

2023 NCMEA Professional Development Conference

REACHING & TEACHING STUDENTS WITH **ADHD** IN THE ENSEMBLE SETTING

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The Big
Picture

Introduction

Thinking About (Dis)ability

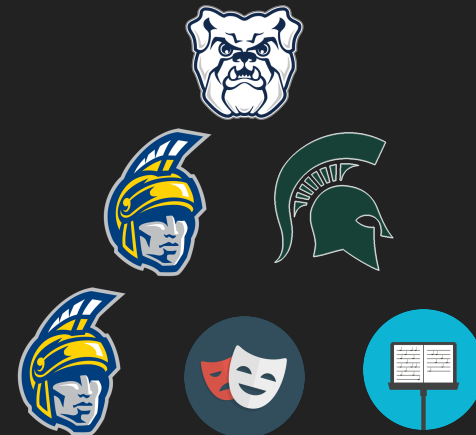
ADHD Overview

ADHD & the Brain

ADHD: Being Proactive

ADHD: The Specifics

INTRODUCTION. PRESENTER BACKGROUND



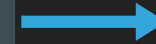


Why this presentation?
Why ME giving this presentation?

PERSON-FIRST

- ▶ Person with Autism
- ▶ Person with ADHD

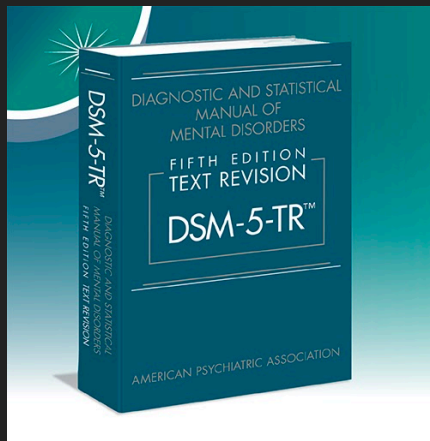
- ▶ High-functioning
- ▶ Low-functioning



IDENTITY-FIRST

- ▶ "Autistic" or Autistic person
- ▶ ADHDer or ADHD person

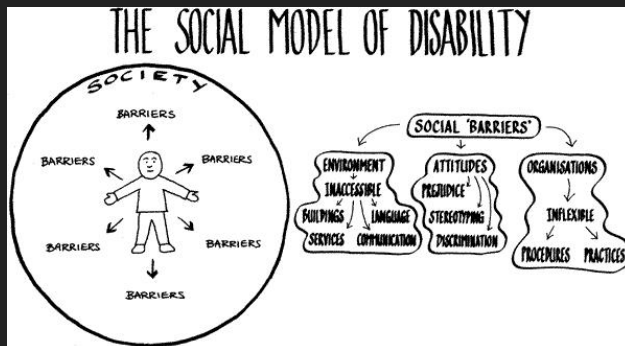
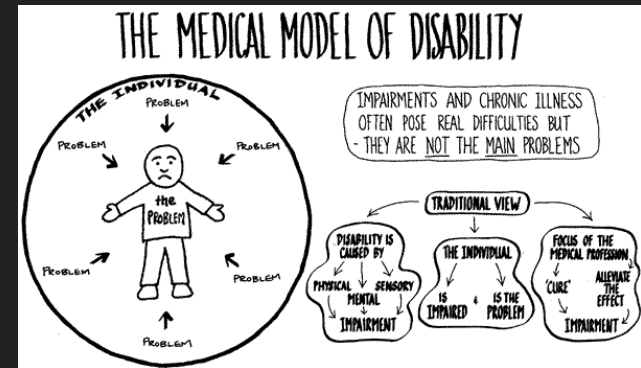
- ▶ Low support need
- ▶ High support need



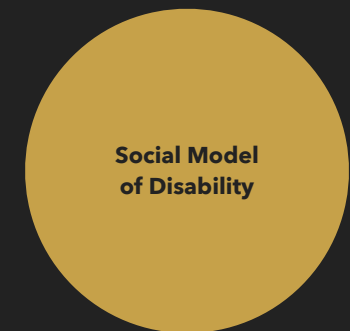
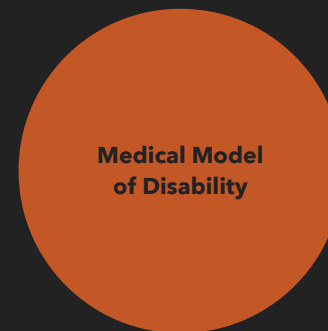
A **disability** is any condition of the body or mind (**impairment**) that makes it more difficult for the person with the condition to do certain activities (**activity limitation**) and interact with the world around them (**participation restrictions**).

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ADHD is recognized as a disability under IDEA & Section 504.

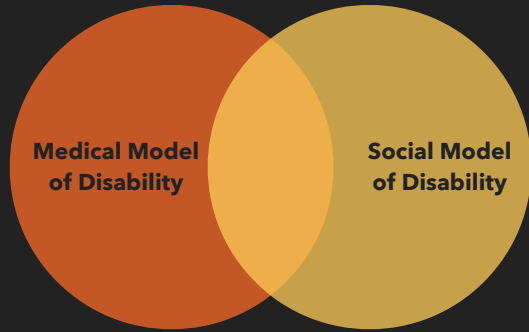


How does society view and think about (dis)ability, implicitly and explicitly?



