

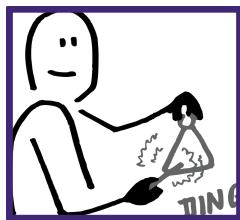
What is ADHD?

Attention Deficit Hyperactivity Disorder

TYPE 1

Inattentive/ Distractible

Type 1 is characterised predominantly by inattention and distractability without hyperactivity



Difficulty listening

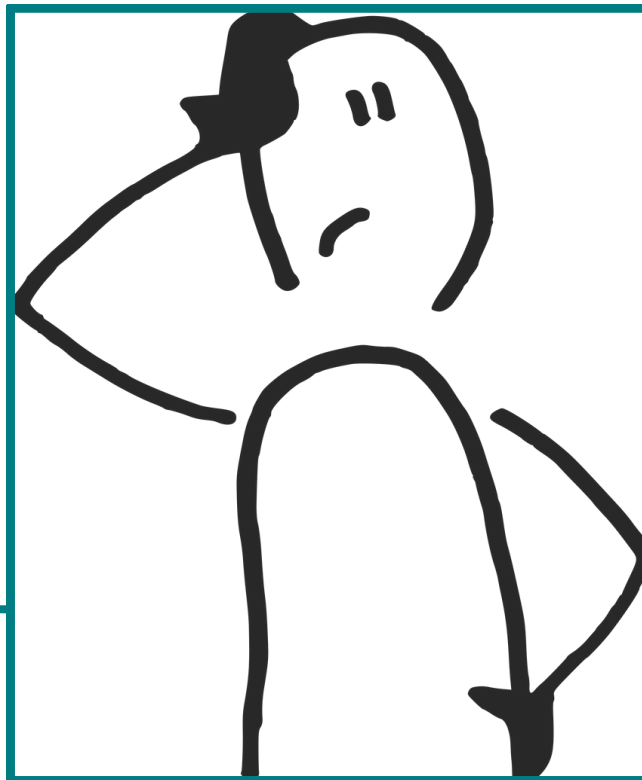


Easily distracted



Forgetful

TYPE 3 Combined



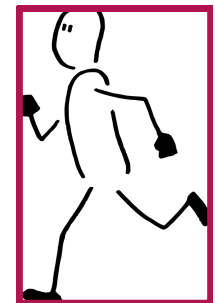
TYPE 2

Impulsive/ Hyperactive

Type 2 is the least common form of ADHD characterised predominantly by impulsivity and hyperactivity



Talks excessively

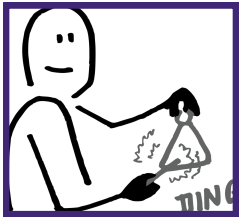


Seems to be in constant motion



Often interrupts others

Inclusive Strategies



Difficulty listening

- Provide written **and** visual aids
- Repeat key points
- Allow recordings or captions



Talks excessively

- Set discussion rules
- Use **structured** speaking activities
- Give positive feedback privately



Easily distracted

- **Offer** a seat away from noise/distractions
- Use visual schedules and task lists
- Break tasks into small steps



Seems to be in constant motion

- Allow flexible seating or movement breaks
- Use active learning methods
- Allow quiet fidget toys



Forgetful

- Use reminders and checklists
- Repeat instructions
- Encourage planners or apps



Often interrupts others

- Teach turn-taking cues
- Use visual signals
- Offer 1:1 sharing time



Discussing any strategies with your student to help create ownership and responsibility.