

Tips on teaching Kids with ADHD



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Foreword

Welcome to a short guide dedicated to understanding and supporting children with ADHD in educational settings.

ADHD in children often presents unique challenges in the classroom, leading to misunderstandings and missed opportunities for these bright and creative minds.



This short guide aims to bridge that gap by offering practical advice, teaching strategies, and insights tailored specifically for children with ADHD.

What is ADHD?

It is characterized by persistent patterns of inattention, hyperactivity, and impulsivity that interfere with daily functioning.

ADHD, or Attention Deficit Hyperactivity Disorder, is a neurodevelopmental disorder that affects both children and adults.



This ebook aims to bridge that gap by offering practical advice, teaching strategies, and insights tailored specifically for children with ADHD.

Why do children with ADHD need a different approach?

The harsh truth behind every disorder relevant to the brain is the cognitive curve.

While some children may be gifted beyond measure, others may experience cognitive impairments to varying degrees.

This cognitive diversity is particularly evident in children with ADHD, who often require a different learning curriculum involving multiple techniques.



Reading



Social Skills



Distraction

Teaching Tip #1

Do keep the lesson lively



To keep lessons engaging and effective for children with ADHD, it's crucial to maintain a lively pace and incorporate a variety of activities.

This approach helps sustain their attention and interest.

Start with a brief introduction, followed by interactive elements such as group discussions, hands-on projects, and multimedia presentations. Incorporate short breaks and movement activities to keep energy levels high.

Classroom Activity #1

Memory fact finder

This could be a fun activity in the classroom to teach children with ADHD the skill of communication and developing memory.

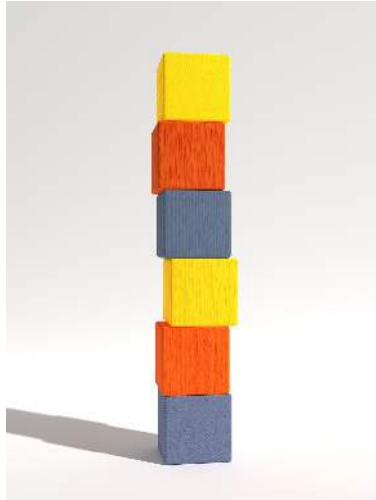
To play this game:

- ★ Create a list of interesting facts related to the lesson topic. Print and place these facts around the classroom in visible spots.
- ★ Buddy up the students, ensuring each pair has a good mix of strengths.
- ★ Have each pair take turns finding a fact around the classroom.
- ★ The student then reports the fact to their partner, explaining it in their own words.
- ★ After the first student reports, they swap roles.



Teaching Tip #2

Blocks of learning



Chunking information into manageable blocks is an effective teaching strategy, especially for children with ADHD. By breaking down complex topics into smaller, more digestible segments, you can help students better understand and retain the material.

Each block should focus on a single concept or skill, followed by a brief review or activity to reinforce learning. This approach not only makes the content more accessible but also keeps students engaged and reduces the feeling of being overwhelmed by too much information at once.

Regularly revisiting and connecting these blocks can help build a comprehensive understanding over time.

Classroom Activity #2

Concept Collage

This could be a fun activity in the classroom or solo to teach children with ADHD how to conceptualise through artistic expression.

Materials: Magazines, newspapers, and printed images
Scissors Glue sticks Large sheets of paper or poster boards Markers and colored pencils



Explain the concept you want the students to visualize (e.g., the water cycle, historical event, or a scientific principle).



Have students arrange their cut-outs on a large sheet of paper or poster board.



Use glue sticks to attach the images and markers to label



Once their collages are complete, have the student present their work



Encourage them to explain how each element of their collage represents part of the concept.





Kids with ADHD

Teaching kids with ADHD requires patience, understanding, and a tailored approach.

Here are some key strategies:

Patience and Listening: being patient and actively listening to their needs is crucial. This helps build trust and makes them feel valued.

Understanding Needs: Each child with ADHD has unique needs and learning preferences. Understanding these can help in creating effective teaching strategies.

Structured Environment: Providing a structured and predictable environment can help reduce distractions and improve focus.

Interactive Learning: Using interactive and hands-on activities can keep them engaged and make learning more enjoyable.

Positive Reinforcement: Encouraging and rewarding positive behavior and achievements can boost their confidence and motivation.

With the right support and strategies, children with ADHD can indeed flourish and reach their full potential.

