



St Luke's School



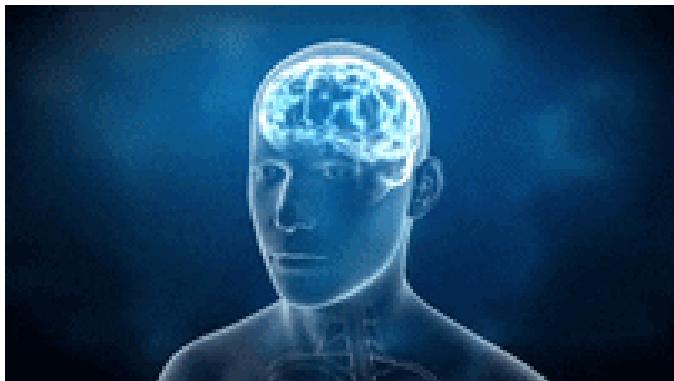
Friday 3rd May 2024

Neurodiversity



- **Definition:**

- N**
 - neuro – Relating to nerves or the nervous system
 - diversity – A range of different things



What Is Neurodiversity?

There are a number of neurological conditions that come under the umbrella term of 'neurodiverse' - you may have heard of the following ones:

Autism

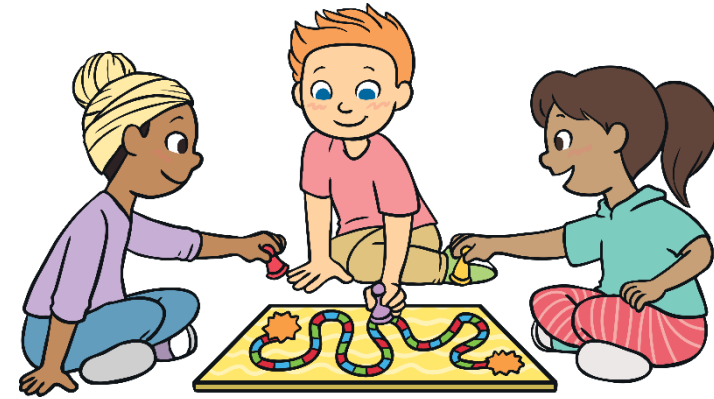
dyslexia

ADHD

dyspraxia

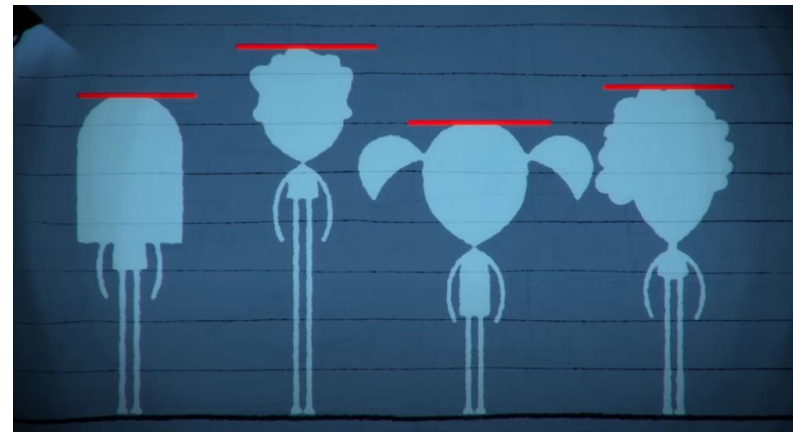
dyscalculia

dysgraphia



We are all different - and that is wonderful!

Some differences are easy to see...



