


Disability Awareness:

ADHD

2nd Grade Lesson

Objectives:

- 1 Understand Disability
- 2 Understand ADHD
- 3 Appreciate How Brains with ADHD Work
- 4 Understand how to help friends with ADHD
- 5 Connect Learning to Experience



What is a Disability?

Brains work differently!



Everyone has different...



- 01 Strengths
- 02 Likes/dislikes
- 03 Opinions
- 04 Emotions
- 05 Needs
- 06 What else?

ADHD

Attention Deficit Hyperactivity Disorder



What is ADHD?



Brains with ADHD



- Brains with ADHD have trouble paying attention, sitting still, or controlling their actions.
- Brains with ADHD might find it hard to focus on schoolwork or listen when someone is talking to them.
- Brains with ADHD might also feel like they always have a lot of energy and want to move around a lot.



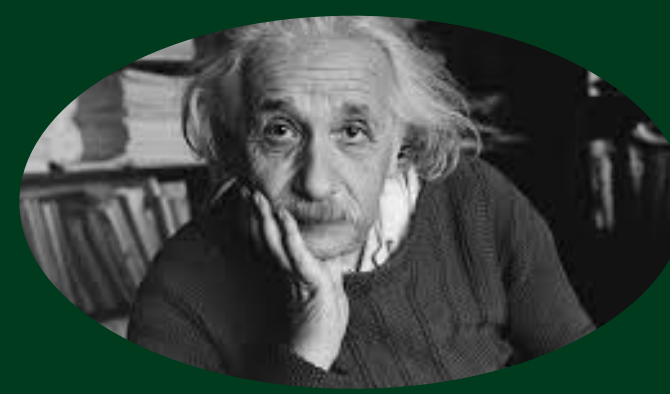
Who Has ADHD?



Michael Phelps



Walt Disney



Albert Einstein



Simone Biles



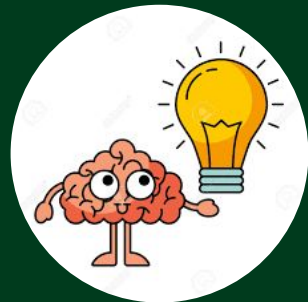
What does ADHD look like?



ADHD Brains have Pros/Cons



ADHD Brains helps people be



Creative



Curious



Helpful



Brave



Sensitive



What else?

ADHD Brains struggle with



Focus



Listening



Slowing Down



Regulation



Organization



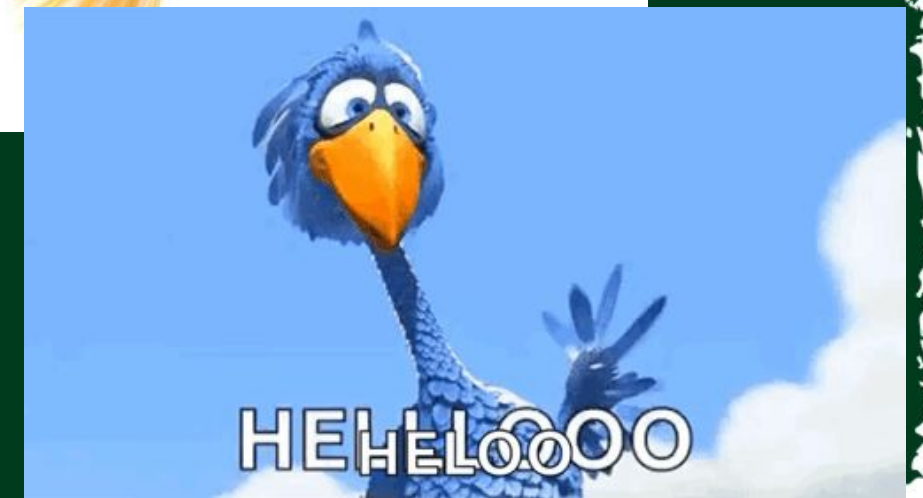
Memory




ADHD
Simulation



Goldfish





Discussion

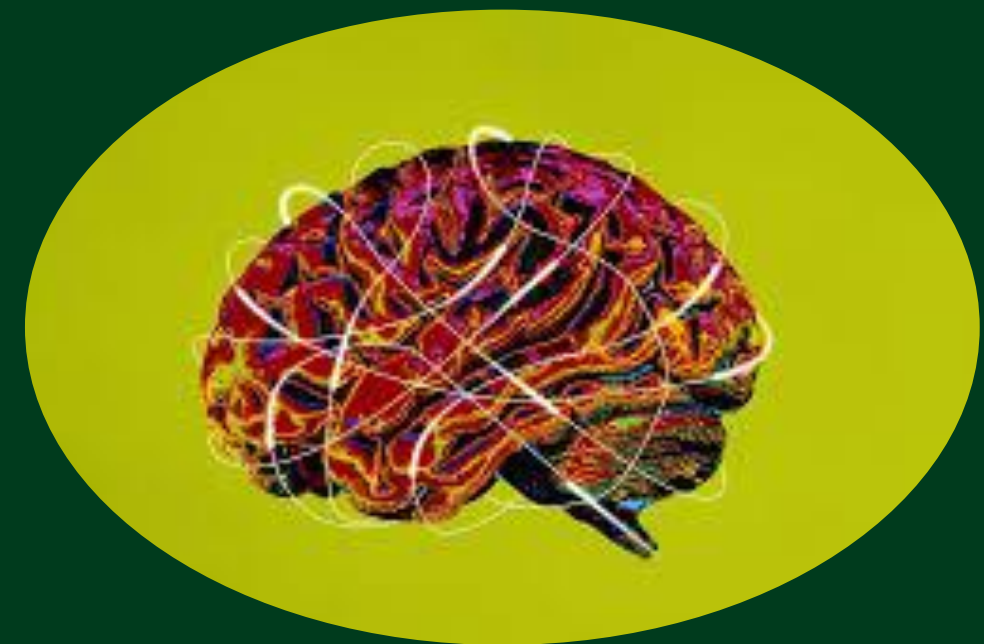
How can we help ADHD Brains?



Be Patient



Help with Organization



Slow Down

A hand-drawn title 'Extra Activity' is centered on a chalkboard. The text is written in a thick, yellow, textured font. The chalkboard has a white border and is decorated with blue lines in the top left, a pink scribble in the top right, and a green scribble at the bottom.

Extra Activity