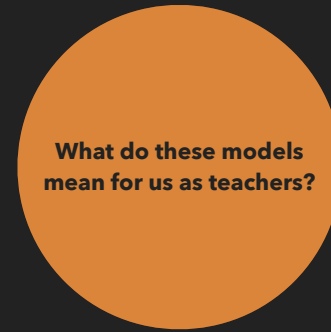
THINKING ABOUT (DIS)ABILITY

How does society view and think about (dis)ability, implicitly and explicitly?



THINKING ABOUT (DIS)ABILITY

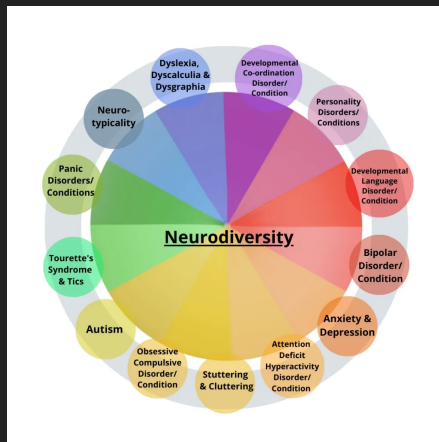
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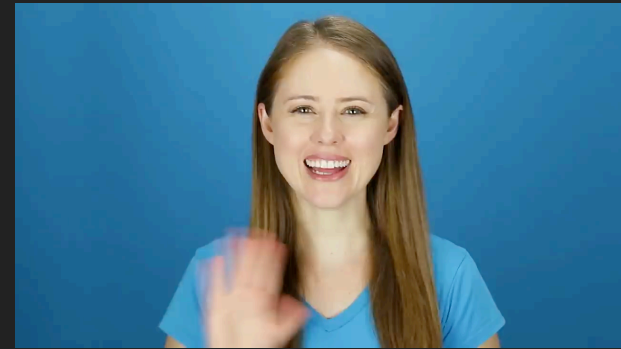
ADHD

Attention **D**eficit **H**yperactive **D**isorder

ADHD OVERVIEW



ADHD OVERVIEW



ADHD & THE BRAIN

Executive Function Skills

- **working memory and recall** (holding facts in mind while manipulating information; accessing facts stored in long-term memory)
- **activation, arousal, and effort** (getting started; **paying attention**; completing work)
- **emotion control** (tolerating frustration; **thinking before acting or speaking**)
- **internalizing language** (using **self-talk** to control one's behavior and direct future actions)
- **complex problem solving** (taking an issue apart, analyzing the pieces, reconstituting and organizing them into new ideas)

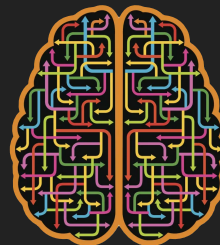
ADHD & THE BRAIN

3 Types of ADHD

Primarily Hyperactive

Primarily Inattentive

Combination



Primarily Hyperactive

Talkative

Impulsive Reactions

Fidgety

Restless

Noisy



Struggles to Wait Their Turn

Disruptive

Primarily Inattentive

Careless Mistakes

Poor Listening Skills

No Follow-Through

Disorganization



Short Attention Span

Forgetfulness

Combination

Careless Mistakes

Talkative

Impulsive Reactions

Poor Listening Skills

No Follow-Through

Restless

Noisy

Disruptive

Disorganization

Fidgety

Short Attention Span



Struggles to Wait Their Turn

Forgetfulness

So, uh...what do I do
in my ensemble classroom?!

Y'all, waiting for
the good stuff

ADHD: BEING PROACTIVE

**Teach Procedures
& Routines**

**Use Proximity
& Movement**

**Provide
Positive Attention**

**Create
Student-to-Student
Interactions**

ADHD: BEING PROACTIVE

**Teach Procedures
& Routines**

Common Triggers to Misbehaviors

Too noisy, crowded, hot, cold (SPD)
Lack of:
Structure
Organization
Predictability
Clear schedule

ADHD: BEING PROACTIVE

Common Triggers to Misbehaviors

Bored/understimulated
Restless/inactive for too long

**Use Proximity
& Movement**

ADHD: BEING PROACTIVE

**Provide
Positive Attention**

Rejection Sensitive Dysphoria
Alexithymia
Positive/Praise x 4

Think-Pair-Share
SEL (musical, non-musical)
Peer support tasks

**Create
Student-to-Student
Interactions**

Challenges for Students

Shifting attention between tasks
Time management

Teacher Strategies

Transition tasks
Cues for readiness between tasks
(involve movement when possible)
Timers
(consider visual timers like a radial timer)

Challenge for Students

Not interrupting/blurting

Teacher Strategies

Stick notes on music stands/music
Hand signals (ASL)
Pair & Share

Challenge for Students

Working Memory

Teacher Strategies

Daily schedule/agenda
Visual aids
Avoid multi-step instructions
Repeat expectations a minimum of two times

Generosity & Empathy

Ingenious Thinking

Big-Picture Thinking

ADHD

CAN BE A SUPERPOWER!

Spontaneity


Advocacy

Hyperfocus

Creativity

Conversational Skills

Questions? Clarifications? Thoughts?



SCAN ME

THANK YOU!

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