

ADHD

ADHD and Me - a book for children and young people to help them understand what ADHD means to them as an individual **Also available as a digital download**



- **HowToADHD** - Helping people understand more about ADHD - YouTube videos - **How to explain ADHD**
- **ADDISS** - ADHD charity - resources and information

ADHD

What is ADHD?

- ADHD, or Attention Deficit Hyperactivity Disorder, is a neurological condition that affects a young person's concentration, impulse control and time awareness. People with ADHD can be impulsive, forgetful, and easily distracted without meaning to be; they may interrupt frequently, and not pay attention. Some will be hyperactive.

- [“It’s like having bicycle brakes and a Ferrari engine.”](#) (short video - select ADHD from the options on the page)

How can I help the children in my classroom?

- [Teaching and managing students with ADHD: Systems, strategies solutions](#) from the ADHD Foundation
- Timers (mentioned in the introductory video) can be downloaded and embedded into PowerPoints: INSERT → VIDEO → ONLINE VIDEO → paste the YouTube address into the box (I recommend Adam Eschborn timers. Just Google Adam Eschborn [X] minute timer).

Can I take a course to learn more?

- King’s College, London runs a free online course, [Understanding ADHD: Current Research and Practice](#), that takes approximately eight hours (two hours per week over four weeks).