

Symptoms of Hyperactive or Impulsive ADHD

- Fidgeting or squirming, trouble staying in one place or waiting his turn
- Excessive running and climbing
- Trouble playing quietly
- Extreme impatience
- Always seems to be “on the go” or “driven by a motor”
- Excessive talking or interrupting, blurting out answers



Symptoms of Inattentive ADHD

- Makes careless mistakes
- Is easily distracted
- Has difficulty following instructions
- Doesn't seem to be listening when spoken to directly
- Has trouble organizing
- Avoids or dislikes sustained effort
- Is forgetful, always losing thing

Advantages of ADHD

- **Compassion:** People with ADHD are often good at connecting with others and empathizing, because they are used to being different and have experienced both compassion and intolerance from others.
- **Creativity:** The connection between creativity and ADHD is very strong. While studies are still being conducted to understand the link completely, it has been suggested that sporadic thought patterns lead to connections that might not have been made otherwise. It has also been suggested that perhaps ADHD is a symptom of creativity, not the other way around.
- **Drive:** With ADHD, completing a task the individual is bored with can seem like pulling teeth, but if they are interested in what they are doing, they can have an incredible drive to do their best and get it done
- **Problem Solving Ability:** ADHD can help us make connection between different concepts with more ease than most. Many inventors show symptoms of ADHD.
- **Hyper-Focus:** While some individuals with ADHD may have a hard time focusing at all, other are hyper-focused on the task at hand and have a hard time letting it go until it's complete. This helps the individual to stay controlled and directed to accomplish long-term goals.
- **Sense of Humor:** ADHD is common among comedians. ADHDers tend to be creative, and have a knack for understanding others and making connections - all important to well developed sense of humor.
- **Resiliency:** Despite the challenges of ADHD, people with the condition are notoriously resilient and adaptable.
- **Intuition:** It may be because of their insight into human nature or their ability to notice patterns and make connections, but whatever the reason, ADHD seems to fine-tune the individual's intuition.
- **Idea Generating:** Though people with ADHD prefer to avoid minutia, they excel in big picture thinking and have a skill for coming up with ideas quickly.
- **Unique Perspective.** People with ADHD are good at remaining objective and have a gift for seeing things from multiple perspectives.



EDUCATE. EXCITE. EMPOWER.

Modifications for



:

Strategies for Managing Symptoms

Eliminating distractions

- Seating Scout away from doors, windows and colorful displays
- Alternating seated activities with physical activities
- Displaying important information where Scout can easily see it
- Dividing complex tasks into manageable subtasks

Preventing chattering and interrupting

- Using a timer to set limits when Scouts are taking turns in a group
- Regularly reminding Scout about the rules for interrupting and encouraging the Scout to put a hand up to contribute to discussions
- Teaching Scout to stop and think before raising a hand in class or blurting out
- Using a reward system so that Scouts can earn privileges for behaving well

Reducing impulsivity

- Making simple, clear rules and displaying them in the meeting place
- Creating a written schedule of activities for the meeting/weekend to help Scout feel more in control or know where to look if they forget what's next without interrupting an older Scout or adult who might be busy
- Recognizing good behavior and using specific praises

Fighting fidgeting

- Incorporating physical movement into lessons so that Scout can burn off excess energy in an appropriate way
- Providing Scout with a stress ball or fidget spinner so that the Scout can satisfy their urge to fidget without interrupting or distracting peers

Developing Good Habits for Following Directions

- Keeping instructions brief and clear
- Breaking down complex tasks into manageable subtasks
- Providing cues and prompts whenever Scouts forget the steps in the sequence (Guide part of EDGE)

Accommodations to help Scouts with ADHD

Meeting Learning

- Have Scout sit near instructor, away from doors and windows
- Provide foot rests, seat cushions or resistance bands on chair legs to help satisfy need to move and improve focus
- Increase space between Scouts
- Move nearer Scout when making an important point

For Assessment of Skills/ Boards of Review

- Provide papers with fewer questions or activities
- Allow any written input to be done on computer with word processor
- Check in frequently on one or two points rather than one longer assessment
- Accept work done, don't penalize for late or incomplete work
- Give extra time or a quieter place for check-in (remember 2 deep)
- Break long tasks into smaller chunks
- Don't penalize for neatness
- Allow verbal or fill in the blank answers

For Organization

- Use notebook specifically for Scouts
- Color-code materials
- Provide written schedule
- Provide folders/baskets of supplies to keep meeting area organized

For Small Group Learning

- Give directions verbally and in writing
- Use pictures/graphs
- Have buddy take notes
- Check to make sure Scout understands
- Keep instructions simple and clear
- Provide outline of information, Scout fills in more details
- Create signal to get Scout's attention (known to instructor and Scout)



For Behavior

- Praise good behavior, ignore other behavior as long as it isn't disruptive
- Talk about unwanted behaviors aside from group
- Monitor Scout's frustration by checking in to understand the Scout's mood

