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Altri autori (Persone)	EdwardsJason HorstmannKate
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Nota di contenuto	FRONT COVER; Helping Kids and Teens with ADHD in School A Workbook for Classroom Support and Managing Transitions; Contents; CHAPTER 1 Welcome: An Introduction for Adults; The Big Issues; Turning Labels into Understanding; Find Your Inner ADHD; My To Do List; Five Things Everyone Needs to Know About Helping Young People with ADHD; Effective Communication; Reflections; CHAPTER 2 Getting Started; ADHD: Fact and Fiction; We Are All Unique; What the Others Say; Transition: A Trip Down Memory Lane; Transition: All Change!; You Are Not Alone!; Be the Expert; Transition: Private Investigator Getting StartedADHD: Fact and Fiction Answer Sheet; Understanding ADHD; Transition to High School; Handover Summary Sheet For Transition; CHAPTER 3 Feeling Great! Self-Esteem; I Am...; I Am Cool!/I Love Me!/I Rock!; All About Me; Three Wishes; Be Your Hero; Compliments: The Family Challenge; The Family Challenge: How Did We Go?; Positive Self-Talk; I Can Do It! I've Already Done It; What Could I Do If...?; Feeling Great!; Feeling Great!; CHAPTER 4 Don't Miss A Thing! Attention and Concentration; Concentration: Good Times and Tough Times; The Impact Factor; My Distractions

Concentration Tricks; Survey Tuning Back In: The Secret Code; Make a Fidget; Movement Breaks; Checklist Challenge; Exercise Planner; What Could I Do If...?; Don't Miss A Thing!; Don't Miss A Thing! Take Control of Your Surroundings; Figuring Out Fidgets; Don't Miss A Thing! Sensory Strategies; Don't Miss A Thing! Creating a Good 'Fit'; CHAPTER 5 Keeping Cool and Calm!; Stress Volcano; When I Get Stressed I...; Triggers of Stress; What Helps to Calm Me Down?; Relaxation; Tense and Relax Exercise; Relax on Chill-Out Beach; Stress Busters; Create a Chill-Out Space; Plan for Creating a Chill-Out Space Report Card For Chill-Out Space Doing Things Differently; What Could I Do If...?; Keeping Cool and Calm!; Keeping Cool and Calm!; Challenging Behaviours; CHAPTER 6 Getting Sorted: Organization; What is Organization?; Organization Of The Rich and Famous!; Organization Survey; What About Me?; What If...?; Bag Packing Challenge: Preparation; Bag Packing Challenge: Examples If Needed; Bag Packing Challenge: Action; Card Sorting Speed Trials; What Could I Do If...?; Getting Sorted; 'What is Organization?' Answer Sheet; Organization and Getting Sorted; Memory Tips; Getting Sorted: The Big Picture Getting Sorted: Some Specifics CHAPTER 7 Friends and Mates; You and Your Friends; Ups and Downs of Friendships; Exploring Teasing and Bullying; Cartoon Strip; Friendship Wordsearch; Communication is the Key: Listening; Communication is the Key: 'I' Statements; Making New Friends; Keeping Things Friendly; Responding to Teasing and Bullying; What Could I Do If...?; Friends and Mates; 'Friendship Wordsearch' Answer Sheet; Top Ten Qualities of a Good Friend; Bullying; Friends and Mates; CHAPTER 8 Surviving Homework!; Homework Fears; Why Homework?; Quick Homework Quiz; Homework: The Good Times Concentration and Homework

Sommario/riassunto

This fun and interactive workbook is aimed at actively engaging young people with ADHD and supporting them as they negotiate the pitfalls of growing-up, and the transition to secondary or high school. Each chapter focuses on a different key issue affecting children with ADHD around the time of school transition.