Height



Hair
style



Eye
colour

Other differences can't be seen



Favourite Foods



Our fears

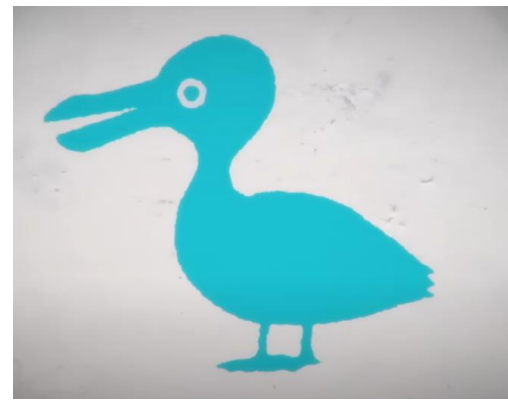
Special Skills



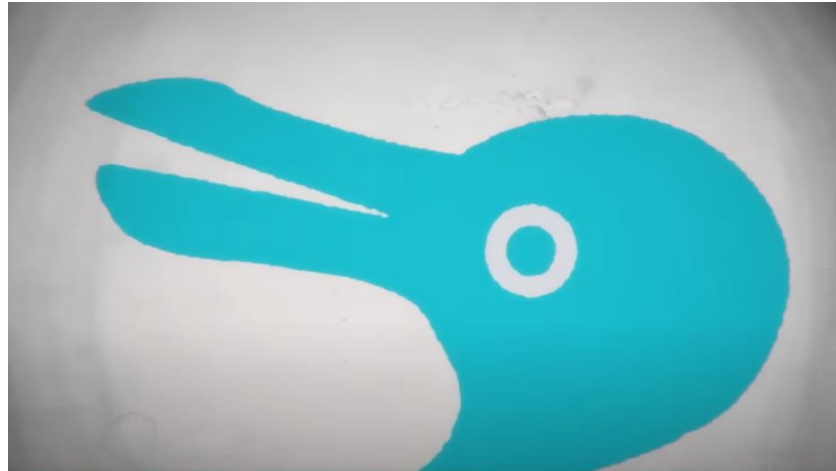
Interestingly the way **we** see the world is also different!

For instance...

What do you see in this drawing?



Some people see a duck.



Others might have seen a rabbit.



Whichever you saw - you are correct!



It is a trick picture that demonstrates that everyone's brain works differently.

ADHD



Did you know that anyone can have ADHD, even adults!

Attention

Deficit

Hyperactivity

Disorder



About 1 in 20 children have ADHD



Which is more than 1 in every class!



Someone in your family may even have it too.



If you have ADHD you might feel like you have a lot more energy than others,



find it hard to pay attention,

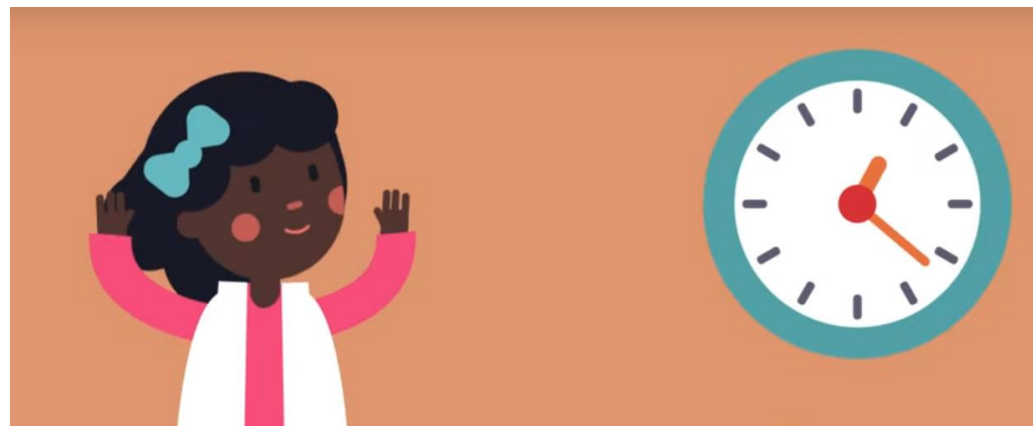


get distracted easily,



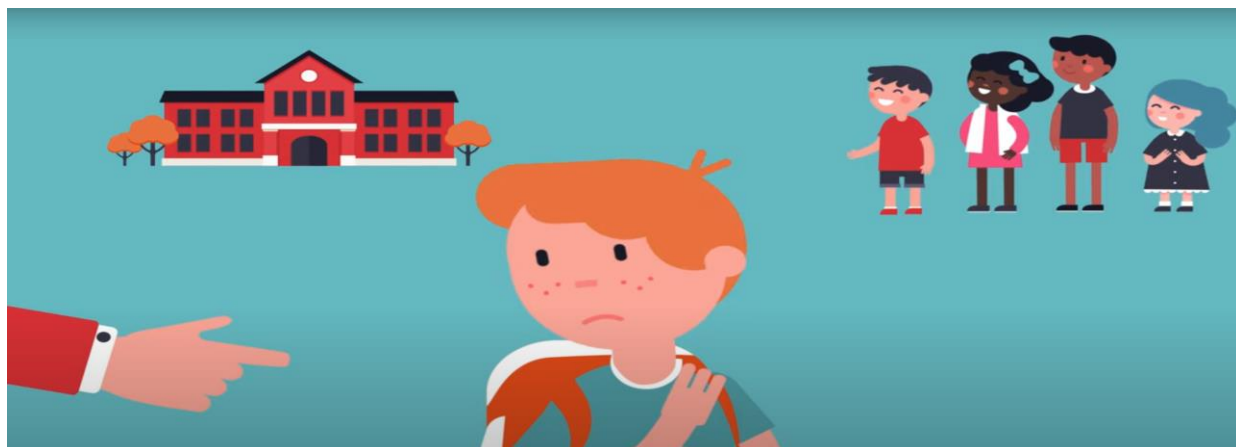
Find it hard to sit still, or not shout out or interrupt others.

