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Ask the Expert Educator Edition

Teaching Grit, Perseverance and Frustration Tolerance to Students with ADHD



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- Certified Think: Kids Mentor
- Creator of **Calm and Connected: Parenting Children with ADHD**® Parent Coaching Workshop Series
- Author: **8 Keys to Parenting Children with ADHD**
- ADHD Parent Coach Trainer
- Speaker, Writer, Advocate and Avid Learner



I thank each of you for being here today.

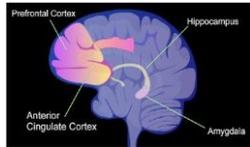
How do you impact Mindset

- Teach students how learning happens
- Help students be aware of their Self-Talk
- Insure that students know HOW they can improve
- Give them positive role models of people with a growth mindset
- Focus on Learning more than Performance

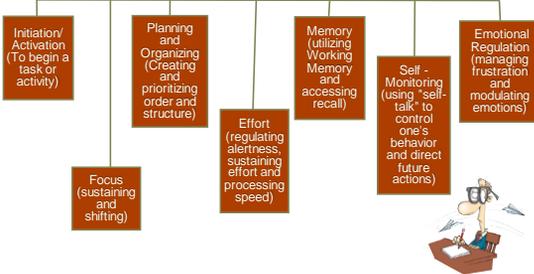
Create a Growth Mindset culture
Help kids believe that the CAN learn

Explicitly Teach about the Brain

- **Prefrontal Cortex:** The **Thinking** brain - process and reflect on information
 - This is where your **Executive Functions** are
- **Limbic System**
 - **Hippocampus:** Links new sensory input to form, store and process **Memory**
 - **Amygdala:** involved with the experiencing of **Emotions**



Executive Function: The Board of Directors that helps you Do what you Decide to Do

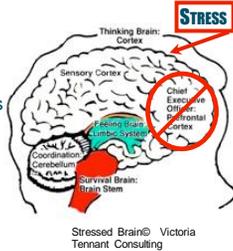


What else Impacts Behavior?

STRESS: THE GATE KEEPER TO LEARNING

Negative emotions (stress, pressure, anxiety, etc.) increases hormone cortisol which dulls cognition.

The **PreFrontal Cortex** turns off and the reflexive, rapid, responses of the **Amygdala** turn on.



The brain goes into **Survival Mode.**

What happens when the Brain is in Survival Mode?

- ❖ Fight
- ❖ Flight
- ❖ Freeze



No learning can take place...
 No problems can be solved...
 Empathy for others becomes difficult...

Goal: Help kids FACE frustration

By helping students SAFELY experience struggle and frustration, we can help them become aware of their Self - Talk and challenge it if necessary.

Provide them with a variety of structured activities and let them know that your intention is to help them develop their GRIT and PERSEVERANCE.

“Today we are going to test our limits, our determination, and our patience. Let’s see the messages our brains send us and how we can help ourselves succeed.”

Perseverance: A valuable asset that helps us achieve what we want in life.

Tenacity **Determination**
Stick-to-itiveness **Stamina**
Staying Power **Endurance**
Grit

WHAT HAPPENS TO THE BRAIN WHEN YOU LEARN?

Learning changes the brain.

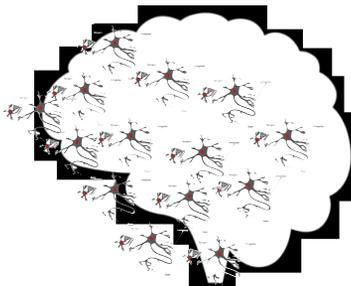
Practice and Effort grows the Muscles in the Brain

- More Connections
- Bigger Connections
- Stronger Connections



STRONGER BRAINS
=
STRONGER MINDS

See yourself learning



What do you want to get better at?

What are 3 things you can do to make more Neurons Fire??

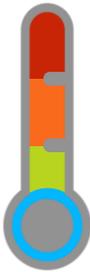
FAILURE is DATA

- It tells you where you need to learn
- It tells you where you need to strengthen your neuron connections
- It tells you where you need different strategies

First Attempt In Learning

Even in failure we must feel we still have an Opportunity to SUCCEED if we are to maintain Resiliency and Grit

Effort Thermometer



- Exceptional effort! I worked hard on this! I gave it my all!
- Great effort, I think I could do one think to make it even better
- Okay effort, I know I could do more though!
- Some effort. I completed the task, but I may have rushed through it
- Little effort, but I did not finish
- Zero effort, I didn't really try

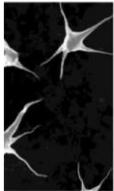
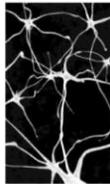
"Continuous effort is the key to unlocking our potential." Winston Churchill

"It's not that I'm smart.
It's that I stay with problems longer."
Albert Einstein

Create Stress Free Fun Challenges

- Choose games and activities that will be challenging and where there is a learning curve
 - Examples: Rebus puzzles, Toothpick puzzles
- Remind them: I will not be grading you – I want you to take risks and be willing to make mistakes.
- Ask them to think about the strategies they use to come up with new approaches, to not give up, and to measure there progress EVEN when they did not succeed.

SOMETHING YOU KNOW WELL



SOMETHING YOU ARE LEARNING

YOUR BRAIN CAN REWIRE ITSELF!

What's your Mindset?

Resist the temptation to put students in categories and expect them to stay there.

In response to 7th graders who did poorly on first Math quiz of the year:

- Fixed Mindset: "Don't worry, not everyone can be good at math."
- Growth Mindset: "I know that you can do better. Let's see what happened and how you can prepare differently next time."

Impact of Praise

- Children under age 7 take praise at face value, after that they become suspicious of it
- By age 12, children believe that praise from a teacher is not a sign that they did well, rather that they lack ability and the teacher thinks they need extra encouragement
- Once teens, they believe it is teacher's criticism, not praise, that conveys a positive believe in a student's aptitude.

Impact of test scores???

Praise with Impact

- **Notice** your student doing and/or feeling something positive
- **Name** what you have noticed and the Value in what you see.
- **Nourish** your student with warmth - appreciate them in the moment

"Jarod, I see you are really working at that math problem. I notice you have tried a few times without quitting. That shows me you don't give up easily - good for you!"

"Sara, I think you are really trying, but I think maybe the strategies you are using or the strategies I am teaching aren't working for you."

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Thank you for your attention!

Please be in touch if I can support you through discussion, collaboration, or resources.

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