

ADHD AWARENESS MONTH



Different minds.
Same maths potential.

Myth

Children with
ADHD just need
more discipline

FACT

ADHD isn't about bad behaviour.
Children with ADHD thrive when we
provide clear routines, structure
and practical support.



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ADHD means pupils
can't concentrate

FACT

Attention in ADHD is often
interest-based. A pupil may
struggle in one task yet hyper-
focus in another.



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Pupils with ADHD
avoid practice because
they're lazy.

FACT

Sustained attention can be genuinely difficult. Short, varied practice tasks and movement breaks help pupils persist and learn effectively.

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Pupils with ADHD just need to “try harder” to remember all the steps in a calculation.

FACT

ADHD often involves working-memory challenges. Providing visual supports, breaking problems into steps or keeping key information visible reduces the load and lets pupils show their real understanding.

