



Attention Deficit Hyperactivity Disorder

ADHD can affect a children and young people's (CYP) attention skills, inhibitory control and activity levels as a result of differences in their executive functioning.

CYP with ADHD often have high levels of energy and enthusiasm and this should be supported and understood.

Resources:

[Attention deficit hyperactivity disorder \(ADHD\) - NHS \(www.nhs.uk\)](https://www.nhs.uk)

[ADHD and Mental Health | Signs and Symptoms of ADHD | YoungMinds](#)

[Teaching-and-Managing-Students-with-ADHD.pdf \(adhd.foundation.org.uk\)](https://adhd.foundation.org.uk)

[ADHD in the Classroom, Teaching Students with ADHD - Child Mind Institute](#)

[Misdiagnosed ADHD Symptoms: 10 Misunderstood Signs of ADD \(additudemag.com\)](https://additudemag.com)

[ADHD or Immaturity | Signs of ADHD | ADHD Misdiagnosis | Child Mind Institute](#)

Strategies

- Visual timetables e.g. Now and Next
- Visual timers
- Set clear boundaries
- Give clear instructions
- Reward positive behaviours e.g., verbal praise, reward chart etc
- Plan in regular breaks e.g., brain breaks, doing jobs, sensory circuits
- Ensure the CYP gets plenty of exercise
- Reduce unnecessary distractions e.g., consider personal workstation, classroom décor etc.
- Support organisational skills- planners, labels, reminders, alarms
- Sensory resources e.g., fidgets, wobble cushions, wobble stool, gym ball etc.
- Encourage use of post its/ white board to support inhibitory control