

UNDERSTANDING ADHD



ONE PAGE ADULT SCRIPT FOR KS2

What is ADHD?

ADHD stands for Attention Deficit Hyperactivity Disorder. It's when someone has a lot of energy and finds it hard to sit still and pay attention.

What does it mean?

Children with ADHD might:

- Have trouble focusing on one thing for a long time, like their brains want to think about many things at once
- Move around a lot, even when they should be sitting still, like they need to keep moving to feel comfortable
- Sometimes talk or act without thinking first - they may have so many thoughts and ideas that sometimes they come out quickly

How does it affect people?

Children with ADHD might:

- Find it hard to finish tasks like homework because their minds can jump to other things
- Get distracted easily during lessons, even when they really want to pay attention
- Feel restless and need to move around often to feel comfortable

How to support friends with ADHD:

- 1 **Be patient:** Understand that they are trying their best, even if they seem a bit distracted
- 2 **Give them space:** Sometimes they need short breaks to move around and use their energy
- 3 **Use simple instructions:** Help them by giving clear and easy-to-follow steps. This makes it easier for them to understand what they need to do.

Remember, children with ADHD can be very creative and fun to be around. They have so many great ideas and energy to share! By understanding their needs and being supportive, we can all be better friends and classmates together. Let's celebrate our unique abilities and enjoy all the amazing things we each bring to our group!



Suggested activities

- **Play games that let them use their energy, like tag or relay races. These games are fun and help them feel good!**
- **Use fidget toys to help them focus during quiet times, like reading or listening in class. These toys give their hands something to do so their minds can stay on track**

UNDERSTANDING ADHD

ONE PAGE ADULT SCRIPT FOR EARLY YEARS AND KS1

What is ADHD?

Attention Deficit Hyperactivity Disorder (ADHD), is when it's hard to sit still and pay attention. It means having lots of energy and sometimes finding it hard to focus on one thing at a time.

What does it mean?

Children with ADHD might:

- Have lots of energy and find it hard to stay seated.
- Get easily distracted and switch from one activity to another quickly.
- Sometimes forget instructions or miss details because they're thinking about many things at once.



How does it affect people?

People with ADHD might move around a lot, talk out of turn, or have trouble finishing tasks but they can also be very enthusiastic and full of great ideas! Their minds are full of creative thoughts and they can come up with exciting plans and games to play. When they like something, they really get into it and can bring a lot of excitement to activities.

Supporting someone with ADHD

- 1 Give them short breaks: This helps them use their energy and then come back to focus
- 2 Use clear and simple instructions: This makes it easier for them to understand and remember what they need to do
- 3 Be patient: Understand that they are trying their best

Remember, just because someone has ADHD doesn't change how much fun they can be or how awesome of a friend they are. They have so many strengths that we can learn from!

By understanding each other and supporting our friends with ADHD, we can all have a great time together and make our friendships even stronger. So, let's celebrate our unique abilities and enjoy all the amazing things each of us brings to our group. Together, we can learn, play, and grow in the best ways possible!