



VO 41
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Dear Sir / Madam / Head of school,

October turns Orange, as it is ADHD Awareness Month. ADHD is a neurobiological developmental disorder, affecting boys and girls alike. It affects students' ability to pay attention and regulate their emotions, it conditions their life to varying degrees. It is estimated that around 5-7% of students live with ADHD, with 4.8% being the rate of ADHD estimated in the general population.

In spite of these statistics, ADHD is still misunderstood - being seen as a behavioural problem, where children are uncontrollable and impulsive, when in actual fact it is the imbalance of certain chemicals in the brain that make motivation, focusing attention on request and self-regulation of any emotion, be it anger, excitement or anxiety, extremely difficult. This, and the inconsistency of their abilities, are what give rise to all the misconceptions.

People with this neuroatypical condition do have a number of super qualities. When identified, nurtured and supported correctly, the sky is literally the limit. Although they find mundane activities boring, they tend to have great drive and energy when motivated or interested, they can be very loyal, curious and passionate and are often creative thinkers. They are capable of seeing things in ways the rest of us would never imagine. They are often, but not always, good at sports, the arts, science and mathematics.

How can you help? We would greatly appreciate it if your school could help us with our awareness campaign, by involving both students and staff during this month!

You could choose any day.

Activities on the day could include one or a combination of the below suggestions:

- **We are having a drawing competition with prizes and a participation certificate. The theme is ADHD, celebrating similarities and differences, and inclusion. Our suggestion is that the children are shown a video on**

ADHD / the class does a peer preparation programme speaking about ADHD and promoting inclusion.

The 12 winning artworks will be used to create a 2021 calendar which will be also passed on to the school and the winners.

- As creativity and movement are often words associated with ADHD, we suggest activities that include, sports, or the arts, Zumba, karate, arts and crafts. Please keep in mind that students with ADHD may find it hard to function in a crowded environment, so plan accordingly.
- ADHD Awareness colour is Orange - everyone including teachers can come to school wearing something orange.
- Donation for the NGO ADHD Malta (VO 41) to be able to continue its work to support families and schools and continue to research and stay abreast with the latest science in the field.

If you would like to participate and help spread awareness of ADHD we ask that you take photos and upload them to your school page with #adhdmalta #adhdawareness #adhdtruth

Should you choose to participate / would like any further information / support you can contact ADHD Malta on adhdmalta@gmail.com.

Thank you for your time

Regards

The Committee
ADHD Malta (VO41)

Video and game suggestions

Videos:

- For Teachers: <https://www.youtube.com/watch?v=rLghxG3mGMM>
- For Teens: <https://www.youtube.com/watch?v=KyOdenFEwnQ>
- Children: <https://youtu.be/WddfBzE1AuU>

Games:

These games were created to help neurotypical people understand what doing a simple task, like organising a school bag or focusing on what one person is saying, is really like to someone with ADHD:

<https://www.understood.org/en/tools/through-your-childs-eyes> please scroll down to the box titled simulations.