



ADHD with Attention Deficit Predominance (1)

ADHD with attention deficit predominance is characterized mainly by difficulties in sustaining attention, following through on tasks, and organizing activities. Unlike the hyperactive-impulsive type, individuals with ADHD-PI are less likely to be disruptive or hyperactive. Symptoms include frequent daydreaming, distractibility, and forgetfulness. Early diagnosis and tailored interventions are crucial for effective management.

CANT FOLLOW INSTRUCTIONS

- Provide them with clear and concise instructions by breaking instructions into small, simple steps, using clear and direct language.
- Use visual aids such as checklists, diagrams, or pictures to accompany verbal instructions.
- Set up structured routines in class to help students anticipate and understand what is expected from them.

HAS DIFFICULTY ORGANISING TASKS AND ACTIVITIES

- Create mini-lessons to practice in-class organisational skills such as prioritising activities or time management.
- Create a supportive learning environment encouraging peer support and collaboration and fostering synergies.
- Be patient and empathetic towards the challenges faced by students with ADHD.

DOES NOT COMPLETE THE TASKS

- Create a quiet, organised, and distraction-free area for students to work.
- Minimise noise and visual distractions to help them concentrate.
- Pair students with classmates who can help them stay focused and organized.
- Conduct frequent check-ins to monitor progress and provide guidance breaking down long-term projects into checkpoints and celebrating small successes along the way.
- Allow regular breaks to help students recharge and maintain focus.



ADHD with Attention Deficit Predominance (2)

STUDENTS AVOID PERFORMING TASKS THAT REQUIRE SUSTAINED MENTAL EFFORT

- Intersperses short exercises or tasks with longer ones that require sustained mental effort.
- Use a variety of materials and teaching methods to maintain learner interest.
- Teach self-regulation strategies, such as planning and organizing time, setting priorities, and using reminders or alarms.

MAKES CARELESS MISTAKES IN SCHOOLS OR WORK ASSIGNMENT

- Create consistent daily routines for homework and studying.
- Implement in-class habits that can help students approach assignments in a more systematic and less overwhelming way.
- Teach self-regulation strategies, such as planning and organising time, setting priorities, and using reminders or alarms.

DIFFICULTING MAINTAINING ATTENTION ON ACTIVITIES

- Incorporating multimedia, hands-on activities and interactive learning can make assignments more engaging.
- As far as possible, present the material in bright colours, using different resources such as books, computer, blackboard, audios, and films.



ADHD with Attention Deficit Predominance (3)

ATTENTION

BEHAVIOURS

Difficulty completing tasks and sustaining attention

HYPERACTIVITY

BEHAVIOURS

Excessive movement
Fidgeting
Difficulty staying sitting
Restlessness

CONCENTRATION

BEHAVIOURS

Sensitivity to noise and change
Active avoidance of some tasks

ORGANISATION

BEHAVIOURS

Losing or misplacing items
Forgetting routine tasks
Struggling to organise thoughts

OTHER

BEHAVIOURS

Difficult to be quite
Difficult controlling impulses



Annex for ADHD disorder

ADDITIONAL MATERIALS:

- Website: www.ptscoaching.com
- ADHD Europe: www.adhdeurope.eu

BIBLIOGRAPHY

- **Kathleen Nadeau.** *ADHD: What Every Teacher Needs to Know.* American Psychological Association. Description: Provides teachers with practical strategies for understanding and managing ADHD in the classroom.
- **T. Chris Riley-Tillman and Steven G. Feifer.** *Teaching Children with ADHD: Strategies for Helping Students Succeed.* Guilford Press. Description: A comprehensive guide that combines theory with practical techniques for teaching students with ADHD.
- **Peg Dawson and Richard Guare.** *Smart but Scattered: 12 Skills to Help Kids with ADHD and Executive Functioning Issues.* Guilford Press. Description: Focuses on improving executive functioning skills in children with ADHD, offering practical strategies for teachers.

WANT TO KNOW MORE SECTION

- Guidelines for working with ADHD children in the classroom: <https://www.youtube.com/watch?v=hnlxhKe0TvE>
- Essential Ideas for teachers dealing with ADHD children: <https://www.youtube.com/watch?v=SCAGc-rklfo>
- ADHD Classroom Strategies: <https://www.youtube.com/watch?v=Dd62-eL0JY>