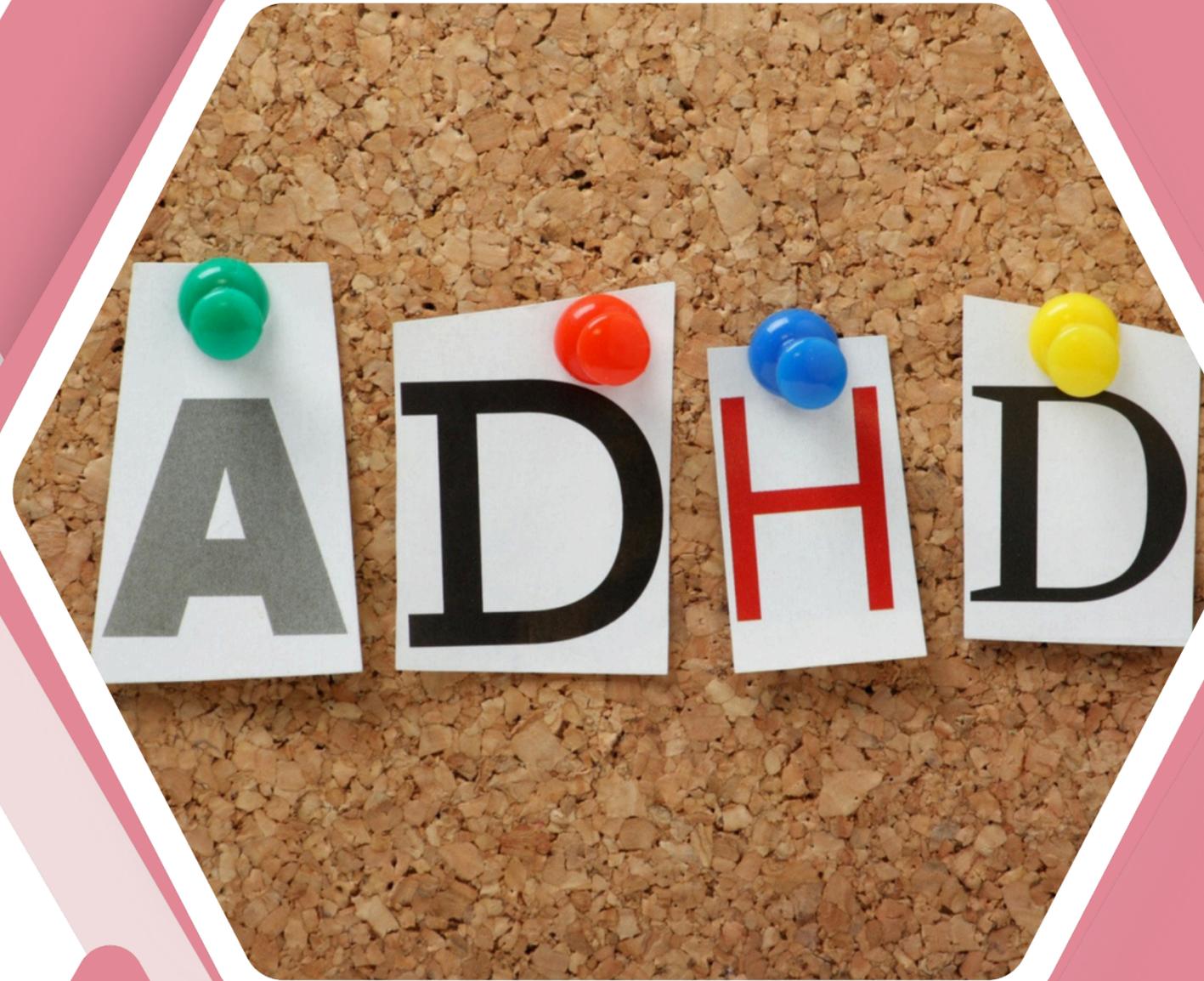


DiverseMind

ATTENTION DEFICIT AND HYPERACTIVITY DISORDER





DiverseMind

WHAT IS ADHD?

Neurodevelopmental condition that affects focus, impulse control, and energy levels. It is often diagnosed in childhood but can persist into adulthood.

