

Rowdeford Consultancy and Training Services

SEND Newsletter May 2018

Attention Deficit and Hyperactivity Disorder (ADHD)

ADHD is caused by physical differences in the brain. A young person with ADHD may find it difficult to:

- Focus their attention, especially in lessons.
- Inhibit their emotional outbursts and impulsive actions.
- Resist moving – many people with ADHD need to move to learn!
- Develop age appropriate emotional maturity.
- Cope with criticism or rejection. This can make a person extremely sensitive.



Neurotransmitters take messages through our brains. Dopamine and noradrenaline are important neurotransmitters that are affected by ADHD. Two thirds of young people with ADHD also have at least one other special need such as an autistic spectrum condition or learning difficulty.

Strategies to support young people with ADHD.

Make exercise and movement part of lessons and the school day.

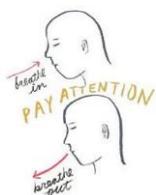
People with ADHD need to move to learn. Design lesson activities that involve getting up and moving around, for example "Quiz, Quiz, Trade".

<https://www.trythisteaching.com/2012/03/quiz-quiz-trade/>

In addition, making exercise an everyday activity will aid dopamine levels in the brain. Try timetabling a daily run or circuits activity. Most medication for ADHD enables dopamine to stay in the brain for longer. The only other thing that can create this effect is exercise.

Always provide access to tactile resources in all lessons.

Excessive movement is part of ADHD and having something to manage restlessness and fidgeting helps learning. This could be velcro stuck under the desk, fidgets, blu tack or wobble boards.



Teach self-calming techniques.

Teach calming methods such as breathing techniques, moving around, naming emotions or positive self-talk and mantras.

<https://www.youtube.com/watch?v=yZYUJafIKOs>

<https://www.youtube.com/watch?v=gUqLVa34S3c>

Teach what it means to have ADHD.

Help a person with ADHD understand what their diagnosis means and strategies that they can use to help themselves. **Email me at emmarossiter@rowdeford.wilts.sch.uk if you would like me to send you some 1:1 or small group lesson plans that I used with one of our pupils.**

There are so many strategies to make school better for young people with ADHD.

Here are some ways to find out more:

- On the 19 September, Rowdeford is leading a free 1 hour workshop at 9:00 in Melksham. Email emmarossiter@rowdeford.wilts.sch.uk for more information or to reserve a place.
- The ADHD Foundation has a great website www.adhdfoundation.org.uk
- If you would like training about ADHD to be delivered at your school, please email emmarossiter@rowdeford.wilts.sch.uk