Lots of people feel like this sometimes but for someone with ADHD it might feel like this most or all of the time.



This can get in the way of doing important things, like in school, with homework and friendships.

This can sometimes get them into trouble more than others.





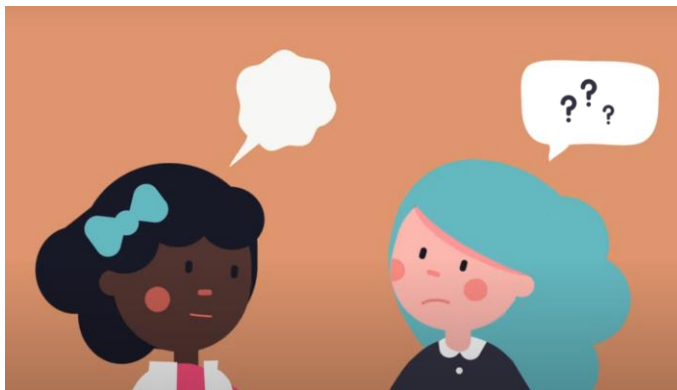
Not everyone with ADHD has the same difficulties.

ADHD can appear in different ways, at different times for different people.

That's why sometimes it is hard to tell who has it.



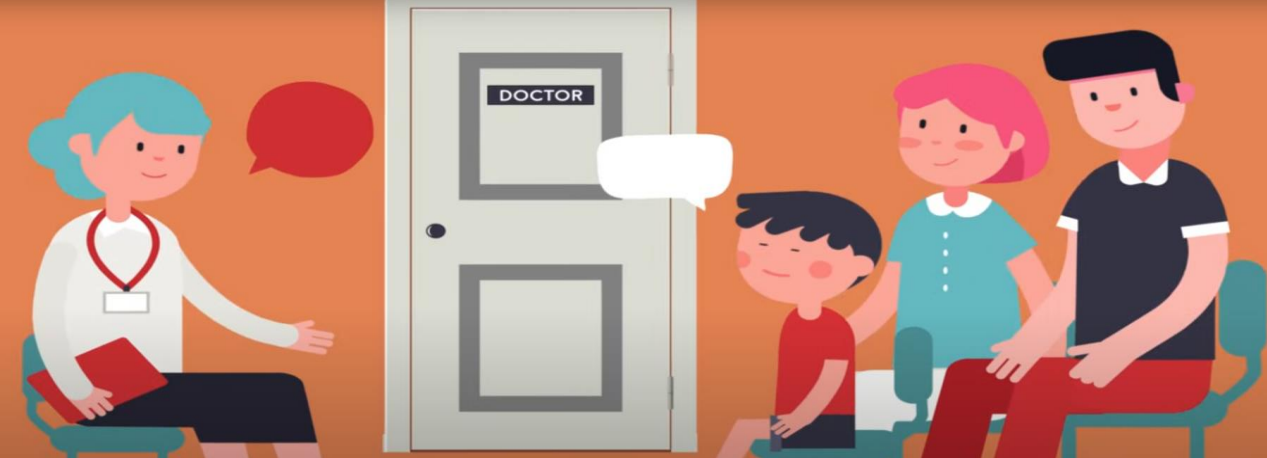
Some people may also have difficulties with reading, spelling or being clumsy.



