

Online Lesson 2: ADHD Grade 3

Lesson 2: You will learn about ADHD, what it stands for, what it is, what it feels like, and how to be a good friend. Look at the checklist below and follow the steps to complete the lesson.

MATERIALS

- iBelong Lesson 2 PowerPoint
- Sign Language video(s): <https://www.handspeak.com/word/search/index.php?id=837>
<https://www.handspeak.com/word/search/index.php?id=251>
- “How to Improve Your Focus by Fidgeting” video:
https://www.youtube.com/watch?v=71PB_Rulk5M
- Fidget tools materials: (Note to teachers: if you are doing this lesson in the classroom, you could choose from a variety—small net bags students fill with shredded paper, balloons filled with $\frac{1}{4}$ c rice and tied, small beads strung on pipe cleaners, etc.)

LESSON

- Watch the iBelong Lesson 2 PowerPoint.
- Your ASL signs for today are “Food” and “Breakfast.” Watch the Sign Language videos. Be sure to practice the signs.
- Focus Activity “5 4 3 2 1”: Sit quietly in your chair. Look around the room and find 5 things you can SEE (pen, book, a spot on the ceiling, etc.). Now find 4 things you can TOUCH (your feet on the floor, the clothes you’re wearing, your desk or table, etc.) Next sit quietly and listen—what 3 things do you HEAR? (a clock, air coming through vents, talking outside, etc.) Now, what are 2 things you can SMELL right now? (your pencil, soap on your hands, etc.) Last, what is something you can TASTE? (your toothpaste, a snack, etc.) Take time for each one and don’t rush!
- Watch “How to Improve Your Focus by Fidgeting” video and answer these questions:
 - If you knew someone who had ADHD, what do you think are some things they could do at home that would make things easier for them?
 - If you knew someone who had ADHD, what do you think are some things they could do at school that would make things easier for them?
 - What do you think are some things someone with ADHD would be really good at?
- If you’re working at home, get a small plastic Ziploc bag and some dry rice or dry beans (1/2 cup). Put the rice or beans in the bag (you can mix them if you have both) (make sure to zip it shut!). You can use this as a simple fidget tool. If you have some other ideas, see what you can create!
- You have completed Lesson 2!

Note to teachers: Additional focus activities also can include: 1) Sitting in silence for 60 seconds and listening to the variety of sounds, then sharing what you heard. 2) Bring a variety of scented objects. Have students close their eyes, see if they can identify the object by smell (examples: coffee pod, orange/lemon, mint gum, eraser, hand lotion, Vicks, etc.)

SAMPLE ONLY