



# ADHD Puppet Program

Maximum Number of Students: 50-70  
Program Length: 30 minutes

## Program Synopsis

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 Brenda thinks that maybe she just isn't trying hard enough. Anna explains that she has ADHD and then shares what it is like for her to have ADHD and takes questions from the audience.

## Key Program Points:

- There are 3 types of ADHD: Inattentive, Hyperactive/Impulsive, and Combined. Anna has the Combined type. It is estimated that 5% of people have ADHD.
- ADHD is neurobiological, meaning it affects the brain and nervous system. It's genetic, which means it isn't contagious. Anna was born with it.
- Because of her Combined ADHD, Anna moves her body a lot, gets distracted, and has trouble with impulse control. Anna pays attention to *everything* and has trouble tuning things out.
- You need a team of qualified people to determine if you have ADHD. Assessments are done at home, school, and the doctor's office, and can take months.
- Some people take medicine for ADHD, but others use different strategies, like focusing on the positive, taking movement breaks, learning how to minimize distractions, and tutoring.
- Anna will always have it and will still be able to do anything she wants to. Like everyone else, she practices and tries her best to learn new things. She isn't lazy or bad, and her parents haven't done anything wrong.

## Resources

[ADDitude](#): Inside the ADHD Mind

Children and Adults with Attention-Deficit/Hyperactivity Disorder ([CHADD](#))

[Understood](#): Empowering people who learn and think differently

[How to ADHD](#): YouTube channel

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Have a good resource you'd like to share? Email Karen at: [karen.sharpwolf@vtfn.org](mailto:karen.sharpwolf@vtfn.org)