

ADHD Puppet Program



What to expect: Puppets Brenda and Anna are working on a project in the library. Anna becomes very distracted by other students and a soccer game outside. Anna is having a hard time focusing on the project and says it is because she has ADHD. Brenda thinks maybe she simply isn't trying hard enough. Anna explains what it is like for her to have ADHD and takes questions from the audience.

Key Program Points:

- There are different types of ADHD: Inattentive, Hyperactive/Impulsive, and Combined. Anna has the Combined type.
- ADHD is “Neurobiological”! It has to do with your brain and your nervous system.
- ADHD is not contagious, and Anna doesn't have it because she is lazy, or bad, or because her parents are bad. Anna was born with it.
- Because of her Combined ADHD, Anna moves her body a lot, gets distracted easily, and has trouble with impulse control. Sometimes this gets her into trouble and she can feel discouraged.
- Anna pays attention to everything; she has a hard time tuning things out.
- People of any gender and age can have ADHD.
- You need a team of people to help figure out if you have ADHD—you can't figure it out alone. There are many steps to finding out. Qualified adults do an assessment at home, at school and at the doctor's office over many months.
- Some people take medicine for ADHD; some do not.
- Anna uses many methods or strategies to treat her ADHD. Here are a few examples:
 - Focus on the positive and what has been accomplished!
 - Take movement breaks
 - Know where to sit in classroom for fewer distractions
 - Peer tutoring
- 5% of people have ADHD; You probably know someone with ADHD!
- Anna will always have it, and will still be able to do anything she wants to. Like everyone else, she will need to practice and try her best to learn new things.

Resources:

http://www.vermontfamilynetwork.org/wp-content/uploads/2013/07/ADHD_2013_online.pdf

<http://www.chadd.org/>

<https://www.understood.org/en>

https://www.youtube.com/channel/UC-nPM1_kSzF91ZGkcgY_95Q/featured

<http://www.includevt.org/>



For more information about our programs
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VermontFamilyNetwork.org or
PuppetsInEducation.org or call
(800) 800-4005

