

**ADHD (Attention Deficit Hyperactivity Disorder) is a lifelong neurodevelopmental condition that can affect how someone thinks and understands and their ability to control their actions and behaviours.**

**People with ADHD can find it harder to sit still, focus and wait their turn. There are different types of ADHD which can affect people in different ways.**

## **People with ADHD may:**

- Find it hard to focus and concentrate and could be easily distracted.
- Interrupt the coach or the flow of the session without intent.
- Like to continuously start new tasks and find it hard to wait their turn.
- Move around and struggle to sit still.
- Have changes in their mood and be impulsive, reacting without thinking.
- Misplace or lose things.
- Find prioritisation, planning and time management challenging.
- Experience racing thoughts.

## **In Pony Club this may look like:**

- Forgetting instructions from their Coach.
- Making quick decisions without thinking of possible risks.
- Having difficulty following instructions from their Coach.
- Getting upset or finding it hard to control their emotions when things do not go their way.
- Finding it hard to complete additional learning tasks set to do at home.

## **Did you know...**

Simone Biles, American Gymnast, has 11 Olympic medals and 30 World Championship medals to her name - she also has ADHD!

## **How can we support Members?**

- Be patient and don't judge.
- Be positive and celebrate positive behaviour.
- Ask the parent, carer or the child, (if appropriate), what works best for them and how they like to be supported.
- Communicate with short, simple instructions.
- Have variations of exercise within your Coaching Toolkit to relieve boredom and keep exercises interesting for Members.

