

# What are attention deficit disorder (ADD) and attention deficit hyperactivity disorder (ADHD)?

They describe a group of behaviour symptoms that manifest themselves in inattentiveness, impulsivity and hyperactivity.

Visit [www.adhdfoundation.org.uk](http://www.adhdfoundation.org.uk) for more information.

## Key difficulties faced by pupils with attention difficulties

### Inattentiveness

- Having a short attention span and being easily distracted
- Making careless mistakes e.g. In schoolwork
- Appearing forgetful or losing things
- Being unable to stick at tasks that are tedious or time-consuming
- Appearing to be unable to listen to or carry out instructions
- Constantly changing activity or task
- Having difficulty organising tasks

### Hyperactivity and impulsiveness

- Being unable to sit still, especially in calm or quiet surroundings
- Constantly fidgeting
- Being unable to concentrate on tasks
- Excessive physical movement
- Excessive talking
- Being unable to wait their turn
- Acting without thinking
- Interrupting conversations
- Little or no sense of danger

## Strategies to support pupils with attention difficulties

- ✓ Careful thought to strategic seating in class and/or away from possible distractions e.g. windows, notice-boards, bookshelves.
- ✓ Vary the pace of tasks and activities where at all possible, and include some active as well as in-seat tasks.
- ✓ Ensure that pupils are given clear, concise instructions and check notes/prep is written down and is clear to read.
- ✓ Use prompt sheets and step by step instructions.
- ✓ Some pupils find it helpful to use a fiddle toy or just fiddle with an agreed object. Obviously, if a child is focusing more on the object than on the lesson, then it may not be beneficial!  
For some of our learners, using a fiddle toy makes a significant difference.
- ✓ Some pupils will need a short break between tasks. When appropriate, please be mindful of this and build them in when at all possible. Rest breaks are a recognised access arrangement.
- ✓ Praise completion of tasks immediately if appropriate.

- ✓ Pupils may appreciate visual cues and exercises as well as the use of technology to break up lessons.

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