



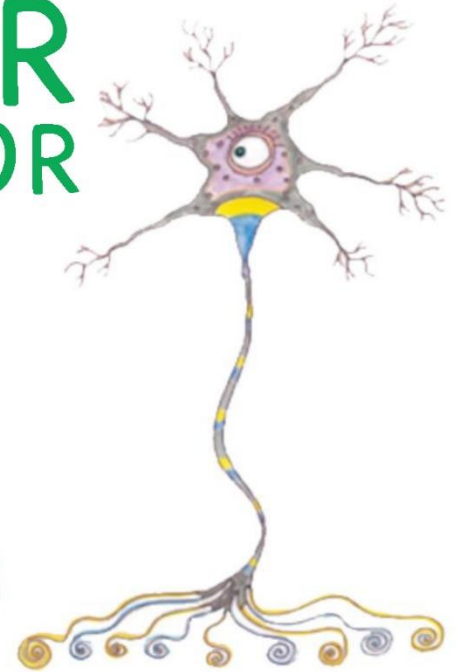
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# AITOR AVIATOR



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## ABOUT ADHD

(ATTENTION DEFICIT HYPERACTIVITY DISORDER)

The neurons take and **bring messages to our brain** as if they were thousands of postmen. For the brain to be able to **ORGANIZE** all that information, there are some very sensitive organs that **coordinate** it all.

What can happen is that these coordination organs do not work quite right, so the information moves slower. When this happens to a boy or a girl, they cannot concentrate the same way you do. They are easily **distracted**, they are **impulsive** and they need to move a lot.

Reading the story of Aitor, you will discover the fascinating things that these **FRIENDS** with ADHD hide on their inside.

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*Tick, tock, tick, tock...*

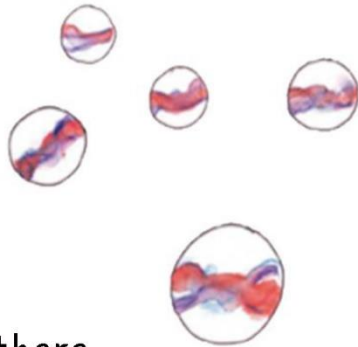
The times goes by and this lesson  
won't go into my brain.

**Tick, tock, tick, tock...**

I am going to play **MARBLES**.  
I love the bright colours, but  
I promised daddy that  
I would finish my homework...  
Humph! The clock won't stop  
going round... Will I have  
time to get out the markers  
that glow  
in the dark?



**TICK, TOCK,  
TICK, TOCK ...**



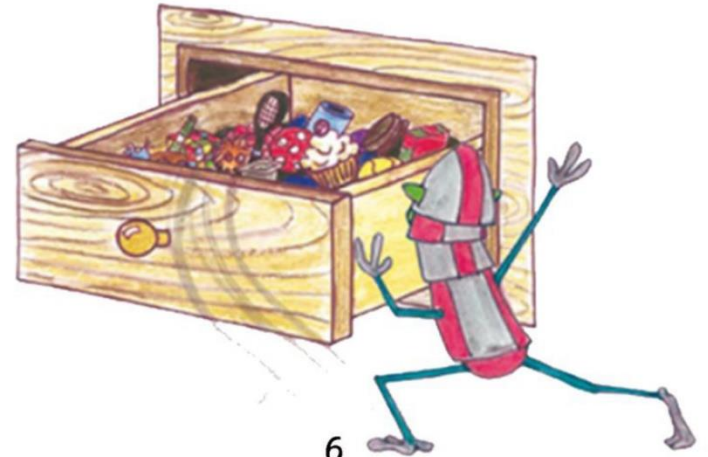
Oh, there you are.  
Sorry, I didn't see you there...  
I have **SO MANY THINGS ON MY MIND...**

At last, I have found my

**eraser collection!** Look, look, I have all  
kinds; big and small, with aromas and  
without aromas, in the shape of tools,  
animals, toys...

Here is my favourite, this eraser is  
like **A SKATEBOARD!** By the way,  
where is my skateboard?  
It should be here...

**YES, YES I SWEAR I PUT IT HERE...**



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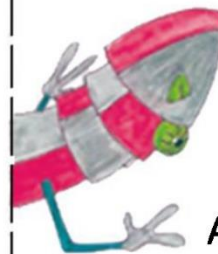


TICK, TOCK,  
TICK, TOCK....

