



brainbutter
FACT SHEET



and remember
this please ...



Student:

.....

Class:

.....

STICK
PROFILE PICTURE
HERE

About ADHD

- Yes, it is real. I have a neurobehavioural disorder and I'd much prefer not to have it.
- If I'm interested I can be focused.
- I am smart and can do great things but my impulsive and uncontrollable behaviours make people (and sometimes me) think otherwise.
- My diagnosis is not just a label for a group of misbehaviours of bad or lazy children. It describes my brain and it's impact on my actions.
- I can be impulsive, inattentive, energetic, unfocused, loud or annoying depending on my individual symptoms.
- I can also be settled, motivated, keen to learn, strong willed, independent and focused if you put in strong concrete structures that work for me and show me that you care for me.

What do I need?

- Structure in every possible way and LOTS of it.
- Let me fiddle with something while you or I talk.
- A way of controlling my impulsive blurt outs and interruptions besides detention can be to give me a job in your room. Make me feel like a member so I don't try and belong to other negative situations/crowds. Do some research on making individuals feel like members of a classroom.
- Access to a timer and a clock. It helps me stay on task and reach the goal (i.e complete task). Verbalising time will not be enough for me. I need to see it and hear it.
- Teach me with colour, movement, texture and fun!
- Imagine that I have a piece of hessian over my head that is irritating me and hard to see through. I am moving because I can't focus with this hessian on my head and not because I want to irritate people. (Just an analogy).
- Change it up and keep it fun.
- See [Some Kids Just Can't Sit Still!](#) By Dr Goldstein for great illustrations.
- Read [The Short Bus: A Journey Beyond Normal](#) by Johnathan Mooney.