

# ADHD

# My Guide Book



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# Introduction

Learning differences such as ADHD, Dyslexia, and Dyscalculia are not limitations—they are unique ways of experiencing the world. Each comes with challenges, but also with extraordinary strengths. This document explores each condition in detail, beginning with their strengths, and provides strategies for support and empowerment.

## THE “FERRARI BRAIN”

Having ADHD is like having a Ferrari for a brain. We are not built to go slow, yet we are expected to drive at the same speed as everyone else.

## PUTTING YOURSELF IN OUR SHOES

Imagine you are a teacher standing in front of a class, trying to teach — but every child in the room is talking at the same time. What would you do? You would ask them to be quiet so that you can speak? You would struggle to focus on what you need to say. You would feel stuck, even though you want to share the information with them and teach them something valuable.

## Now let's reverse it.

Having ADHD is like everyone talking at the same time inside your brain during class. You hear the fan. You hear the car outside. You hear the child next to you breathing. You hear a pencil drop on the floor. You hear the teacher speaking. Everything is happening at once — at the speed of a Ferrari — and this is constant. This is why we struggle to stay on task, follow instructions, and remain focused in class. There are simply too many distractions competing for attention.

But the good news is this: we are creative thinkers. Give us a topic that truly interests us, and our ideas will explode with creativity. With understanding and the right support, we can thrive in classrooms. We can thrive when our challenges are understood — not punished.



## 2. ADHD – Unlocking Strengths and Understanding Challenges

### Strengths

- Creativity and innovative thinking
- High energy and enthusiasm
- Ability to hyperfocus on topics of interest
- Strong problem-solving skills in dynamic situations
- Resilience and adaptability

### What ADHD Is:

ADHD is a neurodevelopmental condition that affects attention, impulse control, and activity levels. It is not a measure of intelligence but rather a difference in how the brain regulates focus and behaviour. ADHD affects executive functioning skills and has a lack of dopamine in the brain. This affects daily functioning that can be overcome by implementing strategies.

### Different Types of ADHD:

- **Inattentive type**

(They are quiet, do not move much, they are the dreamers and have “hyperactivity” inside their thoughts)

- **Hyperactive-impulsive type**

(They cannot physically sit still. Their bodies need to move, they need to fiddle and everything must happen in fast pace for them).

- **Combined type**

(A combination of the two types above)

### Common Challenges

· Trouble with sustained attention

(Long hours in class can be very draining for them. At the end of the day they have complete exhaustion after school and then they lash out and “fight” with everyone around them. They tried to hard during school to sit still and to focus and bottled everything up. When a child comes home after school and they lash out, give them time to settle and to calm down)



## •Forgetfulness and disorganization

(Executive functioning skills is part of organization. This is why they are disorganized. We need structure, a routine to develop a skill that we will remember and to stick to that works for us. ADHD also affects working memory and to have specific places to put things, is so important so that we **remember where to find things again**).

## •Impulsivity in decision-making

(We can be impulsive, especially the hyperactive type. They will act or say things before even thinking about it. Sometimes we can come forth as rude, but we don't mean it like that. We only realize after that it sounded insensitive).

## •Difficulty managing time and deadlines

(This is why it is so important to provide us with a printed assessment schedule. It will also help if the dates are already on a calendar.)

## Causes

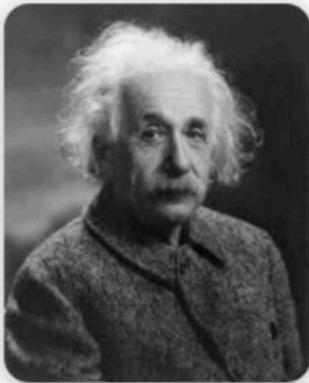
- Genetic factors (You are born with ADHD)
- Brain structure and neurotransmitter differences
- Environmental influences

## Support Strategies

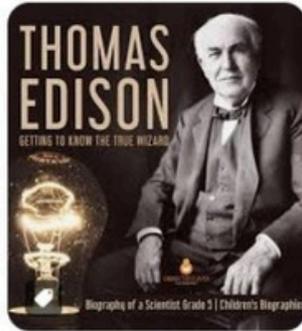
- Structured routines Breaking tasks into
- smaller steps Timers, planners, reminders
- Physical activity to channel energy (Allow
- to fiddle with something. Keep their hands
- and feet busy) Strengths-based approaches



# Many famous people diagnosed with or are thought to have ADHD!



**Albert Einstein**  
Famous for his work  
in physics!



**Thomas Edison**  
Inventor of a light bulb



**Leonardo Da Vinci**  
He is famous as a painter and  
scientist! He painted  
"The Mona Lisa"



**Bill Gates**  
The founder of Microsoft  
He was formally diagnosed.



**Richard Branson**  
Founder of the Virgin Brand.  
He spoke out of his ADHD and  
Dyslexia.



**Walt Disney**  
The founder of Disneyland.





What is?

# Learning Disabilities



**"Learning disabilities are not limits—they're just different ways of learning! With the right support, kids with Dyslexia, ADHD, or Dyscalculia can shine in their own unique ways. Let's celebrate every child's strengths and create an inclusive world where everyone can succeed! 🌟"**

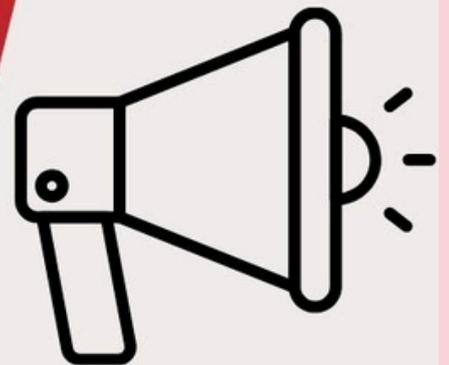
**#LearningDisabilities  
#Inclusion #EmpowerKids"**

*Follow me*





***BREAKING***  
***NEWS***



**THERE IS HOPE FOR children  
with learning disabilities!  
We can do everything the same,  
we just need accomodations and  
support to overcome the  
barriers!**

**#inclusive education**



### **I Found My Way**

**I used to fear the words I'd read,  
The numbers danced, my mind would plead.  
The tests, the stares, the whispered doubt,  
Would make me want to sit it out.**

**But then I learned—I found a way,  
To turn my fear to strength each day.  
With tricks and tools, I trained my mind,  
New paths to help me stay aligned.**

**I trace the words, I speak them loud,  
I break them down, I make me proud.  
The numbers still don't play my game,  
But I've learned patterns just the same.**

**I think in ways that you might not,  
Yet still, I solve, I dream, I plot.  
It may take time, but I don't fall,  
I rise, I fight—I give my all.**

**So if you struggle, hear me now,  
You'll find your way, I'll show you how.  
With patience, courage, steady pace,  
You too will find your rightful place.**

**I may be different, that is true,  
But I have fears—just like you.  
And just like you, I've learned to be,  
Unstoppable, strong, and proud of me.**

