

MY SUPERPOWER



WRITTEN & ILLUSTRATED BY
RUBY BARGERBOS

For my brother Daniel,
and my sisters Mayah and Keziah.

For embracing our unique journey with ADHD,
turning challenges into strengths,
together, our superpower shines.



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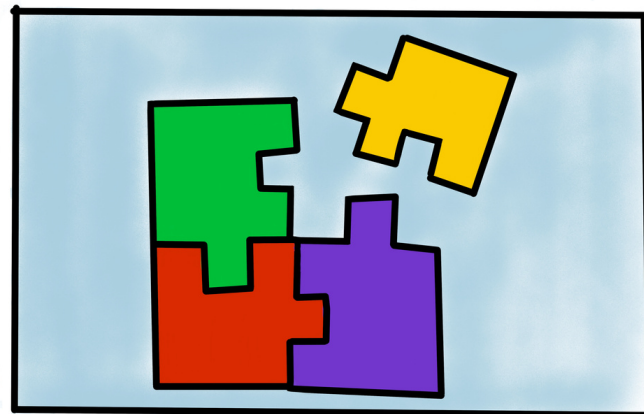
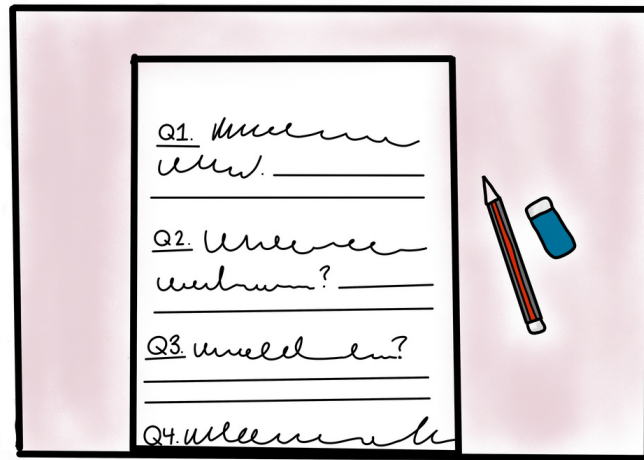
Hi, I'm Emma, and I'm gonna tell you about
MY SUPER POWER!



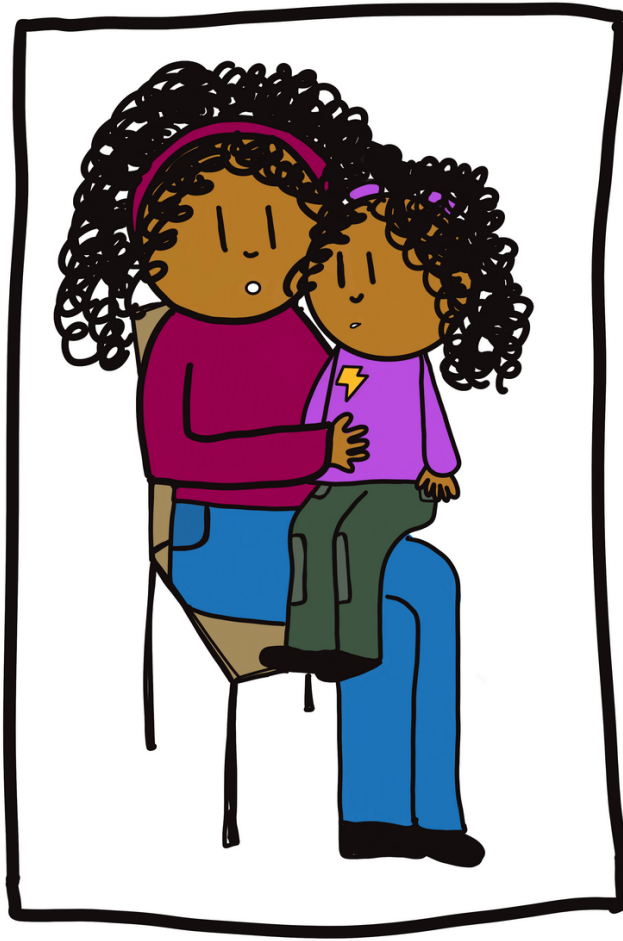
Last week I went to a special doctor called a
psychologist.



I wasn't quite sure why I needed to see a doctor,
because I wasn't sick.



The doctor asked me to answer questions and complete puzzles.



Afterwards, my mum explained to me that I wasn't at the doctors because I was sick, it was because I might have a neurodevelopmental disorder.

After hearing that I
might have this
disorder...



it made me feel
scared,
frightened,
and unsure.

When I went to the doctor a week later, the doctor told me that I have something called ADHD. This stands for Attention Deficit / Hyperactivity Disorder.





I often struggle in class with sitting still and not talking all the time. Maybe it has something to do with that.

But he also said that even though it might be called a disorder, that really it's just my very own SUPERPOWER!





So actually, ADHD allows me to be amazing at art and very creative. It also makes me excellent at problem solving and gives me heaps of energy! But this isn't the same for everyone.



Now everytime someone says that I'm weird or different, I just smile at them because I know it's just my very own, amazing **SUPER POWER!**

The End.



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Follow Emma's self-discovery and diagnosis journey in **MY SUPERPOWER** as she navigates school, embraces her unique mind and uncovers her hidden strengths. Witness her understanding and acceptance of her "disorder" - unravelling her superpower.