Oh! The maths exam is waiting for me... Oh and I have just realised, I haven't introduced myself.

I am Aitor, you might think that I am easily **DISTRACTED** but not at all... the thing is, it is hard for me **to pay attention** and I need to move around a lot...

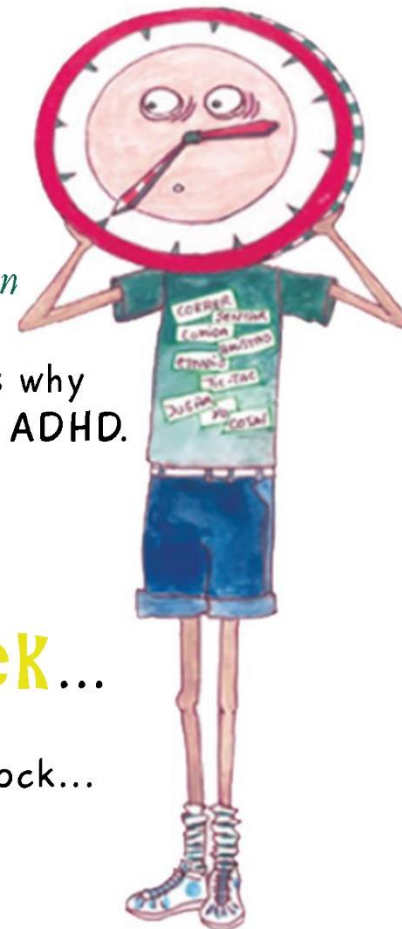
*At last!!! Yes, here is my skateboard.*



Anyway, as I was saying I have *Attention Deficit Hyperactivity Disorder* that is why the doctors call it ADHD.

**TICK, TOCK,**  
**tick, tock...**

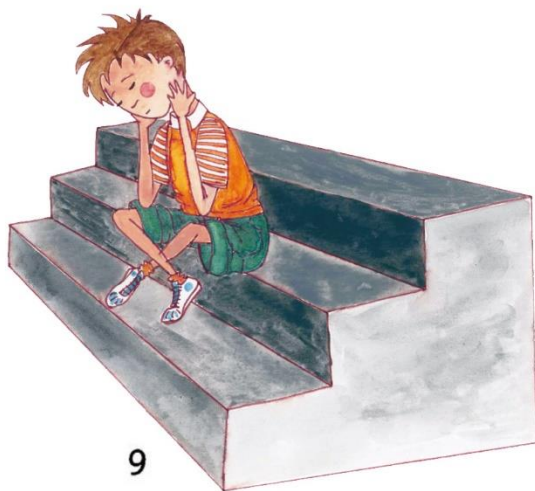
Oh dear!, the clock...



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Sometimes, at school  
my classmates find it  
**DIFFICULT** to play with me  
because **I get angry**  
**Very easily**...Also,  
I need twice as much time as them  
to learn and that annoys me so much...  
even though **I AM NOT CLUMSY.**  
At all.



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Now Francisco, **my doctor**, even though  
he told me that not all the children  
need them, has prescribed me  
a medicine



that travels to my brain  
so that my neurons  
receive  
the information  
quicker and  
that way  
I don't skip  
lines  
when reading,  
help me

understand better the explanations in  
class and get up less from my table.

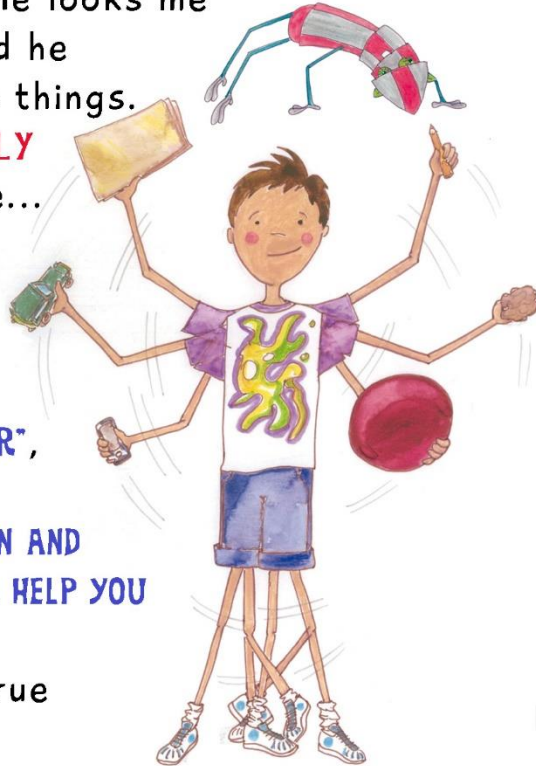
*And I also have Teresa, the psychologist,  
who helps my parents and me with tips  
that help me concentrate better.*

