



# Red-Hat Anti-Bullying Ambassadors

# What is ADHD?



# Who are the Red Hats?

We are the Red-Hat  
Anti-Bullying Ambassadors.

We are here to help you  
every lunchtime.

If you need a friend to play  
with, or if you have a  
problem, you can talk to us.



# The Red Hat Assemblies

This is our assembly about things we all need to know about.

This is the first in a series of assemblies we will be presenting about things that make us unique.

These assemblies are about some things that you might not be able to see on the outside, but which might make a big difference on the inside.

# What is ADHD?

This assembly is all about ADHD.

Who knows what ADHD stands for?

# An introduction to ADHD

We would like to start by showing you this video. Watch closely because there will be some questions later in the assembly.



<https://www.youtube.com/watch?v=1t9UHQgtDfU>

# Who has ADHD?

Lots of famous people have ADHD.

Can anyone name a famous person who has ADHD?

*Please don't name anyone in this school – they might not want to share the information.*

# Famous people with ADHD

## Jamie Oliver



## Jamie Oliver

- Jamie Oliver is a famous celebrity chef.
- He has starred in numerous TV shows and published more than 30 cookbooks.
- Jamie Oliver is known for sharing his knowledge of food and credits a balanced diet with helping manage his ADHD symptoms.
- Jamie Oliver wrote a children's book during lockdown called 'Billy and the Giant Adventure'. He completed it over a four year period, writing for 10 minutes a day as that is as long as he can focus.
- He is one of the best-selling authors in British history.



"I've always been passionate since leaving school about different types of intelligence and everyone has the ability to be brilliant." - Jamie Oliver

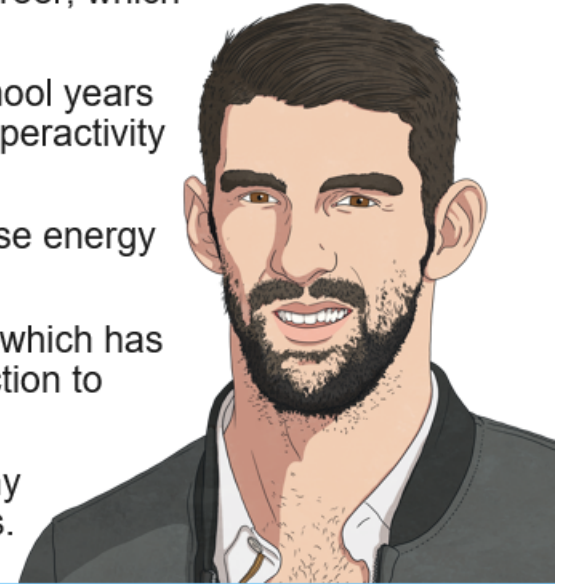
# Famous people with ADHD

## Michael Phelps



## Michael Phelps

- Michael Phelps is the record holder for winning the most Olympic events in history. He earned 28 gold medals through his successful swimming career, which included 23 gold medals.
- He had difficulty focusing throughout his school years and was diagnosed with Attention Deficit Hyperactivity Disorder (ADHD) in sixth grade.
- Phelps found that the pool helped him release energy and create a powerful physical outlet.
- He founded the Michael Phelps Foundation which has given more than 15 000 children an introduction to swimming.
- He hopes the pool can be a support for many children with ADHD and learning differences.



“I could go fast in the pool, it turned out, in part because being in the pool slowed down my mind. In the water, I felt, for the first time, in control.”  
- Michael Phelps

# Famous people with ADHD

## Zoey Deschanel



## Zoey Deschanel

- Zoey Deschanel is an American actress, model, musician and songwriter.
- She has featured in multiple comedy films, including 'Elf', and was the lead actress in the popular TV series 'New Girl'.
- Deschanel wrote in her blog about the way she expresses herself with ADHD. She said she loves crafts and that crafting helps her focus and creatively express herself.
- Along with acting and crafting, Deschanel tours and performs in a band where she can also express herself creatively.



"I love being busy, and I love having a lot of content, and I sort of prefer to have constant stimulation." - Zoey Deschanel

