

# School Psychology Awareness Week

November 11<sup>th</sup>-15<sup>th</sup>, 2019

## Attention Deficit Hyperactivity Disorder (ADHD)

Attention Deficit Hyperactivity Disorder, or ADHD, is a complex neurodevelopmental disorder that causes a child to have deficits in certain areas of their executive function, and 1 in 9 students receive this diagnosis. There are three types of ADHD: ADHD Predominantly Hyperactive and Impulsive type, ADHD Predominantly Inattentive type, and ADHD Combined Type. Hyperactive and impulsive behaviors occur when a student fidgets, blurts out answers, or acts out in the moment without considering the consequences of their behavior. Inattentive behaviors are when a student loses their papers, is easily distracted, and processes information more slowly than their peers. Children diagnosed with ADHD can receive intervention and support through general education, section 504 services, and special education services.

**Children diagnosed with ADHD face challenges but also exhibit strengths that can help in these circumstances.**

### **Challenges:**

- social skills
- controlling emotions and impulses
- organization
- writing, spelling, note-taking, and long-term projects

### **Strengths:**

- energetic and assertive
- creative and innovative
- empathetic and caring
- ability to focus on topics of interest to the student

To better understand how the brain of a student diagnosed with ADHD might work, check out the following resource.

[Through Your Child's Eyes: Attention Issues](#)

*ADHD is not a learned behavior.*

*ADHD is not a discipline problem.*

*ADHD is not a spoiled child.*

*ADHD is not a temper tantrum.*

*ADHD is not a choice.*

*ADHD is not "the easy way out".*

*ADHD is a medical condition.*

*ADHD is a chemical imbalance.*

*ADHD is a big deal.*

*ADHD is a battle for self confidence.*

*ADHD is a fight to maintain focus.*

*ADHD is a war between brain & body.*

*ADHD is real.*

#TRUTHABOUTADHD

## Accommodations for Students with ADHD

- Distractibility: ask questions to encourage participation, involve students in presenting the lesson, preferential seating
- Disruptive Behavior: seat student near positive role model, acknowledge student's answers only when their hand is raised and they are called upon, increase immediacy of rewards and consequences
- Restless/Fidgety Behavior: provide short breaks, allow the use of discreet fidget toys, allow student to run errands or stand behind desk
- Organization: allow student to keep a separate set of materials at home and school, set up a binder with dividers and color-coding, assign partners to double check each other's assignment planners

## Mindfulness

Participating in mindfulness activities can help to calm a child's impulses, restlessness, and overactivity. The following is one example of an activity that can be used with children of all ages.

7/11 Breath: Have the child breathe in for 7 seconds and then breathe out for 11 seconds. If this is maintained for 12-15 repetitions, the child should settle into 4 to 6 breaths per minute, which is a range that is scientifically proven to optimize long-term focus. ([ADDitudemag.com](http://ADDitudemag.com))

Other mindfulness activities can be found [here](#) and [here](#).