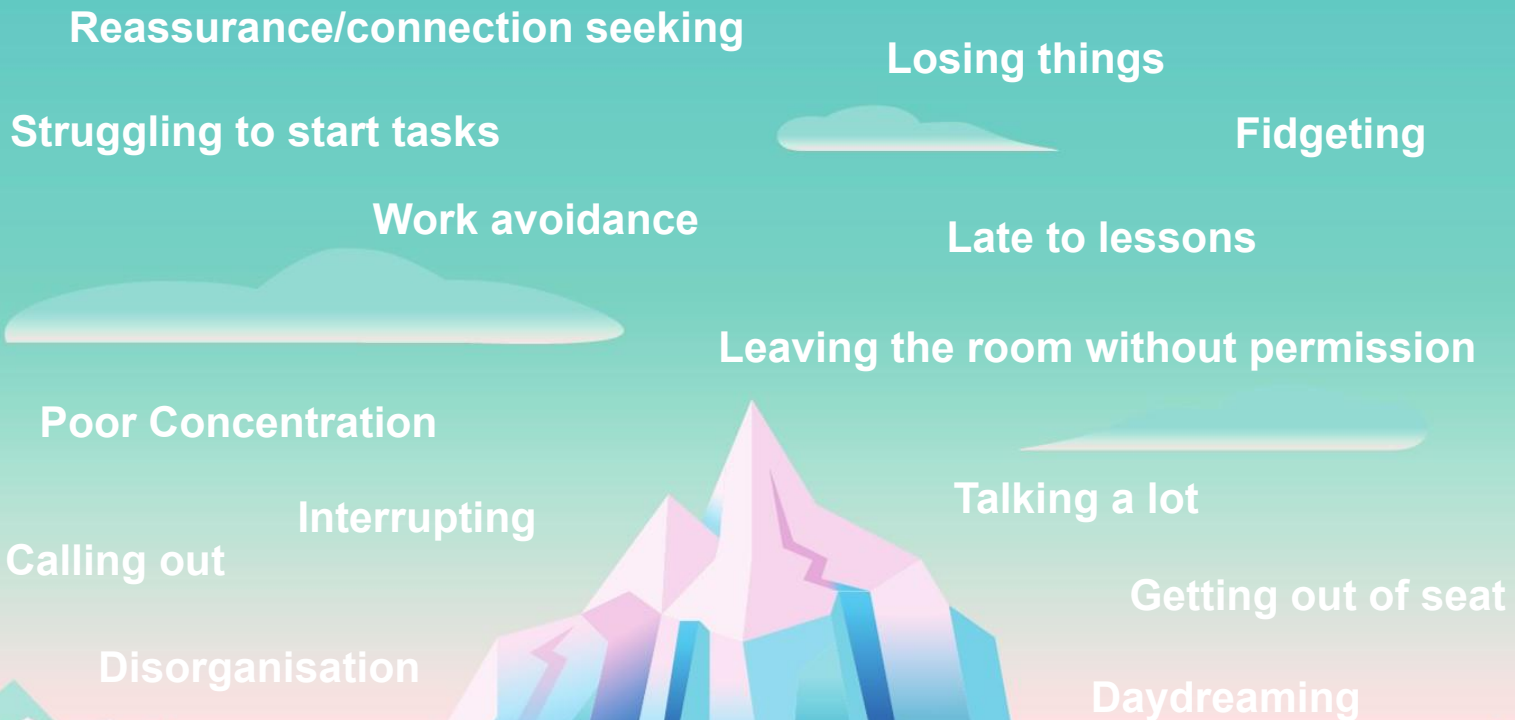


THE ADHD ICEBERG

WHAT YOU SEE IN THE CLASSROOM



The visible part of the iceberg, representing symptoms observed in the classroom, includes:

- Reassurance/connection seeking
- Losing things
- Struggling to start tasks
- Fidgeting
- Work avoidance
- Late to lessons
- Poor Concentration
- Leaving the room without permission
- Interrupting
- Talking a lot
- Calling out
- Getting out of seat
- Disorganisation
- Daydreaming



The submerged part of the iceberg, representing underlying challenges and conditions, includes:

- Strengths**
 - Good in a crisis
 - Empathy
 - Courage
 - Creativity
 - Divergent thinking
 - Hyperfocus
 - Determination
 - Problem Solving
 - Resilience
 - Curiosity
- Extreme emotional pain/dysregulation from perceived rejection or criticism (Rejection Sensitivity Dysphoria)
- Choice paralysis
- Low self-worth
- High levels of sensitivity to sensory input (light, sound, smells etc.)
- Forgetting to eat, drink and use the toilet
- Forgetting thoughts/answers
- Executive Dysfunction difficulties
- Masking
- Internalised hyperactivity
- Struggling to move attention away from hyperfixations
- Co-occurring conditions
- Nervous system dysregulation causing fight, flight or freeze states
- Tiredness/burnout from poor sleep and working harder than other pupils to regulate
- Anxiety and/or Depression
- Perfectionism
- Relationship Difficulties

WHAT MIGHT BE GOING ON UNDERNEATH WHAT YOU SEE