

Understanding ADHD

A Gift for Educators Resource

ADHD (Attention-Deficit/Hyperactivity Disorder) is a neurodevelopmental difference that affects focus, impulse control, and activity level. It is not laziness or lack of willpower — it is a brain that runs on a different operating system.

Common experiences:

- Difficulty sustaining attention on non-preferred tasks
- Hyper-focus on things they love
- Restlessness, fidgeting, or needing to move
- Strong emotions and big ideas

Strengths often seen: creativity, high energy, out-of-the-box thinking, enthusiasm, and the ability to hyper-focus when motivated.

Simple ways to support at home or school:

- Break tasks into small, manageable steps with timers
- Allow movement breaks or fidget tools
- Use positive reinforcement and clear expectations
- Offer choices whenever possible — it builds ownership

When we meet ADHD with patience and structure, we unlock incredible potential and joy.