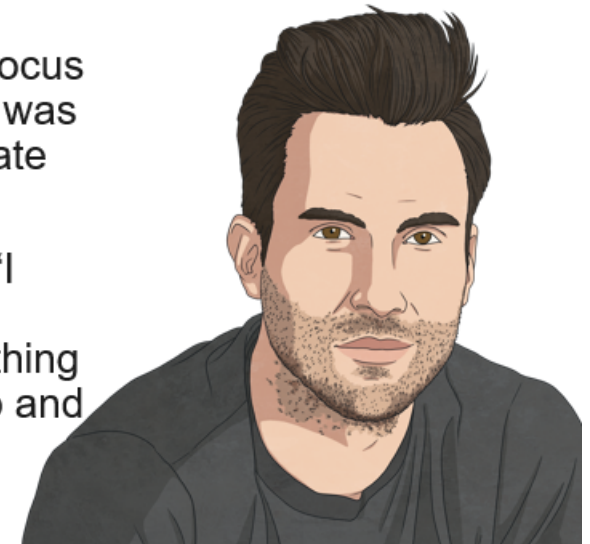
# Famous people with ADHD

## Adam Levine



## Adam Levine

- Adam Levine is a singer and musician.
- He is the lead singer and guitarist of the band 'Maroon 5'.
- Levine says he struggled to sit down and focus throughout his schooling years. He says it was his support network that helped him navigate his ADHD.
- Levine says of having ADHD as an adult, “I had trouble sometimes writing songs... I couldn’t always focus and complete everything I had to do. I remember being in the studio and having 30 ideas in my head, but I couldn’t document any of them.”



As an advocate for ADHD, Levine says, “ADHD isn’t a bad thing and you shouldn’t feel different to those without ADHD... Remember that you are not alone. There are others going through the same thing.” - Adam Levine

# Famous people with ADHD

## Simone Biles



## Simone Biles

- Simone Biles is an American gymnast.
- Simone Biles has won 30 World Championship medals, of which 23 were gold medals, more than any other gymnast in history.
- She has also won 11 Olympic medals, making her the most successful gymnast of all time.
- She was the first female American gymnast to win four gold medals in a single Olympic Games.
- Simone Biles has also published a memoir and is an advocate for children in foster care.



“Having ADHD, and taking medication for it is nothing to be ashamed of [and] nothing that I’m afraid to let people know.” - Simone Biles

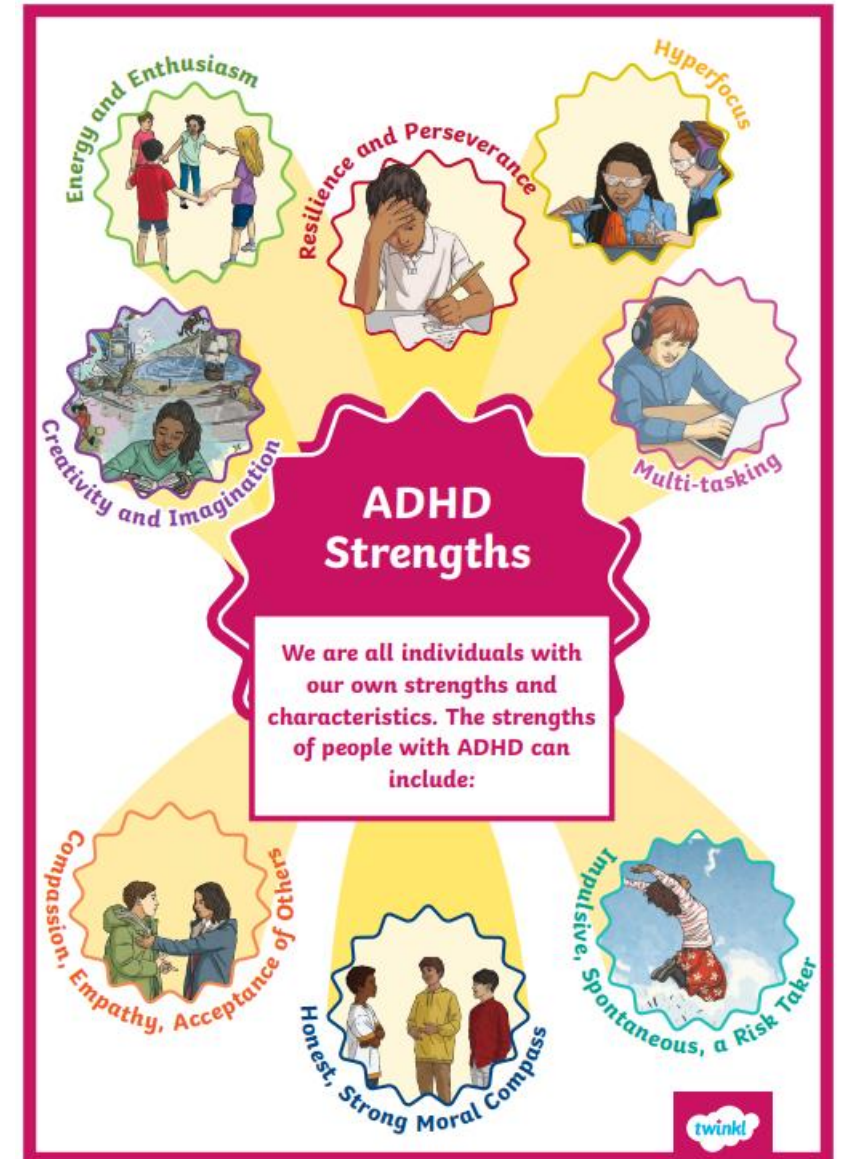
# ADHD Superpowers!

