

Called to Holiness

Catechesis for People with
Attention Deficit/
Hyperactive Disorder

Which One?



Actually, it could be both!

Recognizing ADD/ADHD

- Signs of Inattention

- Misses details
- Careless mistakes
- Easily distracted
- Appears to not listen when spoken to
- Trouble staying organized, planning ahead and finishing projects
- Gets bored with a task before it is completed
- Frequently misplaces items

- Signs of Hyperactivity

- Constant fidgets or squirming
- Moves around constantly, often runs or climbs inappropriately
- Talks excessively
- Difficulty relaxing or playing quietly
- Always “on the go”
- ‘Quick temper’, or ‘short fuse’

Recognizing ADD/ADHD

- Signs of Impulsivity
 - Acts without thinking
 - Blurts out answers in class
 - Can't wait for his or her turn
 - Says the wrong thing at the wrong time
 - Often interrupts others
 - Intrudes on other people's conversations or games
 - Inability to keep strong emotions in check
 - Guesses, rather than taking time to solve the problem



Note the use of “frequent”
In ADD/ADHD, the behavior
occurs often,



creativity



flexibility

Gifts and Talents



enthusiasm & spontaneity



energy & drive

Some Things You Can Expect...

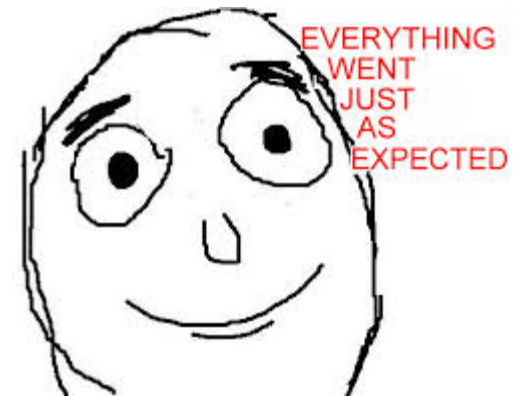
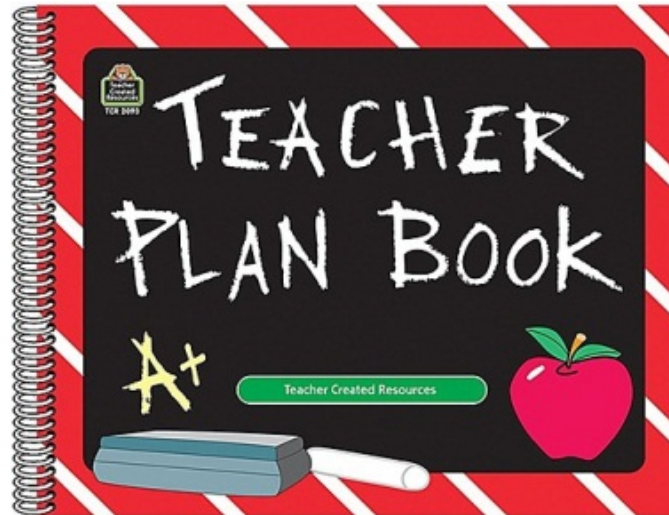
- Behaviors that demand your attention
- Trouble following instructions
- Often forget things
- Lack of fine motor control
- Trouble with ordered steps
- Difficulty with long-term, less supervised projects
- Difficulty in group work

Teaching Children with ADD/ADHD

Mostly takes PLANNING and a
WELL-STRUCTURED classroom

First They Need to Know...

1. Behavior expectations
2. The order of activities planned
3. What you want them to learn in a particular lesson
4. Needed materials
5. Any additional resources that might help them.



consistency & predictability

Teaching Strategies



questions



praise



non-verbal cues



audio-visual material



follow-up directions

Teaching Strategies



cooperative learning



Highlight key points



story-telling



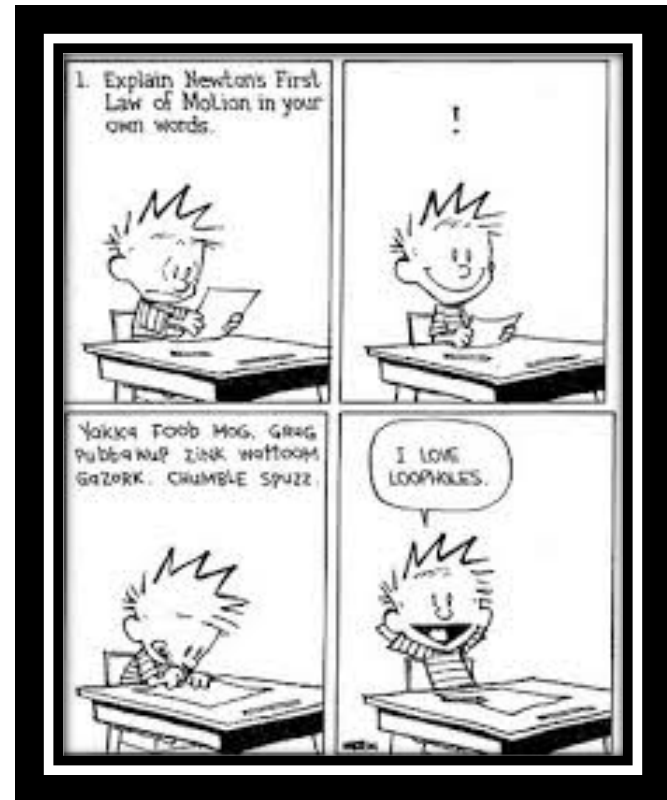
adapt worksheets/assignments



observation assessment

Assessment: some helpful tips

- allow extra time
- verbal assessment can help some
- adapt: e.g. present fewer questions at a time, fold a worksheet
- provide a quiet, more isolated place



What Helps?



audio-visual equipment



quiet environment



mnemonic devices



manipulatives



a "fidget" for circle time



audio books



dramatic play & movement activities

What Helps?



visual aids



partner reading

Good for Any Student!

- Use their natural energy, spontaneity, creativity and flexibility.
- Keep it structured, but varied and busy.
- Model and practice the skills they need to learn well.

