

Signs of ADHD In the Classroom

- Inattentive & Distractible Students -

What you might see...

- Failure to pay close attention to detail
 - Daydreaming & appearing 'spacey' (very common in girls with ADHD)
 - Missed non-verbal cues
 - Easily distracted and/or reacts to noises & other people moving/talking when others don't notice.
 - Often fails to finish work or classroom chores in school.
 - Presents work that is late, lost, sloppy, and/or incomplete
 - Difficulty listening, even when conversing one-on-one.
 - Often says "I don't know" in response to questions
 - Doesn't answer questions accurately - even basic questions
 - Constantly needs prompting, redirection, & has trouble organising.
 - Looks to other students for cues to direct what they should be doing.
- Likely to lose things more often than peers - homework, books, jackets, backpacks, sports equipment, etc.



Explanation...

People with ADHD have brains that work differently making it difficult to filter thoughts - its often like having constant internal noise competing with the things you're suppose to be focusing on.

All of the activity going on internally can make it hard to focus on details in the world around them.

People with ADHD often get 'lost' in thoughts triggered by a conversation, or something in the external environment, and end up tuning out what is being said to them.

Some children with ADHD experience a lower level of brain arousal, which means they are easily distracted by internal and external stimuli, such as noise in the hallway, or rain on the window. This makes it harder to focus on any one



object/task, especially if it is not an exciting or novel topic/activity.

*How you can help...

- Schedule in short breaks for students to recharge throughout the day.
- Give students with ADHD extra time during tests and help them find a space that is distraction free (like the school library) to take their exams.
- Face ADHD students' desks away from high traffic areas.
- Write down daily assignments and class directions on the board, and leave them there all day - if your facilities allow, send or make assignments accessible via online resources/communication too.
- Check-in with known inattentive students at the end of class to ensure they are organised and don't have any lingering questions.
- Set a clear routine for daily class activities
 - Set up an in class system to support the child & follow up with rewards for good behaviour & follow through.

