

What are some symptoms of ADHD?



Won't sit still!

Hyperactivity is a symptom of ADHD and may include jumping, running or walking around the room, moving around on the floor, fidgeting, shaking legs or tapping.

It may also include socially inappropriate interactions with others, excessive talking, playing with objects, and hitting or poking people.



Doesn't focus

This is a symptom of ADHD and is not poor behaviour. It may include day dreaming, chatting, being busy organising, or not sticking to the required task. This may be caused by boring or repetitive tasks, tiredness, hunger, or being distracted by outside or inside noises such as air-conditioners and classroom noise.



Doesn't complete work

This is a symptom of inattentive ADHD. It could be a sign of poor executive functioning shown by the child struggling to start or complete the task, perfectionism where they made a mistake and can't correct it, or needing support for what comes next.



Defiance

Defiance is a symptom of ADHD. Students displaying this need support and a more democratic leadership. It may help to use declarative language and make statements or observations. Demand avoidance may look like not following instructions, anxiety, running away, saying no, back chat, emotional outbursts, and disregard for authority.

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Won't sit still!

- Offer the child a physical break, even during class time
- Send them on a message, errand or for a drink
- Allow toilet breaks
- Offer flexible seating
- Use wobble cushions
- Use a timer
- Stand near the child
- Remove distractions



Doesn't focus

- Schedule breaks - e.g. physical, water or fruit
- Break the task into small parts
- Start the work with them
- Use a timer
- Stand near them
- Remove distractions
- Teacher led group



Doesn't complete work

- Teach the process for completing each task
- Start the work with them
- Use scaffolds
- A checklist for the process
- Reduce the workload
- Use a timer
- Rewards
- Sit them with a good worker
- Stand near them
- Teacher led group



Defiance

- Avoid authoritarian language
- Avoid demands
- Offer choices
- Comment or make statements
- Ask why ...
- I like it when ... it makes me feel ...
- I wonder ...
- Why did you ... speak/behave/do?

