

ADHD AWARENESS MONTH



Different minds.
Same maths potential.

Rethink Inclusion

Supporting Pupils with ADHD in the Maths Classroom

Every maths classroom includes pupils who learn, and think, differently. October is ADHD Awareness Month, a perfect time to pause and ask: are we doing everything we can to make maths work for these pupils?

ADHD (Attention-Deficit/Hyperactivity Disorder) is not a behaviour problem or a lack of effort. It's a neurodevelopmental difference that can affect focus, working memory and organisation. Yes, ADHD can bring challenges but it also brings strengths such as curiosity, creativity and big-picture thinking.

How does ADHD affect maths learning?

Maths often relies on remembering steps, sticking with practice and switching between different types of problems. All of which can be more demanding for pupils with ADHD.

A few small changes in lesson design and classroom routines can reduce these barriers and help every pupil engage...





3 myths we can rethink

✗ Myth: "Pupils with ADHD just need more discipline."

✓ Fact: They benefit most from predictable routines and supportive strategies, not stricter rules.

✗ Myth: "They can't focus long enough for maths."

✓ Fact: Many pupils with ADHD can hyper-focus on meaningful, engaging tasks.

✗ Myth: "They'll never be accurate in maths."

✓ Fact: With visual supports, clear steps and flexible timing, pupils with ADHD can work as accurately as their peers.



Quick wins for teachers

- Break multi-step problems into clear stages and keep key information visible.
- Offer short bursts of varied practice rather than long periods of practice.
- Build predictable routines so pupils know what to expect.
- Use visuals and worked examples to reduce working-memory load.

These tweaks don't just help pupils with ADHD, they make maths more accessible for all pupils.

Inclusion is at the heart of great maths teaching. This month, we're sharing FREE resources to help you rethink maths for every pupil. Explore our page and download an assembly pack, a CPD pack for staff and classroom resources designed with ADHD pupils in mind.