Challenges

- Keeping Attention
- Organization
- Following instructions
- Completing tasks





DiverseMind

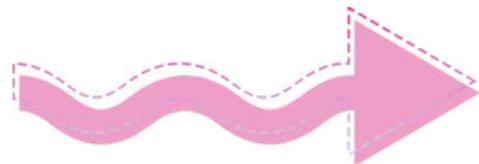
WHAT IS ADHD?

Attention Deficit Hyperactivity Disorder (ADHD) affects approximately 5-7% of children and 2-5% of adults worldwide.

Supposed causes

Combination of:

- Genetic
- Neurological
- Environmental



Causes





DiverseMind

IDENTIFICATION OF ADHD STUDENTS

Observation, assessment, and tailored interventions

01

Observation of symptoms
(inattention, hyperactivity and impulsivity)

02

Teachers and parents reports:
collect feedback

03

Standardized assessments: Use rating ADHD scales

04

Psychoeducational evaluation: To confirm diagnosis



SUPPORTING STRATEGIES



Classroomstrategies

- ▶ Flexible seating
- ▶ Frequent breaks
- ▶ Clear instructions
- ▶ Task chunking
- ▶ Structured routine
- ▶ Preferential seating



SUPPORTING STRATEGIES



Behavioral and social support

▶ **Positive reinforcement**

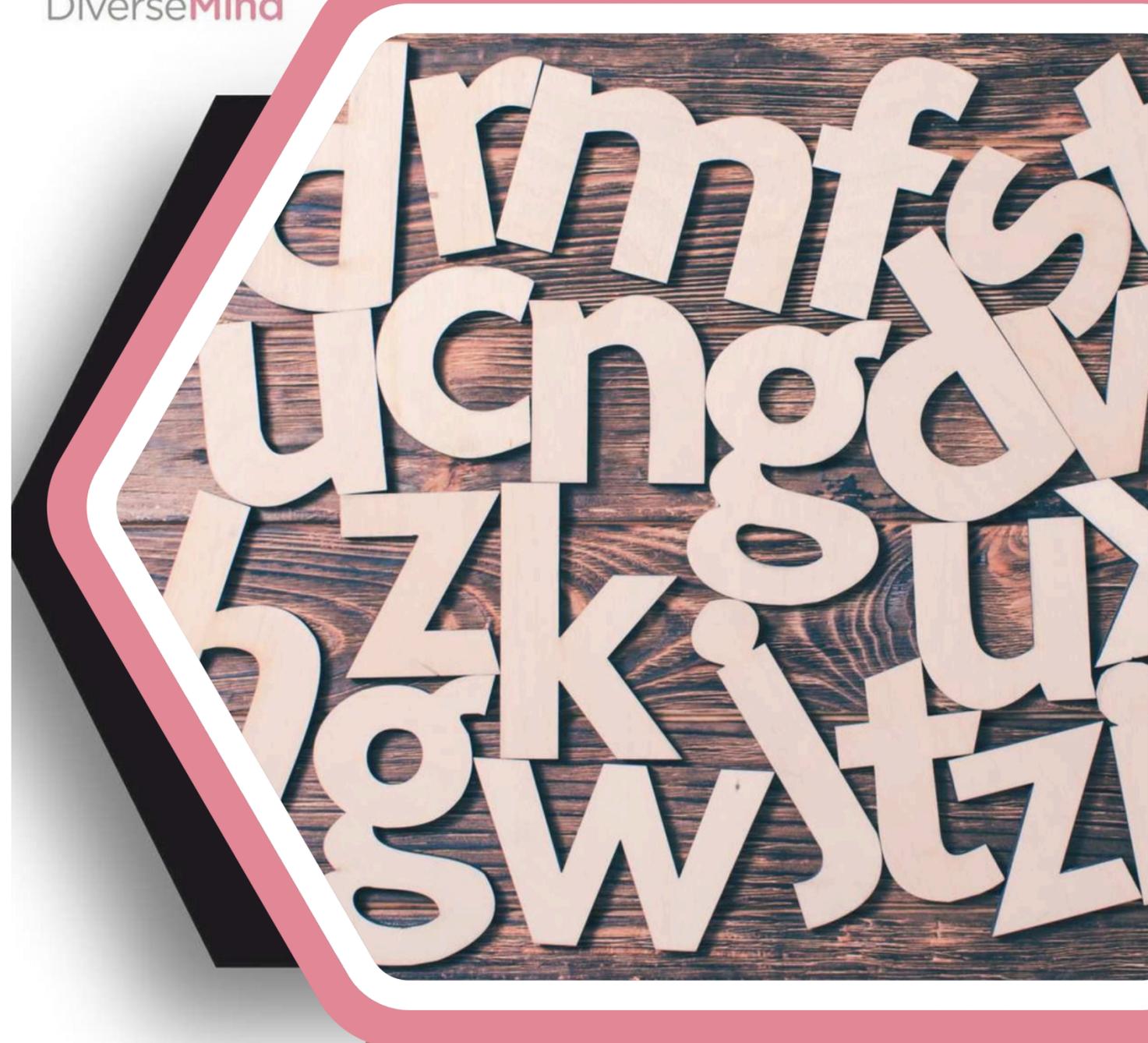
Reward effort and progress

▶ **Self-monitoring tools**

Planners, checklists or timers

▶ **Social skills training**

Turn-taking, listening and emotional regulation guidance



SUPPORTING STRATEGIES



Parental and external support

- ▶ **Regular communication**
Between parents and school
- ▶ **Counseling or therapy**
Behavioral therapy to help emotional and impulsive control
- ▶ **Medication (if needed)**



CREATING INCLUSIVE LEARNING ENVIROMENTS

Universal Design for Learning (UDL)



Multiple means of representation

Presnt information in
different ways

Multiple means of action and expression

Let students
demonstrate
understanding in
different ways

Multiple means of engagement

Allow studentstochoose
topics for assignments,
provide gamified
experiences and
encourage collaboration

CLASSROOM STRUCTURE AND ORGANIZATION

▶ Predictable routine

Clear schedules and routines to reduce anxiety and distractions

▶ Minimized clutter

Keep learning space organized

▶ Flexible seating

Different seating choices (standing desks/fidget-friendly seats)



INSTRUCTIONAL STRATEGIES

▶ **Chunking information and use of timers**

