

# ADHD in the classroom

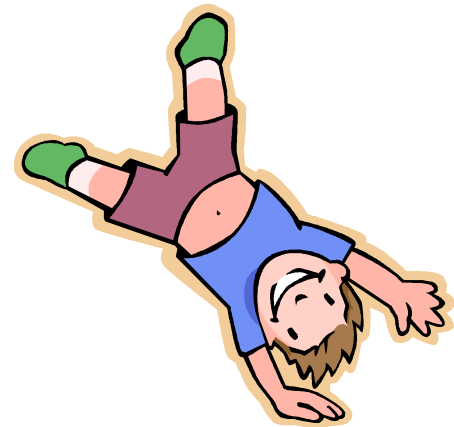
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Educational Psychologists

# Overview

- ADHD in the classroom:
  - Impact
  - Pupil views
- Strategy audit
- Planning together: school & parents

# ADHD in the classroom

- Inattention – multi-tasking
- Hyperactivity - energetic
- Impulsivity – spontaneity



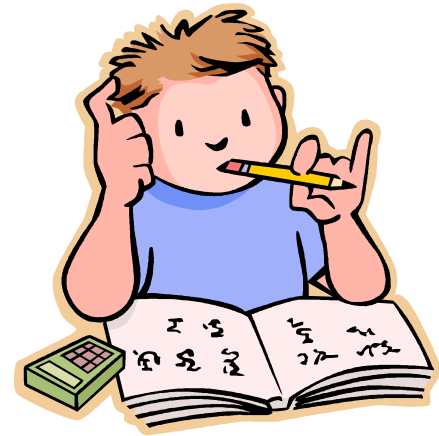
# Prevalence of ADHD



- Attention Deficit Hyperactivity Disorder (ADHD) is one of the most common childhood disorders and it can continue through adolescence and into adulthood.
- In the UK, surveys of children between the ages of 5 and 15 years found that 3.62% of boys and 0.85% of girls had ADHD.
- Although there is no global consensus, meta-regression analyses have estimated the worldwide ADHD prevalence to be between 5% and 7% in children and adolescents and at around 3% in adults.

# Different types of attention

- Conscious sustained attention
- Divided/selective attention
- Switching attention
- Attention Span and Capacity
- Automatic attention



# The Winnie the Pooh Analogy



# ADHD Misunderstood

- Irritable
- Aggressive
- Defiant
- Disobedient
- Learning problems



# What does it feel like?

- Being in a fog
- A radio receiver that is not tuned in completely to a single station

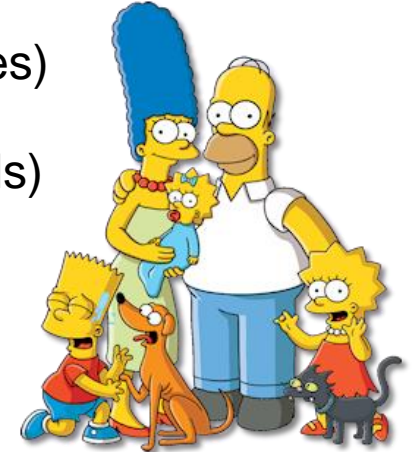
Activity:  
Share the views provided by your pupils/children



# Social impacts of ADHD

## ADHD can impact on the following aspects of social relationships:

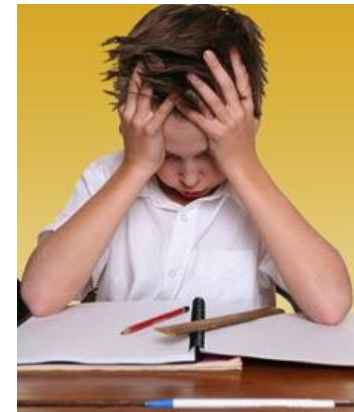
- Making and maintaining friendships
- Friendship quality/reciprocity
- Friendship choice (can prioritise sensation seeking and fun over compliance with rules)
- Peer acceptance (linked to hyperactivity and disregarding rules)
- Conflict (linked to hyperactivity for boys and inattention for girls)
- Understanding social situations from another perspective
- Family functioning (sibling relationships, parental stress)
- Relationships with colleagues



