

## The Joys of ADHD in the Classroom

### Some Powers of ADHD

- Hyperfocus: Students with ADHD become hyper focused on things that interest them, including projects and hobbies.
- Resilience: ADHD students can recover quickly from difficulties.
- Creativity: ADHD students have greater creativity, which can lead to outside-the-box thinking that is needed for discovery and innovation.
- Spontaneity: People with ADHD excel at enjoying the unplanned moments and adventures that keep life interesting
- High energy: People with ADHD excel at sports and other physical activities.

All the above adjectives are frequently used to describe people with ADHD. They are also adjectives that can be used to help a student become very successful.

### Our Favorite Reasons to Enjoy ADHD Students:

- Once we get them focused, they progress rapidly.
- Once we realize the student is ADHD, the teaching approach completely changes to accommodate them.
- They bring a contagious energy to the classroom.
- They tend to be very entertaining, keeping the classroom from being too stale.
- They tend to have above average intelligence and keep us on our toes with their quick wit.
- They are very appreciative to be taught a way they can work and be successful.
- There is never a dull moment in a class with students with ADHD.
- They almost never fall asleep in class.
- Once they understand something, they enjoy helping explain it to others.

## **Helpful Websites/Articles:**

The following is a list of websites that we have found helpful regarding positivity and ADHD:

- [Positives of ADHD: 12 Amazing Superpowers \(additudemag.com\)](http://additudemag.com)
- [Are There Benefits to Childhood ADHD? \(webmd.com\)](http://webmd.com)
- [10 Benefits of ADHD: Strengths and Superpowers \(verywellhealth.com\)](http://verywellhealth.com)
- [Original research: Silver linings of ADHD: a thematic analysis of adults' positive experiences with living with ADHD - PMC \(nih.gov\)](http://nih.gov)
- [6 Strengths and Benefits of ADHD - CHC Resource Library | CHC | Services for Mental Health and Learning Differences for Young Children, Teens and Young Adults | Palo Alto, San Jose, Ravenswood \(chconline.org\)](http://chconline.org)

### **Presenters:**

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### **ADHD Blues**

Often, as in every day,  
as I try to move along,  
my mind will take off  
and start a brand new song.

In the middle of work  
or talking to someone,  
images and words  
just seem to come.

Even when reading  
something out loud,  
I'm usually thinking  
of something profound.  
or not

It's like the channel button  
on the TV remote  
is held down for awhile.  
Oh look, a goat.

My train of thought  
just doesn't stop.  
No rails for it's guidance,  
it spins like a top

Ideas come flashing  
in rapid-fire bursts.  
I really like  
good liverwurst.

I can forget that  
I'm tying my shoes.  
I got it bad.,  
the ADHD Blues.