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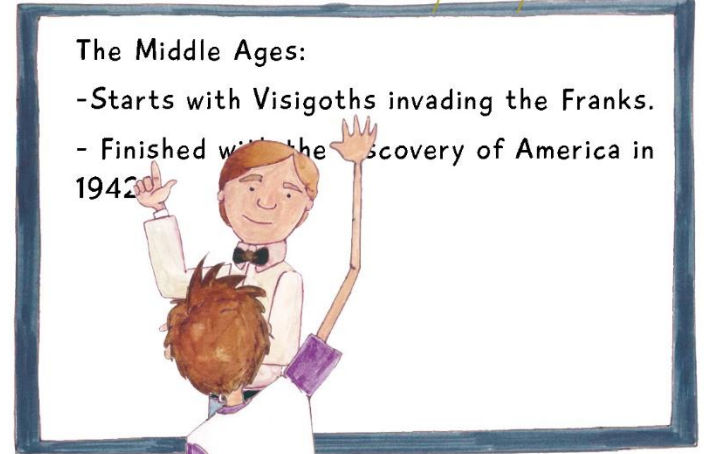
Daddy is a great guy and he talks to me about **EVERYTHING**. His conversations help me loads. He looks me in the eye and he tells me the things. I need to do **SLOWLY** and one by one...



**"THE MEDICINE IS NOT EVERYTHING, AITOR",** he says kindly, **"YOU DETERMINATION AND OUR AFFECTION WILL HELP YOU GROW UP".**

And it is true

At school Rafa **MY TEACHER**, does not mark my homework with **RED PEN** anymore, nor does he make me talk in public. He sits me close to him and he splits my work so that it does not overwhelm me as much. He also tries to get my classmates *to play with me.*



The Middle Ages:

- Starts with Visigoths invading the Franks.
- Finished with the discovery of America in 1492.

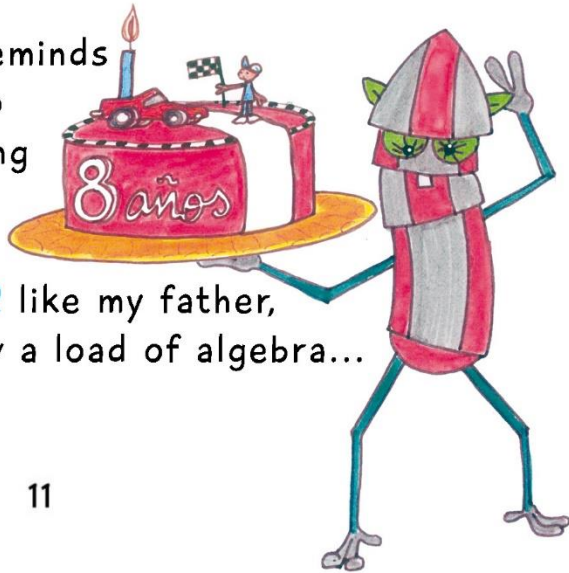
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So, it by bit, the kids in my class  
 are getting to know me better:  
 They invite me to their **birthdays**,  
 they call me on the telephone, and we  
 meet to go to the cinema...

**Tick, tock, tick, tock...**

Oh, the clock reminds  
 me that I have to  
 carry on studying  
 maths. Yes, if  
 I want to be  
 an **AVIATOR** like my father,  
 I need to know a load of algebra...

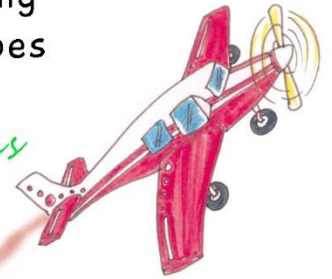


I dream about flying through the sky and  
 telling the whole world that everyone can  
 be anything they put their mind to...

I know it is going to be a long  
 journey but as the saying goes

*"Dream and your dreams  
 will fall short..."*

**TICK, TOCK,  
 TICK, TOCK...**



**The end**

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