What strengths do you think ADHD has given these individuals?



# ADHD Strengths

These are some of the strengths that people with ADHD might have.



# Creativity and Imagination

People with ADHD are often creative. They have a good imagination which can help with learning and writing. They can be inventive too which is great for STEM projects and problem solving.

*Creativity and Imagination*



# Energy and Enthusiasm

Having lots of energy can be seen as a challenge, but it can also be a strength. It is great to be enthusiastic about tasks and projects and have the energy and willingness to join in.

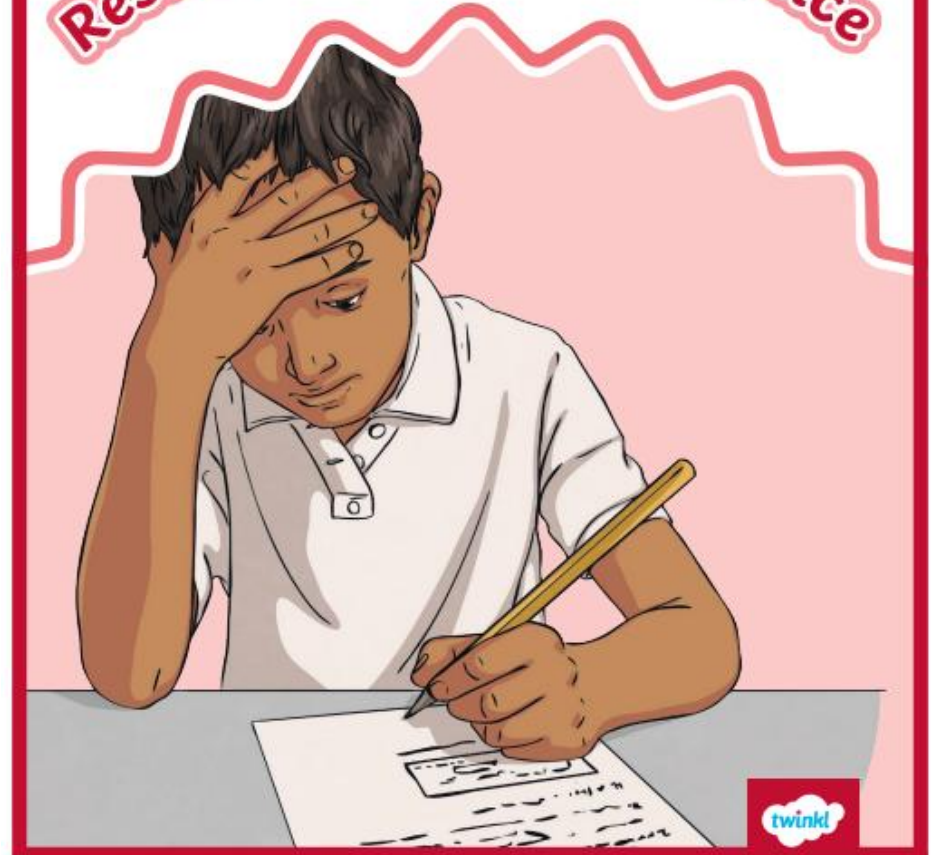
Energy and Enthusiasm



# Resilience and Perseverance

People with ADHD have to overcome daily challenges others don't. This builds a sense of perseverance and resilience. Resilience helps us work well, problem solve and complete tasks.

Resilience and Perseverance



# Hyperfocus

Hyperfocus can have its benefits in learning environments. When interested in a topic or activity, people with ADHD can concentrate for extended periods of time. This hyperfocus is helpful when researching topics and for inquiry based learning.

Hyperfocus



# Multi-tasking

We often hear the expression 'my brain is busy'. This can overwhelm our senses and impact learning. Sometimes multi-tasking can be a benefit. The ability to have a variety of things happening at once can be beneficial to getting things done.

Multi-tasking



# Compassion, Empathy, Acceptance of Others

When you have to deal with difficulties each day you begin to develop an understanding and empathy for others. People with ADHD often show compassion for others, empathy for those who are struggling and an acceptance of all.

Compassion, Empathy, Acceptance of Others



# Honest, Strong Moral Compass

People with ADHD often 'wear their heart on their sleeves'. They are honest in their conversations and have a strong sense of justice. They like to follow the rules and ensure others do too.

Honest, Strong Moral Compass



Impulsive,  
spontaneous,  
a risk taker

Being impulsive can be viewed as a challenge and in some circumstances it is. However, spontaneity and being impulsive or willing to take risks are great strengths. A 'have a go' attitude enables you to try new things, make quick decisions and problem solve.

Impulsive, Spontaneous, a Risk Taker



# Thank you very much

Does anyone have any questions?

