

Core characteristics of ADHD

- Inattention (e.g., forgetfulness, distractibility)
- Hyperactivity (e.g., fidgeting, talking excessively)
- Impulsivity (e.g., blurting out answers, interrupting)

In the classroom

- ADHD is not a lack of discipline. It's a brain-based difference in regulation.
- Students with ADHD often excel in creativity, enthusiasm, and verbal fluency.
- Allow students time to respond when communicating to not rush their answers.
- ADHD is more noticeable in boys as often girls mask their symptoms.

Teaching tips

- Use short instructions with visuals: "Step 1. Step 2. Step 3."
- Provide positive reinforcement before correcting
- Allow for movement breaks: "After this task, do a stretch or take 10 steps."

Example

Yusuf, a Year 8 student, forgets his salah book every day. Instead of punitive action, the teacher stores an extra copy at school and helps him create a checklist for his locker.

Islamic reminder for staff

"The strong one is not the one who overcomes others by strength, but the one who controls himself while in anger." (Bukhari & Muslim). Patience with impulsive behaviour is a mark of spiritual maturity.