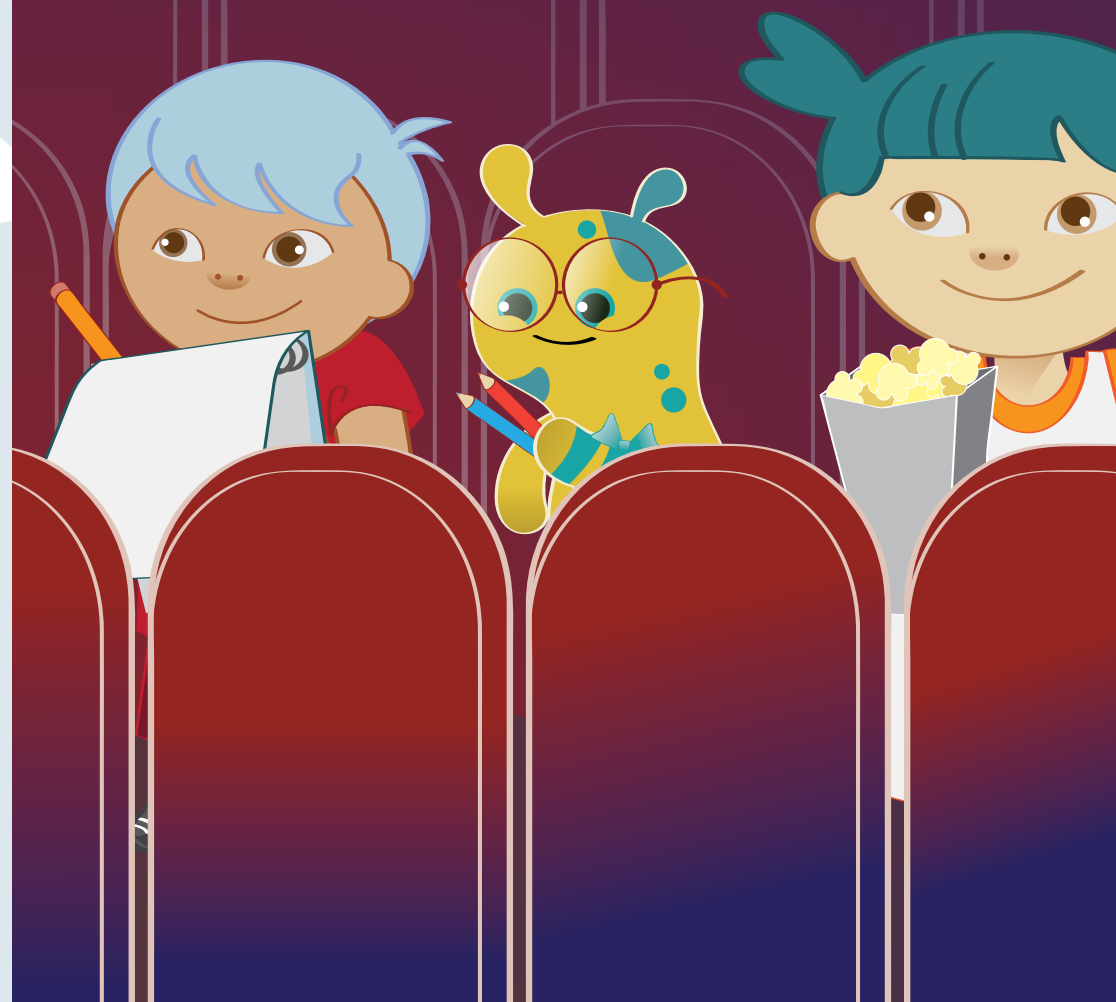


And, just as they did every morning, Evan's mom made sure that he took his medicine. It was an important part of their day!



Evan and Flynn felt very prepared for the movie today. They would work as a team to pay attention to the whole movie so that they could draw all of their favourite parts.

During the movie, Flynn pulled out the notepad and marker when Evan couldn't sit still. He reminded Evan to draw some pictures and that helped a lot.



And when the movie finally ended, Evan and Flynn cheered and clapped. It was a great movie about dragons and they couldn't wait to tell their friends.

Evan's mom was super happy. Evan and Flynn make a great team when they work together.

Their first trip to the theatre had been a huge success and Evan couldn't wait to go again!





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