Some may also have difficulties communicating with people



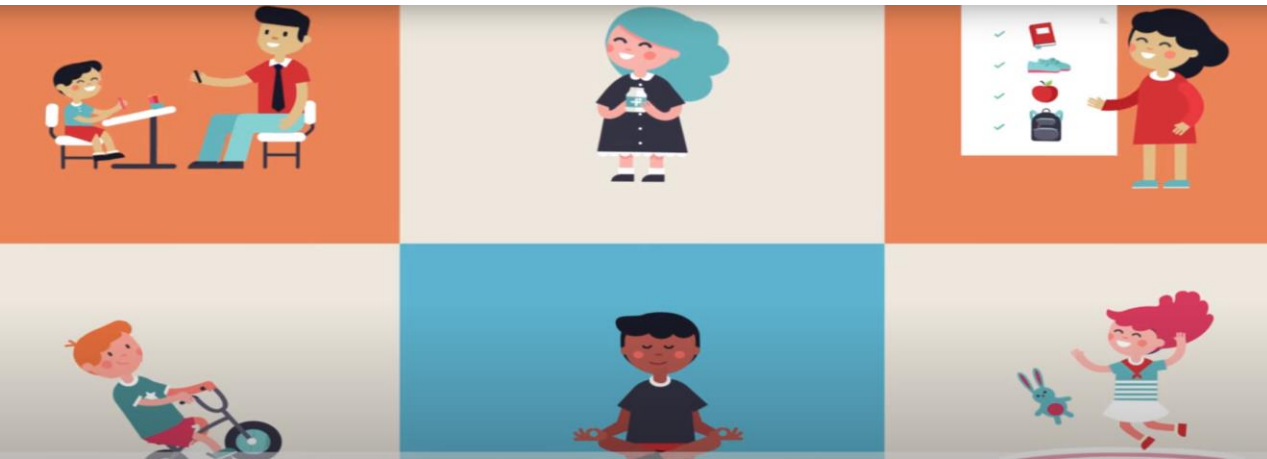
or have bigger emotions than others like feeling more worried, sad or angry.



A special doctor can tell if you have ADHD. They will speak to you, your family and your teachers to find out more about you and think very carefully before deciding if someone has ADHD or not.

Knowing that you have ADHD can help you and others understand you better. You might need help with things that you find hard and that's OK.

There are some things that you might be able to do to help yourself for example, taking breaks or having a chart of what you need to do can help some people.



Eating well, trying to get a good night's sleep and getting regular exercise is important too.

Some children with ADHD need medicine to help with their difficulties and some do not.

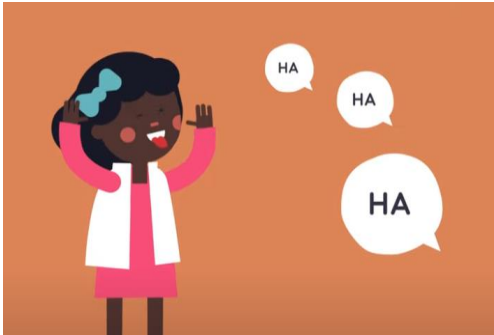
Not everything works for everyone all the time so it's best to find things that suit you and that you enjoy too.



ADHD can help you have
AMAZING ideas!

Although it can be hard sometimes, there are some
good things about ADHD.

It doesn't stop people from achieving their dreams
and being successful.



You can be one of the
funniest children in
school!



You can think of more
questions to ask than any
other person!

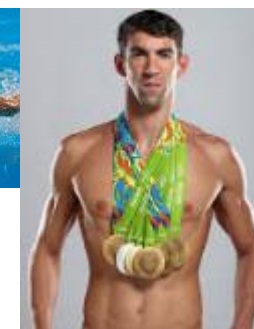
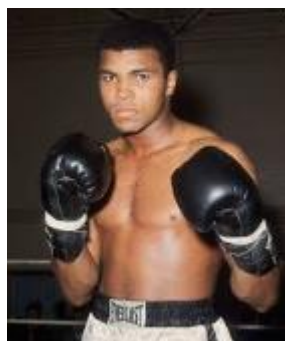


You can have lots more
energy than others!

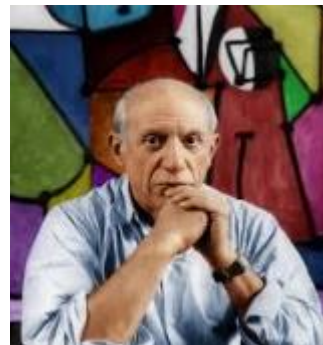
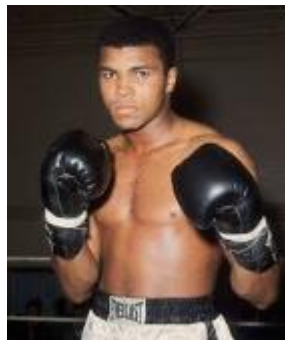


ADHD is just one part of who you are and it's OK to
have ADHD!

Famous people with ADHD



Famous people with ADHD





<https://www.youtube.com/watch?v=1t9UHQgtDfU>

Amazingly Different... Amazingly Wonderful

Everyone is different and unique.

These differences make us who we are.

No matter what our differences are,
we can work hard and achieve our dreams!

