

ADHD Awareness

Focus & Inattentiveness

- Difficulty concentrating, following directions or may become easily distracted
- May appear to be very disorganized
- Miss deadlines for assignments or misplace school/work supplies
- May be forgetful or need time to process information
- Find it hard to sustain attention; may become bored with ordinary tasks or topics that are of little to no interest



Helpful Tips!

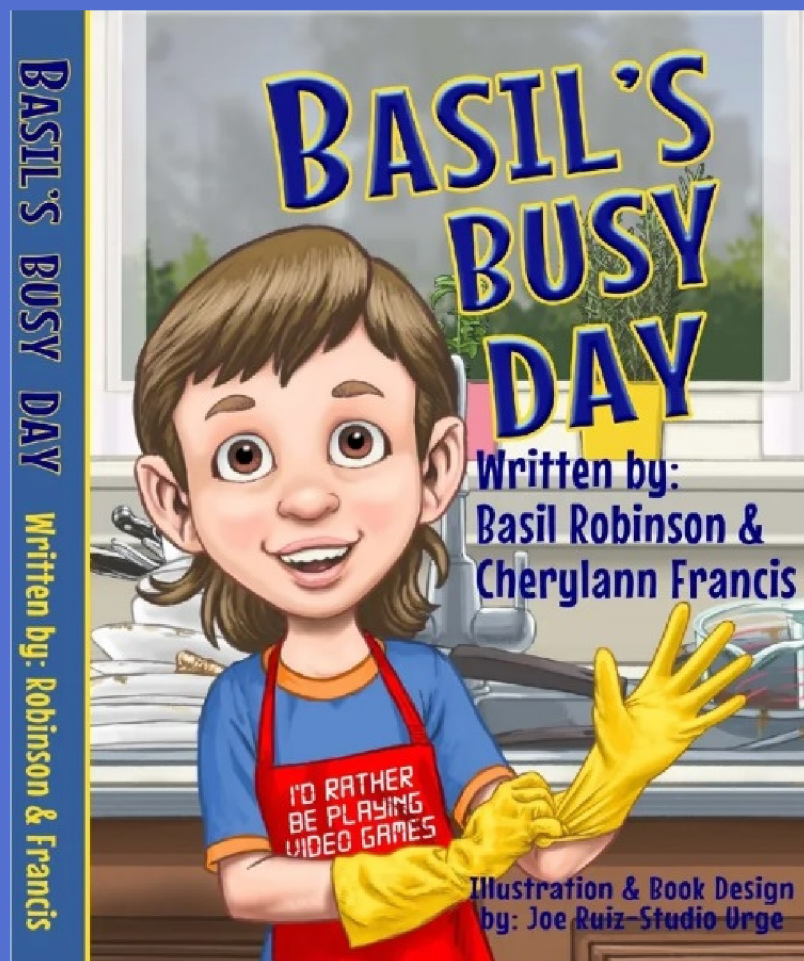
- Break down things into smaller & manageable tasks
- Use a checklist
- Place desk/study area away from potential distractions
- Take short breaks as needed

How to Support

- Educate yourself about the challenges people with ADHD experience
- Help with organization (create short lists, write reminders, use clear storage bins/open shelves for easy visibility)
- Allow time for processing of information and subsequent response
- Provide small rewards for completion of goals

Basil's Busy Day

This book can be used to initiate discussion on motivation, distractibility, time management, procrastination as a compensation strategy, and the desire to engage in more seemingly interesting activities.



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