



Pre-Performance Classroom Activity

AD/HD Fact Sheet

1. Distribute copies of Little Hood's AD/HD fact sheet and discuss it with your students.
2. Some helpful information to support your classroom discussion:
 - o In 1998, 3.5 million children ages 3 to 17 years old (6 percent) had some form of AD/HD. On the average, at least one child in every classroom in the United States needs help for the disorder.
 - o Although most of us at some time or another experience the symptoms of AD/HD, like feeling distracted or fidgety, someone diagnosed with AD/HD experiences the symptoms:
 - Over a period of time (months or years)
 - Frequently (most or all of the time)
 - With intensity (so that it affects their day to day living)

Medication can be helpful for people with AD/HD. However, many experts believe

- o that the most significant, long lasting improvement appears when medication is combined with behavioral therapy, emotional counseling, and practical support.
- o As children with AD/HD mature and grow, they can often – with the help of parents and professionals – learn to suppress their hyperactivity and to channel it into more socially acceptable behaviors like physical exercise or low-key fidgeting.
- o All people with AD/HD have natural talents and abilities they can draw on to create great lives and careers for themselves. In fact, many people with AD/HD even feel that their patterns of behavior give them unique, often unrecognized, advantages. People with AD/HD tend to be outgoing and ready for action. Because of their drive for excitement and stimulation, many become successful in business, sports, construction, and public speaking. Many choose work that gives them the freedom to move around and release excess energy. Because of their ability to think about many things at once, many have won acclaim as artists and inventors.



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