# Social Impacts of ADHD

## ADHD can also have an impact on:

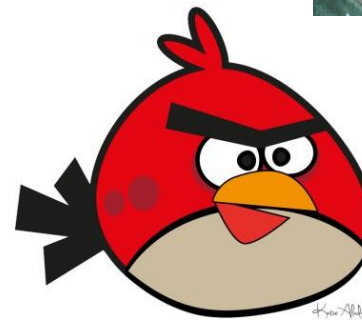
- Overestimating social skills
- Academic attendance and attainment
- College adjustment
- Driving behaviours e.g. speeding
- Finding appropriate, suitable jobs
- Maintaining jobs



# Emotional Impacts of ADHD

**ADHD can impact on the following aspects of emotional wellbeing:**

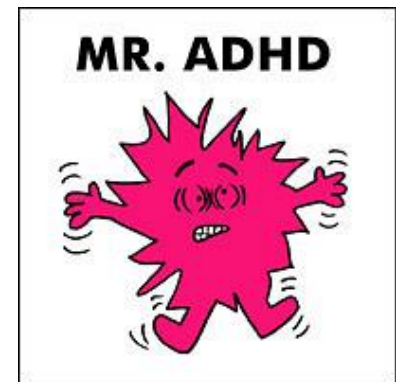
- Lower reported self-esteem
- Increased likelihood of suffering from anxiety, depression and stress
- Increased likelihood of having other comorbidities such as ODD, Conduct Disorder and Learning disorders.
- Increased negative affect e.g. anger
- Increased risk of substance abuse
- Increased disinhibition



# Emotional Impacts of ADHD

## ADHD can also negatively impact upon:

- Effective emotional regulation
- Reported Quality of Life.
- Levels of Emotional Literacy.
- The ability to recognise the emotions of others
- Emotional development and maturation.



# Cognitive/Learning Impact of ADHD

## Executive functioning:

- Planning/Organisation
- Monitoring of task and self
- Shifting Attention
- Inhibit
- Self-regulation (cognitive as well as emotional and behavioural)
- Task completion
- Initiating
- Working memory

# Positive impacts of ADHD

## Individuals diagnosed with ADHD can be:

- Very energetic
- Hands on workers
- Spontaneous
- Creative
- Entrepreneurial
- Passionate
- Resourceful
- Quick at thinking
- Humorous / Quick witted



Herff Generators of lots of ideas  
[www.hertsdirect.org](http://www.hertsdirect.org)

# Positive Impacts of ADHD

**People with ADHD can also have the heightened ability to:**

- Find alternative paths to overcome obstacles
- See the big picture
- Create order from chaos
- Eagerly try to make friends and try new things
- Work well under pressure
- Be good in a crisis
- Be flexible – change as the situation requires



# Exploring exceptions

Think about a time when the CYP is performing at their best in school or presenting with no ADHD related 'issues' at home.

Discuss using the questions provided.



# Educational Interventions

- Managing lack of Attention
- Controlling Impulsivity
- Controlling Hyperactivity
  
- Age/stage appropriateness
- Sensory strategies

ADHD Resource Pack



# What works for you?

Write on a post-it any handy strategies that you find useful for managing pupils with these kinds of difficulties.



Pin them to the flip chart and come and have a look to share ideas at the end.

# Strategy Audit

- Is this already happening and working in our school?
- Which strategies would we like to see more of in our schools?
- Which strategies would be new to our school and could we embed these?
- Which strategies may not work in our school?

# What is your ADHD Offer?

- Universal offer – for all CYP
- Additional Offer – for CYP with ADHD
- Targeted Offer – for CYP with ADHD which has contributed to further SEMH / learning needs

# What works for you?

## What new strategies will you use?

## Come and have a look...

