Some Signs of Inattentiveness

(Occurs in more than one setting)

- Daydreaming/appearing disinterested
- Difficulty sustaining effort; easily gives up
- Restless/fidgety or difficulty being still
- Easily distracted by extraneous stimuli (e.g. noise, lights, smells, clothing against skin)
- Difficulty initiating/sequencing/completing a task
- Difficulty staying on topic; goes off on tangents
- Difficulty with executive functioning (e.g. messy desk/room, meeting deadlines, organization)
- Difficulty following through with commitments or following instructions (appears to not be listening)
- Difficulty with social skills (e.g. making/keeping friends, taking turns, letting others go first, interrupting others, insists on getting own way)
- Difficulty with transitions (activities, places)
- Inappropriate attention seeking
- Difficulty prioritizing
- Difficulty with unstructured time
- Making careless mistakes
- Forgetful; loses things
- Impulsivity

“I Have Bees in my Brain – A Child’s View of Inattentiveness” by Trish Hammond