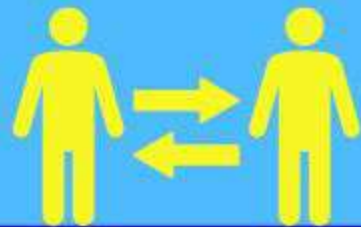


ADHD/ ADD

Attention Deficit Hyperactivity Disorder and Attention Deficit Disorder is a neurological condition where impulsiveness, inattentiveness, and hyperactivity hinder both social and cognitive functioning and performance in everyday life. ADHD/ADD affects 5% of school-aged children.

Strategy 1:

Pupils with ADHD/ADD require reasonable adjustments to be able to learn and make progress. Positive relationships are vital. Get to know the pupil, especially their interests and achievements outside of school.



Strategy 2:

Pupils with ADHD usually have low self esteem. They need a lot of positive reinforcement and rewards from adult role models.



Strategy 3:

Seating plan - near you is best for regular check-ins. Sit them in an area with few distractions, away from doors, windows, and noisy pupils. A useful tip is to sit the child close to a pencil sharpener and a bin. When they need to expend some energy, or do something, they could sharpen a pencil!



Strategy 4:

Language is important. Pupils with ADHD tend to focus on negatives. Frame rules positively - tell pupils what you want them to do, rather than what you don't want. For example, instead of saying "No messing around when you come into class", say "When you come in the class, sit straight down."



Strategy 5:

Be simple, clear, and direct with instructions (verbal and written). Ensure that you have the child's full attention before issuing instructions. Be patient and prepared to repeat instructions frequently. Establish eye contact to clearly indicate to the child that you are speaking to them. Refer to any visual cues/displays around the classroom to help keep the pupil on task. Use Post-Its as discreet reminders!



Strategy 6:

Make tasks and activities as interactive as possible. Ask the child with ADHD to hand out any equipment to help expend some energy and provide a role in the classroom. Expect difficulty with sitting still and allow/encourage physical activities/movement breaks to help refresh and re-focus.

