



brainbutter
FACT SHEET



and remember
this please ...



Student:

Class:

STICK
PROFILE PICTURE
HERE

About ADD (ADHD without the hyperactivity)

- I can have the inattentive (slow motion/daydreaming) type but still be hyperactive sometimes.
- I make careless mistakes, I look like I'm not listening to you and I find it hard to organise tasks but...
- I can focus on things that interest me. (Like you, I excel when I use my likes and strengths). This is not me switching my behaviours on and off, it's just me being interested.
- You probably think I'm lazy or just acting like a boy (if one) but my brain genuinely finds it hard to stay organised, concentrate, remember things and complete simple tasks.
- I can fall through the cracks because of my introverted behaviours.

What do I need?

- A quiet and very well managed classroom.
- A time frame and access to a stop watch to complete all tasks. Having a goal will help me focus.
- Understanding and patience. I can succeed but it will not be overnight. Give me boundaries, goals, structures, excitement and reasons to stay on task and please don't give up on me.
- Find out what I am good at and how I like to learn and incorporate it.
- Think structure! In every possible way.