

Teacher Tips ON ADHD

CREATE STRUCTURE.
ESTABLISH CLEAR RULES
AND EXPECTATIONS.
PROVIDE A DAILY AGENDA
OR CHECKLIST TO HELP
STUDENTS KNOW WHAT TO
EXPECT.

PROVIDE CLEAR INSTRUCTIONS.
GIVE CLEAR, CONCISE
INSTRUCTIONS, AND PAIR
WRITTEN INSTRUCTIONS WITH
ORAL INSTRUCTIONS. YOU CAN
ALSO ASK A VOLUNTEER TO
REPEAT DIRECTIONS.

USE VISUALS. USE
CHARTS, PICTURES,
AND COLOR CODING
TO HELP STUDENTS
UNDERSTAND
INFORMATION.

PROVIDE BREAKS
ALLOW STUDENTS
TO MOVE AROUND
AND TAKE BREAKS
TO HELP THEM PAY
ATTENTION.

USE A TIMER TO HELP STUDENTS
MANAGE THEIR TIME AND ROUTINES.
YOU CAN ALSO USE A TIMER TO
SHOW HOW MUCH TIME IS LEFT IN
AN ACTIVITY OR HOW MUCH TIME
UNTIL A BREAK.

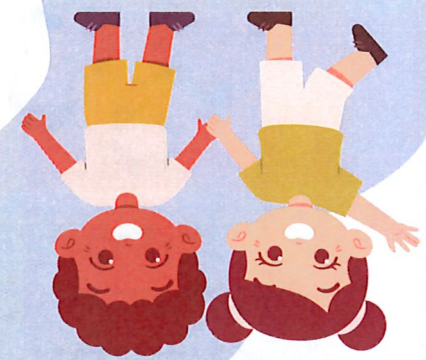
GIVE STUDENTS CHOICES TO
SHOW MASTERY, SUCH AS A
WRITTEN ESSAY, ORAL
REPORT, ONLINE QUIZ, OR
HANDS-ON PROJECT.

PROVIDE
ORGANIZATIONAL
TOOLS, SUCH AS A
HOMEWORK FOLDER,
TO HELP STUDENTS
STAY ORGANIZED.

KEEP PARENTS IN THE LOOP
THROUGH EMAIL UPDATES, OR
REGULAR MEETINGS, OR
INFORMAL CHATS.

ADHD Makes ME

HELPFUL



CURIOUS



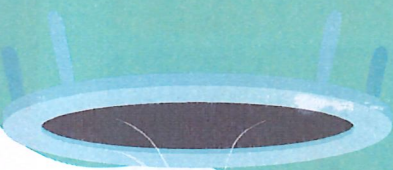
HYPERFOCUSED



ADVENTUROUS



ENERGETIC



EMBRACE ADHD

ADHD AWARENESS MONTH

ADHD IS THE MOST COMMON MENTAL OR DEVELOPMENTAL CONDITION IN CHILDREN IN THE UNITED STATES.

SYMPTOMS INCLUDE LIMITED ATTENTION, HYPERACTIVITY, IMPULSIVITY, AND RESTLESSNESS. TREATMENTS INCLUDE MEDICATION AND TALK THERAPY.

SELF-CARE PRACTICES CAN HELP MANAGE ADHD SYMPTOMS, SUCH AS TAKING BREAKS, EXERCISING, AND EATING HEALTHY

ADHD LOOKS DIFFERENT IN EVERYONE

BOYS ARE MORE THAN TWICE AS LIKELY AS GIRLS TO BE DIAGNOSED WITH ADHD.

WHAT IS ADHD?



DEFINITION

Attention deficit hyperactivity disorder (ADHD) is a condition which impacts people's behavior. People with ADHD may appear restless, may have difficulty concentrating and may act impulsively.



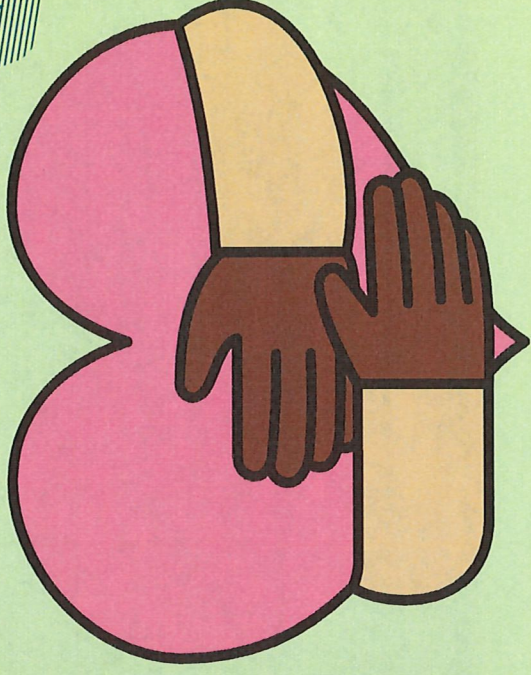
ADHD IN CHILDREN

Children with ADHD may find organization, listening, remaining still and remembering things difficult. They may also appear to talk excessively and interrupt conversations.



SUPPORTING CHILDREN

Children with ADHD respond well to structure e.g. a set bedtime, knowing the plan for the day and being aware of boundaries. Being positive and giving children specific praise can be really helpful. Getting lots of exercise and avoiding foods with additives and caffeine can also help them in managing their ADHD.



SIGNS & SYMPTOMS

Avoiding challenging tasks

Forgetfulness

Easily distracted

Interrupting conversations

Emotional outbursts

Losing things often

Fidgeting

Making careless mistakes

Excessive talking

Seeming not to listen

Challenges staying organized

Not paying attention in class

Impulsivity

Difficulty awaiting turn

WAYS TO EMBRACE ADHD

- Recognize that ADHD can come with strengths like creativity, spontaneity, and the ability to think outside the box.
- Find ways to channel your thoughts and feelings through creative outlets like journaling, painting, baking, or dancing.
- There's no shame in asking for help when you need it. You can talk to other people about how you're feeling. Go to a trusted adult, or work with your school counselor, psychologist or social worker.

**THANK YOU
FOR
LISTENING**