Break lessons into smaller parts and provide time management

▶ **Multisensory learning**

Use visual aids and movement to engage

▶ **Frequent breaks**

Introduce short movement breaks to help students reset their focus



BEHAVIORAL AND EMOTIONAL SUPPORT

▶ **Positive reinforcement**

Recognize and reward efforts rather than outcomes

▶ **Clear and consistent rules**

Set expectations with visual reminders



SELF-DEVELOPMENT WORK AND TIPS FOR TEACHERS

1

Educate yourself

Stay informed about ADHD (reading, workshops, online courses...)



2

Foster patience

Practice patience and understanding



3

Practice self-care

Prioritize your well-being to maintain patience and energy



SAMPLE STATEMENTS/BEHAVIOURS

1

Positive reinforcement

I noticed you raised your hand before speaking. Fantastic!

2

Redirecting behaviour

I see you're having trouble sitting still. Would you like to stand at your desk while working?

3

Providing structure

Your schedule is progressing well and is on track. After math class, we will have a short break.



PROPOSED ACTIONS AND RESPONSES





DiverseMind

3

EXERCISES





DiverseMind



1

RECOGNISING THE STRENGTHS OF ADHD PUPILS AND BUILDING ON THEM

Title: Identifying and supporting the strengths.

Duration: 1' 30"

Goal: To recognize common ADHD students traits and implement strategies to support the strengths they have.



DiverseMind



2

RECOGNISING AND DEALING WITH WEAKNESSES

Title: Dealing with weaknesses

Duration: 1' 15"

Goal: To equip teachers with the ability to recognize common ADHD weaknesses and implement strategies to deal with them

3

SOFT SKILLS TECHNIQUES (FOR TEACHERS) TO SUPPORT ADHD STUDENTS IN THE CLASSROOM AND AT HOME



Title: Developing soft skills

Duration: 1' 30"

Goal: To develop soft skills such as empathy, adaptability, communication and active listening



DiverseMind

AUTHOR:

- ▶ Ignacio Garmón and Germán Castro
- ▶ C.D.P. Maristas San Fernando



**Co-funded by
the European Union**

Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the European Education and Culture Executive Agency (EACEA). Neither the European Union nor EACEA can be held responsible for them.

